

FOUNDATIONS OF YOGA CERTIFICATE

6 week course to bring the key elements of yogic philosophy into your life, while earning a globally recognized certificate

Deepen your well-being practice

Take the first step towards becoming a Teacher

Receive a certificate from the Indian Yoga Association and Swasth Yog Institute



Course content integrates concepts and research from yoga, psychology, somatic work, science and public health and is grounded in learnings from 75+ workshops delivered over 7 years.

[**APPLY HERE**](#)

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What do you get?

THIS COURSE WILL

- Provide a robust foundation for your own practice in 6 weeks
- Conclude with a certificate from the prestigious Indian Yoga Association (IYA) and Swasth Yog Institute (SYI)
- Allow you to take the first step of completing 50 hours towards a 200 hour Yoga Teacher Training Certification

TAKE-AWAYS / RESOURCES:

- Lifetime access to session recordings
- Lifetime access to all presentations
- Toolkit of 5 unique Yoga practice flow videos of 30 minutes each
- Individual videos of Yoga practices
- Recommended readings to deepen your journey

CURRICULUM: Modules integrate modern science and ancient wisdom

- 4 Paths of Yog: Bhakti, Gyana, Raja, Karma
- An introduction to Vedas, Darshanas, Upanishads, Patanjali Yoga Sutras, Bhagvad Geeta.
- 50+ Yoga Practices including Sukshma Vyayama, Asana, Pranayama, Mudras, Mantras, Meditation

FACULTY

- **Sundeeep Kapila** (Co-founder of Swasth, MSc Yoga, Somatic Experiencing & Life Coach, B.Tech from IIT, ex-McKinsey & Co.)
- **Jaya Nuty** (Yog Coach at Swasth, OD and L&D consultant)
- **Madhuri Mestry** (Program Head at Swasth India Medical Center, BSc & multiple Yoga certifications, Senior Coach at Swasth)

WHY LEARN AT SWASTH

- **Sampoorna / All-inclusive:** We offer a holistic approach to harmony in body, mind and spirit, using an evidence-based approach that integrates modern science and ancient wisdom
- **Swaraaj / Self-led:** We empower people with knowledge, skills and mindsets to design and lead their own journey to well-being
- **Sahparivaar / Community supported:** We build life-long communities to practice and facilitate wellbeing together

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What do you give?

ELIGIBILITY

- Age 18 and above
- Adequate health to manage participation in a 6 week course
- In acceptance of all course completion criteria (see below)

WHERE: Online on Zoom

WHEN: Deeper immersion on weekends and shorter practice sessions on weekdays. Designed to fit into your schedule.

- 50 hours to provide you a robust foundation
- 6 weeks from 17th Feb, 2024 to 29th Mar, 2024
- Deeper immersion on Weekends (6:00-8:15 AM IST*)
- Shorter skill building on Weekdays (6:00-6:30 AM IST*)
- One 1:1 session with faculty during the course

* Please refer to change in Daylight Saving Times in your geography

COURSE COMPLETION CRITERIA

- Attendance
- Participation
- Passing score in Theory & Practical Competency Assessments

WEEKLY CALENDAR

Sat	Sun	Mon	Tue	Wed	Thur	Fri
Weekends: 6 to 8:15 AM IST		Weekdays: 6 to 6:30 AM IST				
Learn about a new path of Yog Philosophy	Learn a new Yoga Practice Set	Guided practice of the Yoga Practice Set taught on Sun			Theory Competency Assessment	Practical Competency Assessment

Note: The final week includes a closing presentation by each participant

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How much do you invest?

- Fee includes sessions, 1-1 consult, examination, certification
- 100% satisfaction guaranteed, else unconditional refund
- In case of inability to take or clear any of the Competency Assessments, additional fee will apply for re-assessments

	Indian Residents	Non-Indian Residents
Standard Fee	INR 20,000	USD 450
Early Bird (before Jan 14)	INR 18,000	USD 400
Swasth Alumni who completed either Being in Yog (4 Paths) or Sanjeevani Jagruti (Body) with $\geq 50\%$ attendance	INR 16,000	USD 360
Swasth Staff / Empanelled Coaches / Advisors	INR 9,000	USD 225

Scholarships are available and are approved by a selection process. Please complete the application form via the link below.

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Who are your teachers and supporters?



Sundeep Kapila

Faculty for:
4 Paths of Yog

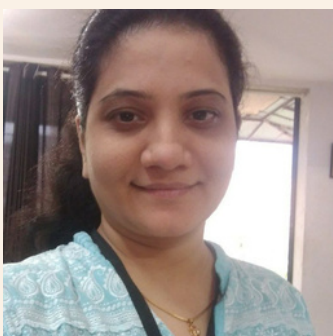
Sundeep Kapila is a Co-founder of Swasth. He worked with McKinsey & Company for 7 years, where he specialised in the Healthcare & Development sectors. He graduated with a B-Tech in Computer Science from IIT Bombay in 2001. He has completed Masters of Science in Yoga, a Law Degree, and a Diploma of Associateship in Insurance. He is a certified Professional Coach, a Somatic Experiencing Practitioner and a Lown Scholar at the Harvard School of Public Health. He is also pursuing his PhD in Bio Electronics from IIT Bombay.



Jaya Nuty

Faculty for:
Yoga Practices

- 50 hour and 200 hour Yoga certifications from Indian Yoga Association, and multiple certifications and courses in physical, mental and spiritual well-being
- Coach at Swasth Yog Institute
- Principal Consultant at Celebratory Network
- Capacity Building & Learning & Development Consultant at SNEHA



Madhuri Mestri

Faculty for:
Yoga Practices

- Multiple certifications in Yoga - BSc (Yoga) and 300 hour Yoga Instructor Certification from VYASA University, Teacher Training Certification (Sivananda Ashram), Certified Yoga Therapist (The Yoga Institute)
- Program Head, Swasth India Medical Center, India's largest non-profit network of primary health clinics for low-income Indians
- Senior Coach at Swasth Yog Institute

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Answers to common questions

I am suffering from some health conditions. Can I attend?

This course assumes participants are able to manage their body, energy, mind and emotions without requiring support. If your physical or mental health requires medical or therapeutic or personal attention, we recommend setting up a consult with us to explore our other offerings. (<https://www.swasth.org/consult>)

What is your refund policy?

We do not offer refunds prior to course completion. If you are dissatisfied with the course, we offer an unconditional full refund.

I'm not able to afford your course fees. How can I access this?

At Swasth, we are committed to ensuring that financial challenges do not hinder your access to this course. There are limited spots available, a selection process will be conducted, and we expect a contribution from you. This reflects your commitment to personal growth and taking ownership of your journey. To apply for a scholarship, please complete the application via the link below.

I'm all set to apply. Where do I make the payment?

Great! Fee payment is part of the registration process.

For participants from India	For participants outside India
<p>Below are the bank and UPI details. You will be asked to upload a unique photo ID and proof of payment as part of registration. We recommend completing pre-work as needed (e.g. setting up a beneficiary for bank transfer) before you begin the application.</p> <p>Name - Swasth India Foundation Bank Name- State Bank Of India Branch- Gokuldharm (Goregoan- E) Branch Code- 6055 Account No: 42529704517 IFSC- SBIN0006055 UPI ID: SWASTHINST.836@SBI</p>	<p>Please remit payment at https://www.paypal.me/SwasthInc</p>