



## 200hrs Yoga 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		Ashtanga Vinyasa			
6		Back Care Yoga			
7		Yin Yang			
8		Core Yoga			
9		Slimming Yoga			
10		Yoga Balance			



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11		Power Yoga			
12		Sun Vinyasa			
13		Hatha Vinyasa			
14		Pranayama & Meditation			
15		Hatha Yoga (M)			
16		Hatha Yoga (B)			
17		Hatha Yoga (M)			
18		Prenatal Yoga			
19		Yoga Therapy			
20		Restorative Yoga			



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21		Yoga Balance			
22		Destress Yoga			
23		Patanjali Yoga			
24		Power Yoga (B)			
25		Slimming Yoga			
26		Back Care Yoga			
27		Yoga Therapy			
28		Pranayama and Meditation			
29		Destress Yoga			
30		Hatha Flow			



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31		Hatha Yoga (B)			
32		Hatha Flow			
33		Yin Yoga			
34		Detox Yoga			
35		Pranayama and Meditation			
36		Back Care Yoga			
37		Yin Yang			
38		Core Yoga			
39		Slimming Yoga			
40		Yoga Balance			



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