300hrs Yoga Therapy & Ayurveda Teacher Training Certificate Course – Self Practice Sheet

Name _____ **Student IYATT No:** _____

Sl.No.	Date	Recommended Class	Master	Remarks	Signature
1		Yoga Therapy			
2		Back Care Yoga			
3		Yin Yoga			
4		Detox Yoga			
5		Pranayama & Meditation			
6		Hatha Yoga (B)			
7		Yin Yoga Gong Bath			
8		Core Yoga			
9		Slimming Yoga			
10		Power Yoga (B)			

The teacher's signature is optional. You can choose classes based on your schedule flexibility and switch to different ones if the recommended ones don't work for you. Begin with beginner level classes and gradually move on to intermediate and advanced levels. 'B' stands for beginner classes, while 'M' indicates multi-level ones. Stay open-minded during group classes and feel free to ask the teacher any questions about your practice after the class.

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Name _____ **Student IYATT No:** _____

Sl.No.	Date	Recommended Class	Master	Remarks	Signature
11		Power Yoga (B)			
12		Sun Vinyasa			
13		Back Care Yoga			
14		Pranayama & Meditation			
15		Hatha Yoga (B)			
16		Yoga Balance			
17		Hatha Yoga Alignment Focus			
18		Prenatal Yoga			
19		Yoga Therapy			
20		Restorative Yoga			

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ANAHATA YOGA
Yoga from the Heart

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Name _____ **Student IYATT No:** _____

Sl.No.	Date	Recommended Class	Master	Remarks	Signature
21		Yoga Balance			
22		Destress Yoga			
23		Hatha Yoga Alignment Focus			
24		Prenatal Yoga			
25		Slimming Yoga			
26		Back Care Yoga			
27		Pranayama & Meditation			
28		Hatha Yoga (B)			
29		Destress Yoga			
30		Yoga Therapy			

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Name _____ **Student IYATT No:** _____

Sl.No.	Date	Recommended Class	Master	Remarks	Signature
31		Hatha Yoga (B)			
32		Hatha Flow			
33		Yin Yoga			
34		Detox Yoga			
35		Hatha Yoga Alignment Focus			
36		Back Care Yoga			
37		Yin Yoga			
38		Core Yoga			
39		Slimming Yoga			
40		Destress Yoga			

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ANAHATA YOGA
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Name _____ **Student IYATT No:** _____

Sl.No.	Date	Recommended Class	Master	Remarks	Signature
41		Hatha Yoga (B)			
42		Hatha Flow			
43		Yin Yoga			
44		Yoga Nidra			
45		Hatha Yoga Alignment Focus			
46		Back Care Yoga			
47		Yin Yoga			
48		Core Yoga			
49		Slimming Yoga			
50		Yoga Nidra			

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ANAHATA YOGA
Yoga from the Heart

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Name _____ **Student IYATT No:** _____

Sl.No.	Date	Recommended Class	Master	Remarks	Signature
51		Hatha Yoga (M)			
52		Hatha Flow			
53		Yin Yoga			
54		Detox Yoga			
55		Hatha Yoga Alignment Focus			
56		Back Care Yoga			
57		Yin Yoga			
58		Core Yoga			
59		Slimming Yoga			
60		Yoga Therapy			

The teacher's signature is optional. You can choose classes based on your schedule flexibility and switch to different ones if the recommended ones don't work for you. Begin with beginner level classes and gradually move on to intermediate and advanced levels. 'B' stands for beginner classes, while 'M' indicates multi-level ones. Stay open-minded during group classes and feel free to ask the teacher any questions about your practice after the class.