



300-HOUR YOGA TEACHER TRAINING YEAR 2025

Deepen Your Practice with Transformative Yoga Training

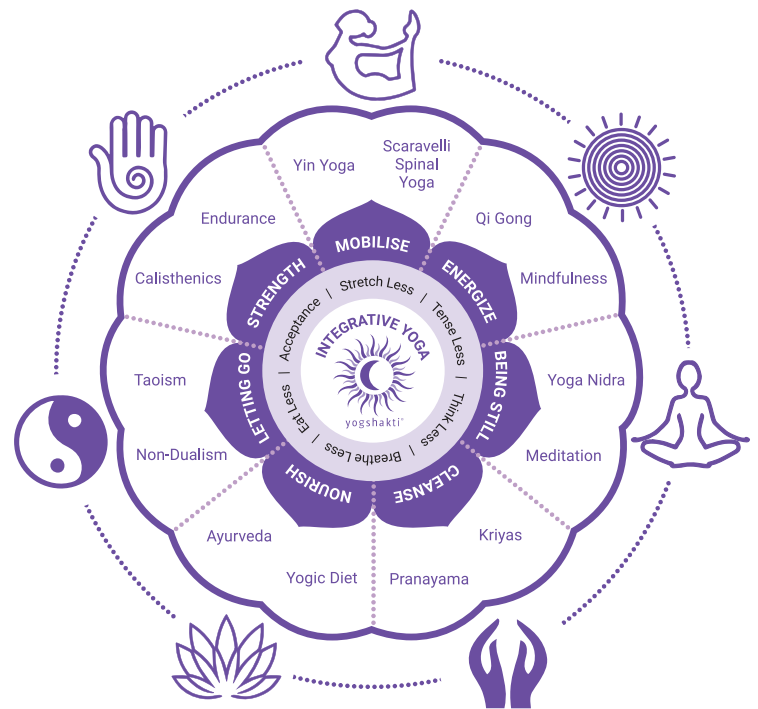


Through the unique system of Integrative Yoga, this training empowers you to teach with confidence and flow effortlessly. It provides the tools and practices needed to enhance your personal growth while cultivating a holistic approach to teaching yoga.



Discover what you will learn:

01. **SCARAVELLI INSPIRED YOGA** teaches us to move from the spine with fluidity, ease, and lightness. When the body aligns with gravity, the breath flows naturally along the spine like a wave, awakening and lengthening it.
02. **YIN YOGA** encourages surrender and connection to the vast intelligence within. It improves flexibility, joint mobility, and the circulation of chi (life force) throughout the body.
03. **YOGIC KRIYAS & PRANAYAMA** cleanse, energise, and revitalise the body, while bringing clarity to the mind.
04. **MINDFULNESS & MEDITATION** fosters equanimity, mental clarity, emotional intelligence, and the ability to approach ourselves and others with kindness, acceptance, and compassion.
05. **YOGA NIDRA** is a healing and restorative practice that induces a profound state of relaxation, releasing deeply rooted tensions in both the gross and subtle body.
06. **STUDY OF CHAKRAS** involves an in-depth exploration of these energy centres, unlocking their potential through asana, pranayama, meditation, and Yoga Nidra to understand the anatomy and psychology of the subtle body.
07. **INTEGRATING THE BUTEYKO METHOD INTO YIN YOGA** enhances practices by focusing on breath regulation for greater balance and clarity.
08. **QI GONG** develops internal energy, focus, and a sense of grounding, helping to centre the mind and body. Integrative Yoga teaches us to move from within, creating a profound sense of joy and bliss that permeates every cell of the body.
09. **PHILOSOPHY** draws on the teachings of the Yoga Sutras of Patanjali and Advaita Vedanta.
10. **AYURVEDA AND THE YOGIC DIET** offer guidance on nourishing the body and mind in alignment with yogic principles.



*Master your yoga journey,
one path at a time.*



This course will consist of two 150-hour modules:

MODULE 1 - 150 Hours in 2025

- Integrative Yoga Sequences
- Integrative Yoga & Qi Gong
- The Anatomy & Psychology of Chakras
- Scaravelli Inspired Spinal Yoga - "Freeing the Spine"
- Pranayama, Kriyas, Bandhas, Mudras & Awakening Sushumna
- Yoga Nidra
- Integrative Yoga Teaching Methodology
- Study of Non-Volitional Living/Non- Dualism & Self Enquiry
- Yoga Sutras
- Yogic Diet & Ayurvedic Cooking

DATES & TIME, 2025

- Weekends only (Sat & Sun)
October 4 - November 2, 2025
8:00am - 4:00pm
- Weekdays only (Mon - Fri)
CHAKRA COURSE (21 days)
October 3 - 31, 2025
6:30am - 8:30am
- Weekdays only (Mon - Fri)
AYURVEDIC COURSE
October 3, 6, 7, 8 & 9, 2025
11:30am - 1:30pm

OCTOBER 2025

Mo	Tu	We	Th	Fr	Sa	Su
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

NOVEMBER 2025

Mo	Tu	We	Th	Fr	Sa	Su
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

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More info...

COURSE PREREQUISITES: To qualify for the 500-hour RYT Yoga Alliance certificate, you must have completed a 200-hour RYT course at Yogshakti or any Yoga Alliance-registered school.

TEACHING AFTER COMPLETION: Graduates will gain opportunities to teach and practice their skills to deliver meaningful and well-prepared classes.

PART-TIME OPTION: The course is split into two modules, with up to 2 years to complete either one or both for certification.

ONLINE OPTION: If you completed your 200-hour training at Yogshakti, the entire 300-hour course can be completed online.

ONLINE OPTION FOR INTEGRATIVE YOGA

BEGINNERS: New learners should attend one of the two 150-hour modules in person at Yogshakti, and then complete the remaining 150 hours online. Upon completion, you will be ready for certification.

MODULE 2 - 150 Hours in 2026

- Leading a Yin Yoga Session + Sequencing
- Integrating Pranayama & Buteyko Method in Yin Yoga
- Pranayama for Yin Yoga, Kriyas, Bandhas, Mudras & Awakening Sushumna
- The Anatomy & Psychology of Chakras
- Meditation
- Integrating Module 1 and 2
- Study of Non-Volitional Living/Non-Dualism & Self-Enquiry
- Yoga Sutras

DATES & TIME, 2026

Weekends only (Sat & Sun)
September 5 - November 1, 2026
8:00am - 4:00pm

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Meet your teacher...



Shilpa Ghatalia, founder of Yogshakti, is a certified yoga teacher with over 30 years of experience. Trained in the Himalayan tradition, Raja Yoga, and Yoga Nidra, she studied with renowned teachers across mindfulness, Vedanta, and Ayurveda. She developed Integrative Yoga and offers teacher training globally through her Yoga Alliance-registered school.

Special note...



As part of the 300-Hour Prerequisites, students are required to attend, observe, and evaluate yoga classes from both the perspective of a student and that of a teacher. Yogshakti offers a diverse range of nearly 30 Yoga, Pranayama, and Meditation classes each week. To fulfill this requirement, you must attend and evaluate a minimum of 10 sessions (select from <https://yogshakti.com/schedule/>), ensuring a comprehensive understanding from both viewpoints.

[Only required if you are seeking a certificate.]

Investment:

Price for Full Course **RM 13,500**

Price for Part Time Course **RM 10,950**

[Attendance of 1 module in-person and 1 module online.]

Email to register: shilpa.ghatalia@gmail.com



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