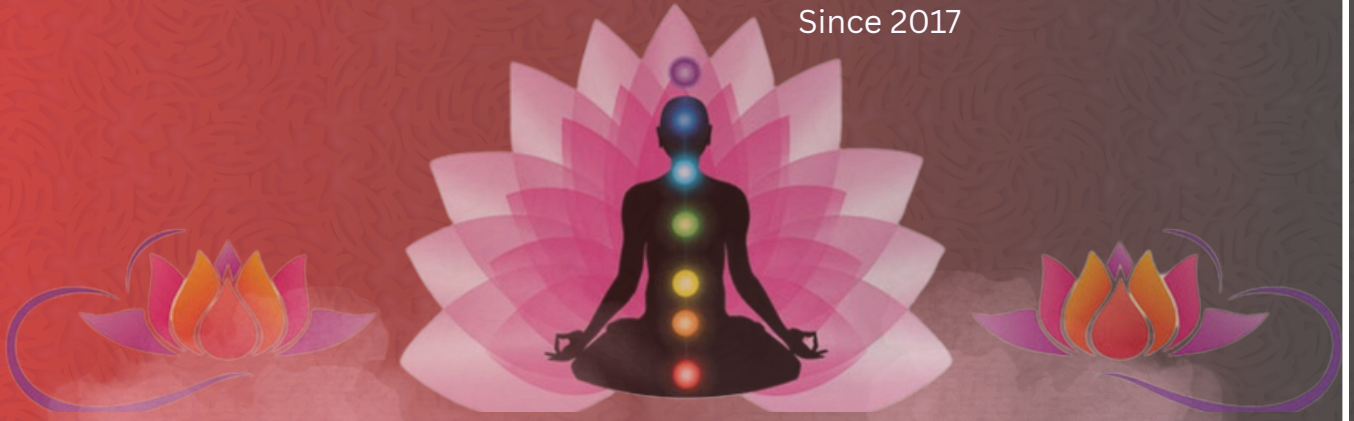


KUNWAR YOGA

Since 2017



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 50, 100, 200, 300, 500-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.



CERTIFICATE OF REGISTRATION

Kunwar Yoga

200 Hours Teacher Training Course

RYS Member Since: Aug 01, 2019

Training Program Valid Through: Aug 24, 2026

Shannon Roche
President and Chief Executive Officer



Yoga Alliance is a nonprofit 501(c)(6), 1560 Wilson Blvd #700, Arlington, VA 22209 | 1-888-921-9642 | yogaalliance.org

YOGA TTC CERTIFICATE



“

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



200 HOUR YOGA TTC

“

KUNWAR YOGA IN DEHRADUN OFFERS A 200-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 - \$290

(Indian Students- ₹ 17,500)

- Duration - 28 days
- Yoga Alliance USA TTC Certificate
- Advance Asanas & Pranayama
- Meditation Class
- Anatomy & Philosophy
- Teaching Methodology
- Aerial Yoga Session
- 1 Day Tour
- Hatha, Ashtanga Yoga
- Kit - Jal Neti Pot, Rubber Neti
- YTTC Manual Book (Hindi or English)

RESIDENTIAL YOGA (Shared Room)

FEES - \$390

(Indian Students- ₹ 27,000)

- Duration - 28 days
- Yoga Alliance USA TTC Certificate
- Advance Asanas & Pranayama
- Meditation Class
- Anatomy & Philosophy
- Teaching Methodology
- Aerial Yoga Session
- 1 Day Tour
- Hatha, Ashtanga Yoga
- Kit - Jal Neti Pot, Rubber Neti
- YTTC Manual Book (Hindi or English)

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.

FEES STRUCTURE



RESIDENTIAL YOGA

Private Room

FEES - \$460

(Indian Students- ₹ 30,000)

- Duration - 28 days
- Yoga Alliance USA TTC Certificate
- Advance Asanas & Pranayama
- Meditation Class
- Anatomy & Philosophy
- Teaching Methodology
- Aerial Yoga
- 1 Day Tour
- Hatha, Ashtanga Yoga
- YTTC Manual Book (Hindi or English)

FOR ONLINE TTC

FEES - \$230

(Indian Students- ₹ 17,500)

- Duration - 28 days
- Yoga Alliance USA TTC Certificate
- Advance Asanas & Pranayama
- Meditation Class
- Anatomy & Philosophy
- Teaching Methodology
- Jal Neti Pot, Rubber Neti
- YTTC Manual Book (Hindi or English)

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



**WAKEUP
TIME
5.00 AM**

**ASANA
CLASSES
6.00 AM
7.30 AM**

**BREAK-FAST
8.00 AM
9.00 AM**

**PRANAYAMA
AND
MEDITATION
7:30AM 8.AM**

**YOGA
ANATOMY
10.30 AM -
11.30 AM**

**YOGA
PHILOSOPHY
11.30 AM
12.30 PM**

**TEACHING
METHODOLOGY
12:30PM
1:30PM**

**SELF STUDY
1.30 PM -
2.00 PM**

DAILY SCHEDULE

★ ★ ★

LUNCH
2.00 PM -
3.00 PM

REST TIME
3.00 PM -
4.00 PM

**ASANA
CLASSES**
4.00 PM
5.30 PM

**MEDITATION
CLASS**
5.30 PM -
6.00 PM

TEA TIME
6.00 PM -
6.30 PM

DINNER
7.30 PM -
8.30 PM

LIGHT OFF
10.00 PM

ACCOMMODATION

★ ★ ★
SHARED OR PRIVATE ROOMS



ACCOMMODATION

★ ★ ★
SHARED OR PRIVATE ROOMS



ACCOMMODATION

SATTVIC FOOD



OUTDOOR YOGA ACTIVITIES



Sahastradhara



Great Buddhist Stupa



Beatles Ashram Rishikesh



Bhadraj Temple



Trayambakeshwar Temple



Har Ki Pauri



Lachhiwala



Dalai Hills

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.

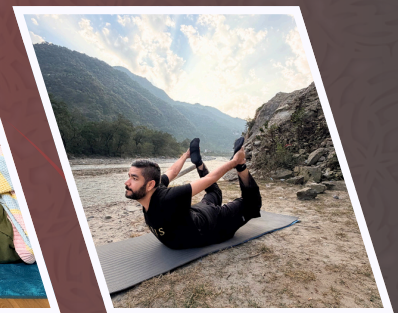
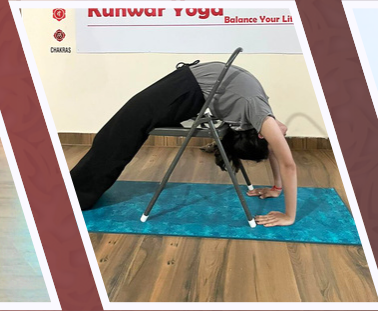


Teaching Methodology:

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



YOGA GALLERY



KUNWAR YOGA REVIEWS

What Students Say About Kunwar Yoga



Completing my 200 Hour Yoga Teacher Training at Kunwar Yoga has been the most transformative journey of my life. The teachers are incredibly knowledgeable, supportive, and patient.

SONALI SURYAVANSHI



Kunwar Yoga gave me exactly what I was searching for — authentic yoga education, disciplined practice, and a peaceful environment.

ANSHIKA KAINATURA



The 200 Hour Yoga TTC at Kunwar Yoga was beyond my expectations. The course was beautifully structured with a perfect balance of theory and practical sessions. Every teacher shared valuable knowledge, and I felt supported throughout.

POOJA BHATT



I travelled to Dehradun to deepen my yoga practice, and Kunwar Yoga truly changed my perspective on life. The asana classes, meditation sessions, and anatomy lectures were extremely helpful.

PRIYANKA KADYAN GAHLAWAT

[View All Google Review](#) 

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

15+ Years of Exp.

E-RYT® 500, YACEP®, P.G Diploma in Yoga



Yogini Jyoti Kunwar ji

Co Founder

11+ Year Experience

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



Yogini Anamika Chamoli Ji

10 Year Experience

Anatomy, Philosophy, Bachelor of Naturopathy
And Yogic Science



Yogacharya Nikhlesh Kunwar Ji

15+ Year Experience RYT 500,
500 RYT, IT Professional



Yogi Shivam Giri Ji

2+ Year Experience

BA Yoga Science, 6 months Diploma in
Yoga

OUR EXPERT TEAM

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



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

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



Yogini Abhilasa Ji

3+ Year Experience

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



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 – 2026 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
1	5th	January
2	2nd	February
3	2nd	March
4	6th	April
5	4th	May
6	1st	June
7	6th	July
8	3rd	August
9	7th	September
10	5th	October
11	2nd	November
12	7th	December

ADDRESS

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

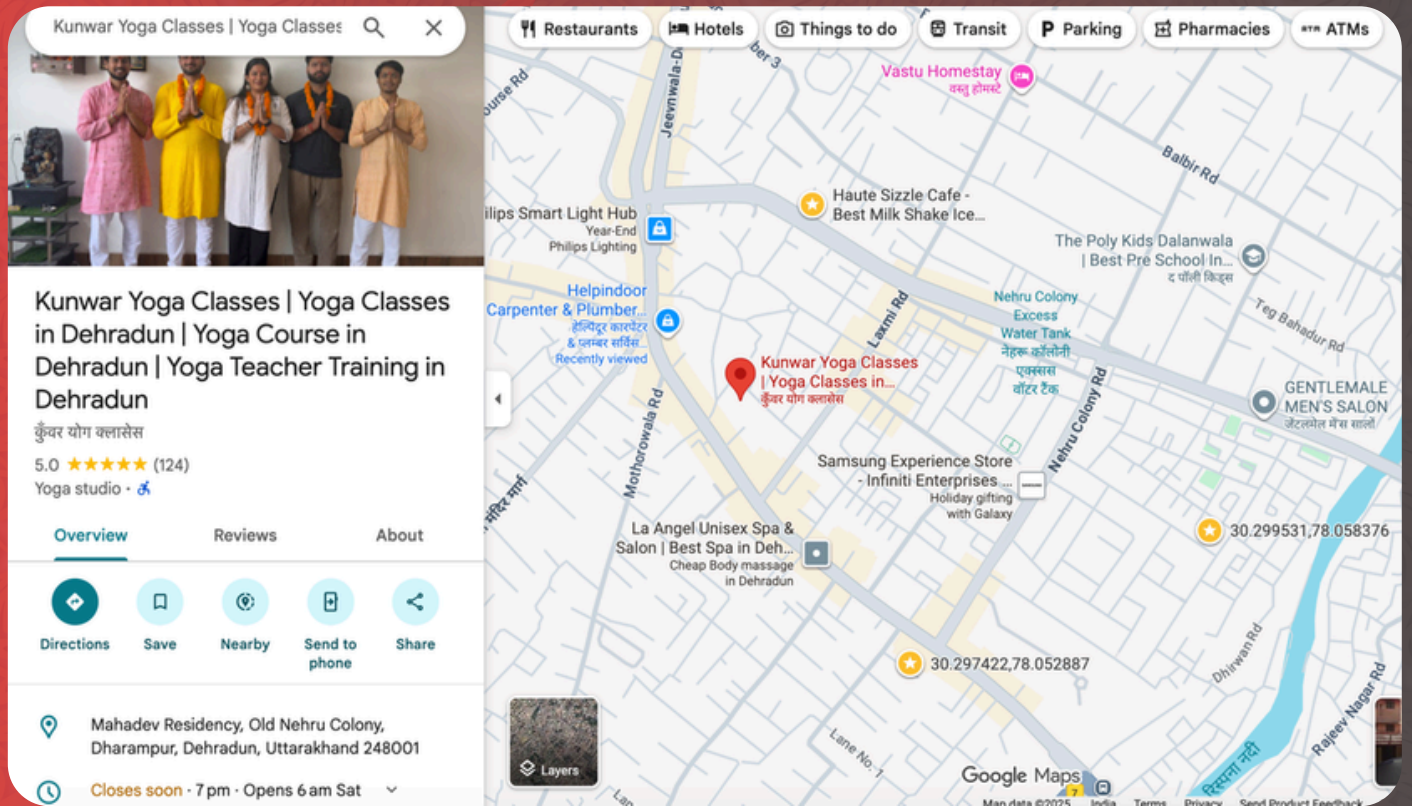
☎️ +91 7906213478 (RECEPTION)

☎️ +91 8979462451 (DIRECTOR)

✉️ 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.