



# Yoga Teacher Training

## Shambhava Ashram

October 2019 | Kathmandu, Nepal



Find your source of bliss  
surrounded by the Himalayan Mountains  
in Kathmandu, Nepal



The Ashram is open to those students  
looking to deepen their practice, students  
seeking to become teachers, and visitors  
looking for a place to find peace.



All-inclusive 200hr and 500hr teacher training  
programs include:

Housing and meals with additional options:

Reiki, acupuncture, ayurvedic healing, wellness  
detox, massage, temple visits and more!

Curriculum:

Yoga Sutras, Pranayama, Meditation, Yoga Nidra,  
Anatomy and Physiology, Sequencing,  
Adjustments, Study of Asana (alignment, benefits,  
modifications), Business of Yoga

TT Certificates are coordinated by Sandy Sooknanan of Dutchess Yoga  
and are internationally recognized and approved by Universe Yoga alliance.