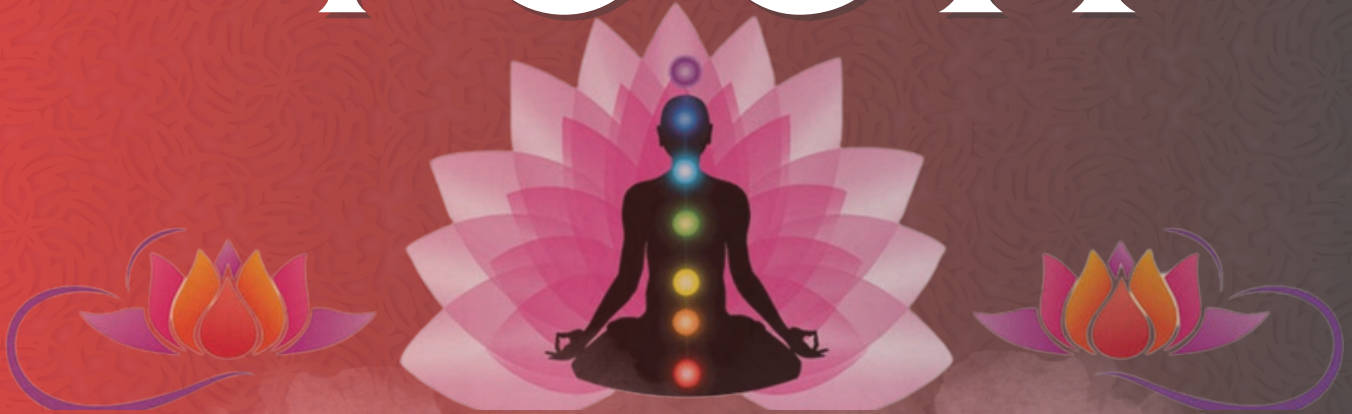




KUNWAR YOGA



HATHA YOGA | ASHTANGA YOGA | IYENGER YOGA

Explore the transformative potential of breath and
movement through the practice of yoga.

KUNWAR YOGA

Mahadev Residency, Old Nehru Colony, Dehradun, Uttarakhand

www.ajiteshkunwar.com



ABOUT KUNWAR YOGA



Welcome to Kunwar Yoga, where tradition meets transformation. Nestled in the serene hills of Dehradun, we are a premier yoga teacher training institute committed to spreading the wisdom of yoga and wellness worldwide.

At Kunwar Yoga, we offer 100, 200, 300-hour internationally certified Teacher Training Course designed to provide a strong foundation in yoga philosophy, asanas, pranayama, meditation, and teaching methodologies. Whether you're a beginner or looking to deepen your practice, our program equips you with the skills and confidence to become a proficient yoga instructor.



YOGA TTC CERTIFICATE



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AFTER SUCCESSFULLY COMPLETING THE 200-HOUR YOGA TEACHER TRAINING IN DEHRADUN, STUDENTS WILL RECEIVE A RECOGNIZED CERTIFICATION FROM THE INSTITUTE. THIS CERTIFICATE INCLUDES A DETAILED RECORD OF TRAINING HOURS AND SERVES AS OFFICIAL PROOF OF ELIGIBILITY TO TEACH YOGA PROFESSIONALLY. IT IS ACCREDITED BY YOGA ALLIANCE, ONE OF THE MOST RESPECTED GLOBAL BODIES IN THE FIELD OF YOGA, KNOWN FOR ITS CREDIBILITY AND LONGSTANDING CONTRIBUTION TO THE YOGIC COMMUNITY.

”

www.ajiteshkunwar.com



100 HOUR YOGA TTC

“



KUNWAR YOGA IN DEHRADUN OFFERS A 100-HOUR YOGA TEACHER TRAINING COURSE (TTC) IDEAL FOR BEGINNERS AND YOGA LOVERS WHO WISH TO TAKE THEIR FIRST STEP INTO THE WORLD OF YOGA. THIS SHORT-TERM PROGRAM FOCUSES ON INTRODUCING THE CORE PRINCIPLES OF YOGA, INCLUDING BASIC POSTURES, BREATHING TECHNIQUES, MEDITATION, AND FOUNDATIONAL TEACHING SKILLS. THE COURSE IS THOUGHTFULLY DESIGNED TO HELP PARTICIPANTS GAIN A CLEAR UNDERSTANDING OF ESSENTIAL YOGIC CONCEPTS WHILE EXPERIENCING PERSONAL GROWTH AND INNER BALANCE. BY THE END OF THE TRAINING, STUDENTS WILL HAVE A SOLID BASE TO DEEPEN THEIR PRACTICE OR CONTINUE TOWARD THE 200-HOUR TTC. KUNWAR YOGA ENSURES THAT EACH STUDENT RECEIVES INDIVIDUAL ATTENTION, CREATING A NURTURING ENVIRONMENT FOR BOTH PERSONAL AND PROFESSIONAL DEVELOPMENT.

”

FEES STRUCTURE



NON RESIDENTIAL YOGA FEES – INR 13,500

- Duration - 12 days
- Yoga Alliance USA TTC Certificate
- Advance Yoga Asanas & Pranayama
- Meditation Class
- Yoga Anatomy and Yoga Philosophy
- Teaching Methodology Hatha, Ashtanga Yoga
- Diet Theraphy

INDIAN STUDENTS ONLY

RESIDENTIAL YOGA FEES – INR 23,500

- Duration - 12 days
- Yoga Alliance USA TTC Certificate
- Advance Yoga Asanas & Pranayama
- Meditation Class
- Yoga Anatomy and Yoga Philosophy
- Teaching Methodology Hatha, Ashtanga Yoga
- Diet Theraphy

INDIAN STUDENTS ONLY

ॐ FOR ONLINE TTC

- Duration - 12 days
- Yoga Alliance USA TTC Certificate
- Yoga Anatomy and Yoga Philosophy
- Diet Theraphy

ॐ FEES – INR 8,499

- Advance Yoga Asanas & Pranayama
- Meditation Class
- Teaching Methodology

Disclaimer:

Kunwar Yoga does not provide job placement or employment opportunities in any international country. Our courses are designed for personal growth and professional development in yoga teaching.

DAILY SCHEDULE



ANATOMY
9.15 AM -
10.15 AM

**YOGA
PHILOSOPHY**
10.30 AM -
11.30 AM

BREAK
11.30 AM -
12.00 PM

**ASANA
BASIC**
12.00 PM -
01.00 PM

**ASANA
ALIGNMENT &
ADJUSTMENT**
01.00 PM -
02.00 PM

COURSE OVERVIEW



“

Yoga Philosophy:

Exploring the ancient wisdom of yoga, including the Yoga Sutras, Bhagavad Gita, and other foundational texts.



“

Anatomy and Physiology:

Comprehensive study of Patanjali's Yoga Sutras, including the history and overview of yoga, and the Eight Limbs of Yoga.



“

Pranayama:

Mastering breathing techniques (pranayama) to enhance energy, focus, and overall well-being.



COURSE OVERVIEW



Asana Practice:

Developing proficiency in various yoga poses (asanas), including alignment, variations, and modifications for different body types and skill levels.



Meditation:

Learning and practicing different meditation techniques for cultivating mindfulness and inner peace.



Teaching Methodology:

Acquiring the skills to structure and lead yoga classes effectively, including sequencing, adjustments, and communication skills.



YTTC GALLERY



KUNWAR YOGA REVIEWS

What Students Say About Kunwar Yoga



Kunwar Yoga has been a life-changing experience for me. The teachers are not only highly skilled but also genuinely caring and patient.

BHAVIKA BHATIA



Training at Kunwar Yoga was an incredible journey! The deep knowledge, constant support from instructors, and the peaceful vibe of Dehradun made it truly enriching and unforgettable.

RITIK DHIMAN



I'm especially thankful to Mr. Kunwar—he is an amazing instructor with deep knowledge and a kind approach. I completed my 300 Hour Teacher Training Course here, and it was truly a wonderful experience.

SHIVAM DHIMAN



The teachers' personalized guidance helped me grow both in yoga and in life. Grateful to Kunwar Yoga for such a beautiful and transformative journey.

ABHILAKSH TYAGI

[View All Google Review](#) 

OUR EXPERT TEAM

A great teacher doesn't just teach from books—they teach from the heart.



Yogacharya Kunwar Ajitesh Ji

Founder

10+ Years of Exp.

RYT-500, E-RYT-200, P.G Diploma in Yoga



Yogini Jyoti Kunwar ji

Co Founder

7+ Year Experience

E-RYT-200, RYT 500, P.G Diploma in Yoga



Yogacharya Nikhlesh Kunwar Ji

15+ Year Experience

RYT 500, IT Professional



Yogacharya Yashpal Kaintura Ji

11+ Year Experience

RYT 500, M.A Yoga, Anatomy, Philosophy,
UGC NET Qualified, DNYS



Yogacharya Uma Shankar Kala Ji

8+ Year Experience

MA in Yoga, PG Diploma in Yogic Science
DNYS

OUR EXPERT TEAM

A great teacher doesn't just teach from books—they teach from the heart.



Yogini Anamika Chamoli ji

8+ Years of Experience

Anatomy, Philosophy, Bachelor Of Naturopathy
And Yogic Science



Yogini Abhilasa Ji

3+ Year Experience

Advance Asana Expert, B.sc Yoga, M.sc Yoga



Yogini Sanjana Ranakoti Ji

2+ Year Experience

Advance Asana Expert



Yogini Savita Gautam ji

3+ Year Experience

RYT 200 Hour, BSc in Biology



Yogacharya Gaurav Arya ji

8+ Year Experience

RYT 200, MA in Yoga, PG Diploma in Yogic
Science

UPCOMING TTC BATCHES – 2025 DATES

★ ★ ★
200 hour yoga teacher training course offered by Kunwar Yoga.
Certified by Yoga Alliance, USA.

As we look ahead to the upcoming dates for our yoga classes remember that every session is an opportunity to reconnect with yourself.

S.No	Date	Month
2	3rd	March
3	7th	April
4	5th	May
5	2nd	June
6	7th	July
7	4th	August
8	1st	September
9	6th	October
10	3rd	November
11	1st	December

ADDRESS



MAHADEV RESIDENCY, OLD NEHRU COLONY,
DHARAMPUR, DEHRADUN, UTTARAKHAND, INDIA 248001



+91 7906213478



+91 8979462451



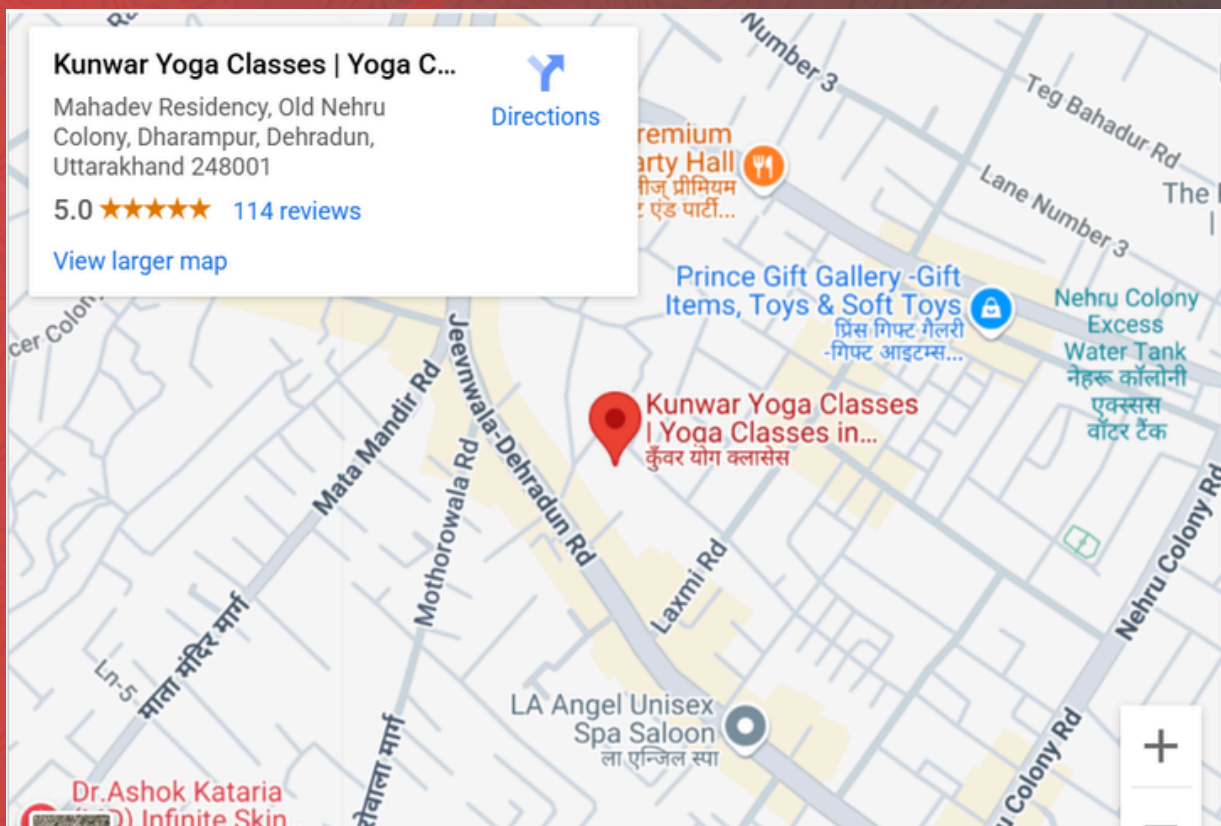
kunwar.ajitesh@gmail.com



www.ajiteshkunwar.com



FIND KUNWAR YOGA IN GOOGLE MAP





HOW TO REACH KUNWAR YOGA



By Air

Jolly Grant Airport, located approximately 24 km from Kunwar Yoga, offers daily flights from Delhi. We can arrange a cab from the airport to our school for an additional fee.



By Train

Daily trains connect Delhi to Dehradun railway station. Upon arriving at Dehradun Railway Station, we can organize a pickup for you at a reasonable charge.



By Taxi

We can also arrange a convenient cab pickup from Delhi to our yoga class an affordable fee.



By Bus

You can take a bus from Delhi to Dehradun Bus Stand. Upon arrival, we can arrange a cab to our school for a suitable fee.