



ADMISSION OPEN NOW

E-mail us for our 'Admission Form' at apply@tyoga.org

TRANSFORMATION

Discover Yourself
Enjoy the Peace Within
Connect your true Nature

YOGA STYLE

Spiritual Journey in Yoga
10 days with instruction

COURSE HIGHLIGHTS

- Higher yogic teaching and practice
- Deep spiritual experience and connection
- Learn more about yourself and connect spiritually with yourself.
- Explore who you are - Karma Yogam
- Development in Bhakti Yogam

LANGUAGE

English

FEE

Course Fee US\$50/-

TAUGHT

Traditional teacher will be teaching and training you

TYOGA

SPIRITUAL JOURNEY IN YOGA

10 DAY ON-LINE COURSE

For spiritual seekers, Join TYOGA for a 10-day Yogam Teaching and Awareness in the comfort of your own home. You will begin a journey diving into the Traditional teachings, practices, lifestyle to achieve a spiritual journey in yoga.

TRAINING

Through this journey together you will experience and practice only a select number of asanas, pranayama and meditation that are important to begin with. These 10 days introduces you into the basic practice and a lifestyle you begin to follow.

STAGE - SPIRITUAL YOGIC PRACTICE & TEACHINGS

Once you have completed your 10 days, this sets the basic foundation and discipline into the practice for you to take this journey further. It lets you understand and experience yoga as it should be.

SPECIAL SKILLS

It is a wholesome practice for the body, mind and spirit to its final conclusion.