



Yoga Teacher Trainings Vienna 2024/25



200h Yoga Teacher Training

2400 EUR

Get a full grounded knowledge on Hatha Yoga, Kundalini and Tantra (introduction), and how to teach to beginners according to the standard of Yoga Alliance. You will be able to register as a RYT 200h.

In this training you will have theory classes, Hatha Yoga classes, asanas, meditation and pranayamas classes.

It is a profound teaching and an intimate group so to allow the best quality.

Prerequisite : regular practice of yoga with a teacher for at least one year + reading of the 4 main works of Hatha Yoga

300h Yoga Teacher Training Yoga

3300 EUR

The 300h program is directed to yoga teachers who are interested in deepening their knowledge and practice in Yoga and Tantra. We give a greater understanding of the asana and anatomy, the benefits of yoga on your health, how to apply the mudras, bandhas and meditation as well as mantra. It is a profound study of meditation and how to rise the consciousness.

You will be able to register as a RYT 500h depending on your previous trainings and experience.

Prerequisite : certified RYT 200h yoga teacher trained in our center + reading of 3 books complementary to those studied during the TTP 200h

Possible dates for yoga teacher trainings or workshops:

22 - 25 March 2024
8 - 12 May 2024
21 - 23 June 2024
18-20 October 2024
1-3 November 2024
20-22 December 2024
21-23 February 2025
7-9 March 2025
18-20 April 2025
2-4 May 2025

Workshop topics to deepen your knowledge of Yoga:

Yogic philosophy
Pranayamas
Sound Yoga, Mantras
Asanas
Chakras
Meditation
Advanced Philosophy
Yoga texts study: Bhagavad Gita, Vijnana Bhairava Tantra, Tantric philosophy

If you are interested in a Prenatal Yoga, Kids Yoga or Mantra Teacher Training just contact us as well.

You can also be accommodated in our studio if you wish and live like in an ashram. Also if you have your place to stay in Vienna you can enjoy the ashram mood in the studio by starting the day with a morning practise, joint breakfast, theory classes, cooking together for lunch followed by more theory in the afternoon and an evening practise before dinner together.

The main teaching language is English but our teachers can always help to translate to German or French.

If you wish we can organise that you come to our ashram in France for a full week to finish the Yoga Teacher Training there.

Please get in touch with us with any questions or to set up an individual plan for you. It is possible that you start your teacher training on any of the above mentioned training dates. To register for a training or workshop, send an email to: yogajiacademy@gmail.com