



300hrs YOGA THERAPY TEACHER TRAINING CERTIFICATE COURSE – Recommended Group Classes

Name _____

Student ID No: _____

Sl.No.	Date	Class	Master	Remarks	Signature
1		Hatha Yoga (B)			
2		Hatha Flow			
3		Yin Yoga			
4		Detox Yoga			
5		Pranayama & Meditation			
6		Back Care Yoga			
7		Yin Yang			
8		Core Yoga			
9		Slimming Yoga			
10		Hatha Yoga Alignment Focus			
11		Power Yoga			
12		Sun Vinyasa			
13		Power Flow			
14		Pranayama & Meditation			
15		Destress Yoga			



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Sl.No.	Date	Class	Master	Remarks	Signature
16		Yoga Therapy			
17		Hatha Yoga (B)			
18		Back Care Yoga			
19		Yoga Therapy			
20		Restorative Yoga			
21		Andiappan Yoga Pavanamuktasana Series			
22		Destress Yoga			
23		Hatha Yoga Alignment Focus			
24		Yin Yang			
25		Slimming Yoga			
26		Back Care Yoga			
27		Yoga Therapy			
28		Core Yoga			
29		Pranayama & Meditation			
30		Hatha Flow			



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Sl.No.	Date	Class	Master	Remarks	Signature
31		Hatha Yoga (B)			
32		Hatha Flow			
33		Yin Yoga			
34		Detox Yoga			
35		Prenatal Yoga			
36		Back Care Yoga			
37		Yin Yang			
38		Core Yoga			
39		Slimming Yoga			
40		Hatha Yoga Alignment Focus			
41		Power Yoga (B)			
42		Sun Vinyasa			
43		Power Flow			
44		Pranayama & Meditation			
45		Back Care Yoga			



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Sl.No.	Date	Class	Master	Remarks	Signature
46		Destress Yoga			
47		Hatha Yoga (B)			
48		Detox Yoga			
49		Yoga Therapy			
50		Restorative Yoga			
51		Andiappan Yoga Pavanamuktasana Series			
52		Destress Yoga			
53		Hatha Yoga Alignment Focus			
54		Prenatal Yoga			
55		Slimming Yoga			
56		Back Care Yoga			
57		Yoga Therapy			
58		Kundalini Meditation			
59		Pranayama & Meditation			
60		Hatha Flow			



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