



**YOGA ALLIANCE
INTERNATIONAL**

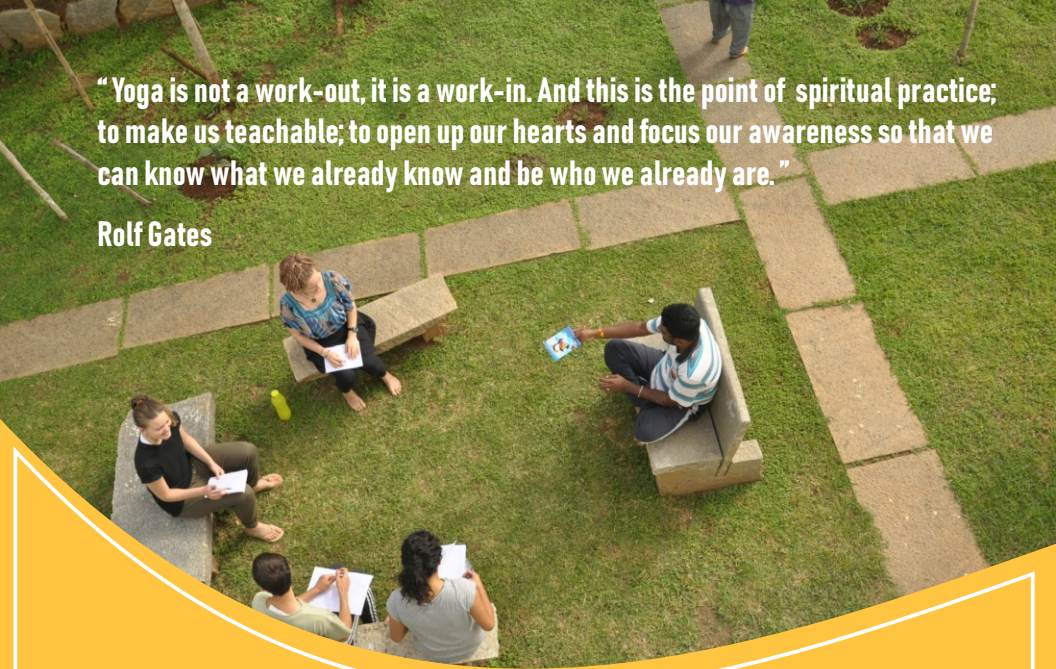
21 Days 500hrs residential course



MILESTONES

- * 50+ batches since 2011
- * 10,000+ hrs Yoga training expertise
- * students from 40 countries
- * #1 in TripAdvisor since March 2018





"Yoga is not a work-out, it is a work-in. And this is the point of spiritual practice; to make us teachable; to open up our hearts and focus our awareness so that we can know what we already know and be who we already are."

Rolf Gates

ABOUT US

Shrimath Yoga was founded in 2011 as an 'International Residential Yoga School' with the vision to share the principles & processes from the ancient knowledge systems such as Veda, Tantra and Yoga in the traditional Gurukul way. Till now students from 40 countries have successfully completed their studies at Shrimath

OUR PHILOSOPHY

Ashram Learning, Home Food and Simple Living



DAILY PRACTICE

Mudra
Mantra
Awareness
Meditation

SPIRITUAL PILGRIMAGE

The 14 km spiritual walk around the holy hill of Arunachala or visit to the 1200yr old living tradition at Sringeri

COURSE SUMMARY

At Shrimath, for this module, we share knowledge & processes with those who have completed 200hrs certification & are clear that Yoga is much more than gymnastics. Such students would be introduced to the Chakra level practice of certain standard postures (including the 7 postures of Sun Salutation) prescribed by the age-old living Yoga traditions

The introduction to Moon Salutation with Mantras is one of the highlights of the course

Non-postural processes include subtler aspects of Pranayama, deeper levels in Mantra practice and Yoga Nidra, introduction to Antar Mouna etc.,





DAILY ACTIVITIES

Giving back to, nature
and the community



shrimath
Excellence in Yoga

KEY COURSE LINKS

<https://www.shrimathyoga.com/yai500>

<https://www.shrimathyoga.com/faqs>

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