



100 hrs Inversion Teacher Training Certificate Course – Self Practice Review Sheet

Name _____

Student IYATT No: _____

Sl.No.	Date	Recommended Class	Master	Remarks	Signature
1		Hatha Yoga (B)			
2		Hatha Flow			
3		Core Yoga			
4		Inverse Yoga (B)			
5		Pranayama & Meditation			
6		Yoga Balance			
7		Hatha Yoga (M)			
8		Core Yoga			
9		Inverse Yoga (B)			
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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Sl.No.	Date	Recommended Class	Master	Remarks	Signature
11		Power Yoga (B)			
12		Sun Vinyasa			
13		Inverse Yoga (B)			
14		Pranayama & Meditation			
15		Hatha Yoga (M)			
16		Yoga Balance			
17		Hatha Yoga Alignment Focus			
18		Slimming Yoga			
19		Inverse Yoga (M)			
20		Yoga Balance			

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Sl.No.	Date	Recommended Class	Master	Remarks	Signature
21		Hatha Yoga (M)			
22		Core Yoga			
23		Hatha Yoga Alignment Focus			
24		Ashtanga Vinyasa			
25		Slimming Yoga			
26		Inverse Yoga (M)			
27		Ashtanga Vinyasa			
28		Hatha Yoga (B)			
29		Hatha Flow			
30		Pranayama & Meditation			

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