

# Welcome Yogis



## NAMASTE ! WE ARE MANSI & VISHA...

### About Us:

I am Dr Mansi Mahajan, a Transformation Coach, Yoga & Meditation Teacher, an author, speaker and an impassioned entrepreneur running an experiential wellness space called House of Kapaali for over a decade.

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I am Satavisha, a Yoga, Pranayama & Asana Mentor with a journey of 15 years in diverse range of yoga styles and with extensive training in Hatha, Asthanga & Iyengar Yoga. I also am a student in Vedic chanting & Vedic Philosophy, imparting a holistic approach to Yoga under the banner Yukta Yoga in Mumbai



We cant wait to bring to you an incredible journey of a 200 HR Online Yoga Teacher Training

### Contact Us:

[yuktayoga.wellness@gmail.com](mailto:yuktayoga.wellness@gmail.com)

 9810598009/9989188366



## Welcome:

This is a 200-hour, Yoga Alliance accredited traditional Hatha Teacher Training Online Course. This in-depth course will create and strengthen the foundation of your self-practice, help to build and enhance your teaching skills and help you understand the nuances of human Physiology, Anatomy and Vedic Philosophies of Truth of Human Self or Atman. Join us on this journey of Self Discovery!

## COURSE STRUCTURE:

Schedule: Weekdays & Weekends

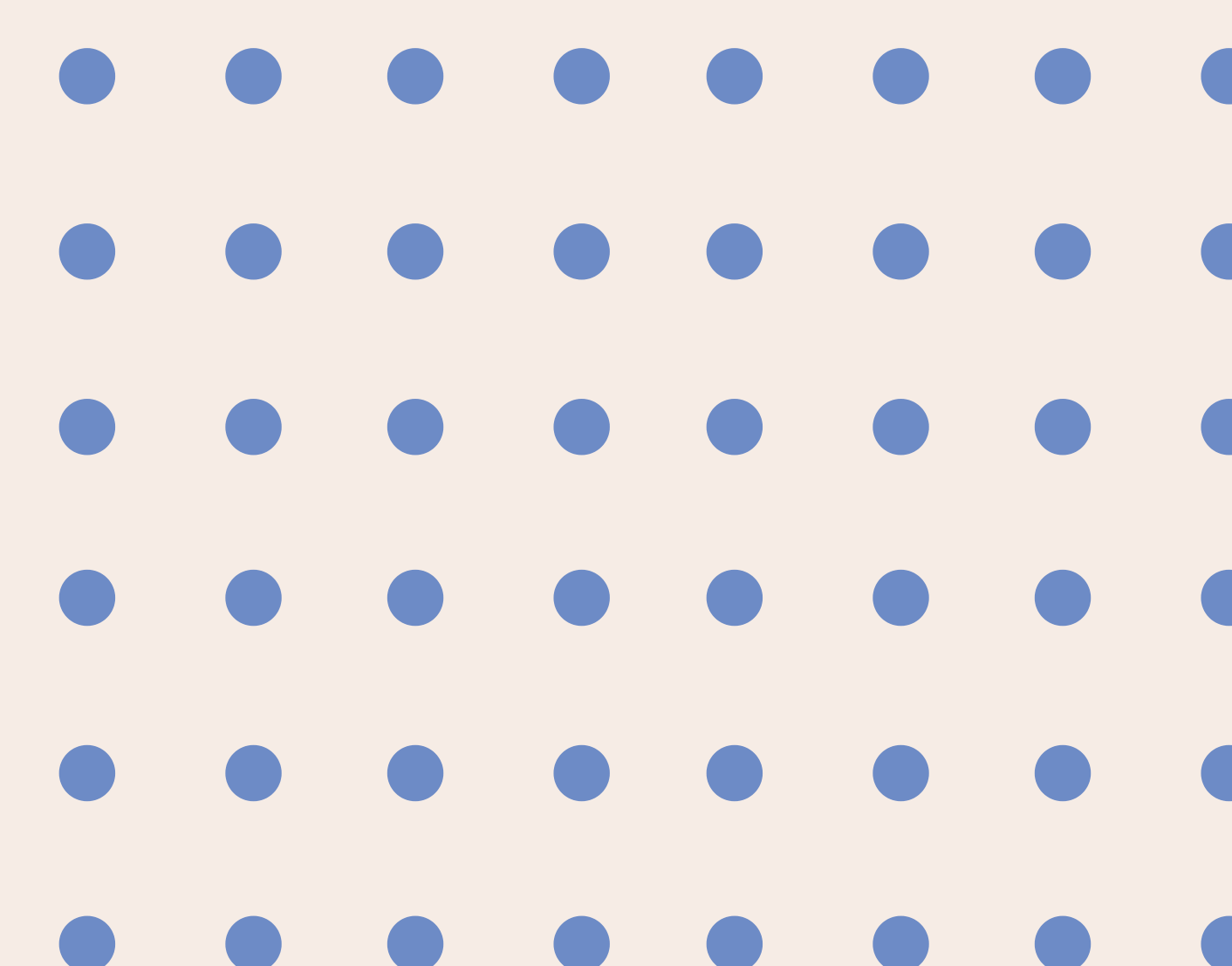
Period: **1st Mar 2024 - 30th Apr 2024**

24 Weekday classes ~ 3 Hrs each

& 16 Weekend Classes ~ 6 Hrs each

Self Study ~ 20 Hours

Assessment & Exams ~ 12 Hrs



## COURSE OVERVIEW

●	GUIDED & MYSORE STYLE ASANA PRACTICE	●
●	GUIDED PRANAYAMA, KRIYAS & BANDHAS	●
●	APPLIED YOGA PHILOSOPHY & GUIDED MEDITATION	●
●	APPLIED ANATOMY MODIFIED TO INDIVIDUAL NEEDS	●
●	SELF & EVALUATIVE PRACTICE TO DEVELOP OWN STYLE	●
●	CLASS SEQUENCING & PLANNING	●

## You will get:

Course materials, Live & Interactive Classes, Regular Quizzes & Evaluation & 1 Final Exam  
A Yoga Alliance Recognised Teacher Training Certificate

**Energy Exchange: USD 750 + Applicable GST**

**Last Date for Registration is Feb 15, 2024**



## TEACHER PROFILE:

### Mansi Mahajan

Mansi believes in revolutionizing the world one breath at a time as she has touched the lives of thousands of people through her teachings that are a convergence of mysticism, science and yogic philosophy.

In deep regard of her iconic and outstanding contribution towards Yoga and Wellness, Rai University conferred on her the Honorary Degree of Doctor of Philosophy, honoris causa. She works with some of the biggest brands in the world such as Google, Hersheys, Guardian and and is featured on several OTT & DTH platforms like Tata Sky, D2H, Dish TV - where you can watch her very own yoga shows. She has been awarded with the honour of the Yogini Award in 2022 and 2023 and conferred with the title "Woman of the Decade" by the Women Economic Forum for her extraordinary contributions in the wellness space. The World Mental Health Congress 2023 awarded her "The World Mental Health Leadership' Award and The Ministry of Tourism Government of India, has awarded two National Awards to her earth nourishing enterprise House of Kapaali.



 [Mansi Mahajan](#)

 <http://houseofkapaali.com>

### Satavisha Ghosh



Satavisha (Visha) believes in holistic approach to Yoga beyond bodily postures and have been enriching her journey in Yoga Philosophy, Vedic Chanting and Pranayama. In her 15 year rich journey she has taught clients both India & Internationally with different ailments and specific needs like Pre Natal & Post Natal Yoga. With an exposure to various schools of Yoga, she has developed a customised approach to teach Asanas. Her approach to Yoga captures higher focus towards correct alignment in Asanas in an injury free way and in her Teacher Training she helps students to develop curated styles for various needs.

Satavisha's journey of growth and holistic teaching is further enriched by her continuous self study in Vedic Chanting and Yoga philosophy firmly rooted in training in Krishnamacharya lineage.



## TESTIMONIALS



**Meghan Stanford**

Thanks You Mansi & Visha for creating this journey for me. You inspired me to take my lessons of TTC off the mat and apply them to my life. It helped me to be self disciplined and helped in my mental & physical health and for that I will be forever grateful to you both.

**Gabriela Droga**

It was a fulfilling journey of renovation and a trip in ourselves and we developed a deep connection with the participants and also with my teachers. I can recommend this program to all who set themselves to grow and find themselves.



**Priti Jhingran**

My TTC Experience with Mansi & Visha had been a holistic & transformative one. They brought in the true meaning of Yoga in the training which was an embodiment of Spiritual, Mental, Physical & Emotional Wellbeing. The whole experience had been a Transformative experience for us and help us to rediscover ourselves.

