



### **About The Guru .....**

**Acharya Shri Parveen Nair** is a uniquely inspiring teacher, he is best known for his ability to help students and teachers embody a spiritual practice of Yoga. He has refined his methods of teaching in the Advaita Vedanta school of thought. His non-dualistic approach towards Yoga has allowed his students to build an authentic Yoga Practice.

Acharya Shri Parveen established and co-founded Yoga Sadhana, two Shalas in Malaysia, One in Shenzhen City China and One in Berlin Germany. The door of his Yoga Shala in Rishikesh, the world's Capital of Yoga is always open to aspirants who are seeking to explore the subtle undercurrents of Yoga.



### **PROGRAM OVERVIEW**

#### **TTC PROGRAM CORE MODULES WITH TOTAL 200 CONTACT HOURS**

- The Philosophy Yoga
- The Anatomy Of Yoga
- 60 Asanah
- Pranayama
- The Art Of Sequencing
- Real Time Coaching Method

### **PROGRAM STRUCTURE**

**THE PROGRAM IS CUSTOMISED INTO 4 LEVELS, EACH LEVEL CONSIST OF 40 HOURS OF PRACTICAL WITH THE GURU/RM 1,250 FOR EVERY 40 HOURS**

### **ACCREDITATION**

**CERTIFICATION FROM THE PRESTIGIOUS YOGA ALLIANCE FROM THE US  
(UPON COMPLETION OF 200 HOURS OF CONTACT WITH THE GURU)**

**COURSE FEE PER PARTICIPANT/200 HOURS**

**REGISTRATION FEE OF RM 500**

**MALAYSIAN RINGGIT 5,000.00 (in 4 Installments)**

**TRAINING AND PRACTICAL VENUE**

**BY THE COAST OF  
SOUTHERN CHINA SEA,  
SANDY BEACH YOGA  
HALL @ ADENA BEACH  
RESORT KUANTAN**

**OR**

**AROGYA YOGA STUDIO  
KUALA LUMPUR**



**EVENT ORGANISER**

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