

## 100 hrs Pranayama & Meditation Teacher Training Certificate Course – Self Practice Sheet

Name \_\_\_\_\_

Student IYATT No: \_\_\_\_\_

| Sl.No. | Date | Recommended Class      | Master | Remarks | Signature |
|--------|------|------------------------|--------|---------|-----------|
| 1      |      | Destress Yoga          |        |         |           |
| 2      |      | Back Care Yoga         |        |         |           |
| 3      |      | Yin Yoga               |        |         |           |
| 4      |      | Detox Yoga             |        |         |           |
| 5      |      | Pranayama & Meditation |        |         |           |
| 6      |      | Back Care Yoga         |        |         |           |
| 7      |      | Yoga Therapy           |        |         |           |
| 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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|--------|------|-------------------------------|--------|---------|-----------|
| 11     |      | Hatha Yoga (B)                |        |         |           |
| 12     |      | Sun Vinyasa                   |        |         |           |
| 13     |      | Back Care Yoga                |        |         |           |
| 14     |      | Pranayama & Meditation        |        |         |           |
| 15     |      | Hatha Yoga (M)                |        |         |           |
| 16     |      | Yoga Balance                  |        |         |           |
| 17     |      | Hatha Yoga<br>Alignment Focus |        |         |           |
| 18     |      | Prenatal Yoga                 |        |         |           |
| 19     |      | Yoga Therapy                  |        |         |           |
| 20     |      | Restorative Yoga              |        |         |           |

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|--------|------|-------------------------------|--------|---------|-----------|
| 21     |      | Yoga Balance                  |        |         |           |
| 22     |      | Destress Yoga                 |        |         |           |
| 23     |      | Hatha Yoga<br>Alignment Focus |        |         |           |
| 24     |      | Ashtanga Vinyasa              |        |         |           |
| 25     |      | Slimming Yoga                 |        |         |           |
| 26     |      | Back Care Yoga                |        |         |           |
| 27     |      | Pranayama & Meditation        |        |         |           |
| 28     |      | Hatha Yoga (B)                |        |         |           |
| 29     |      | Destress Yoga                 |        |         |           |
| 30     |      | Yoga Therapy                  |        |         |           |

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