



# 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](http://www.ajiteshkunwar.com)





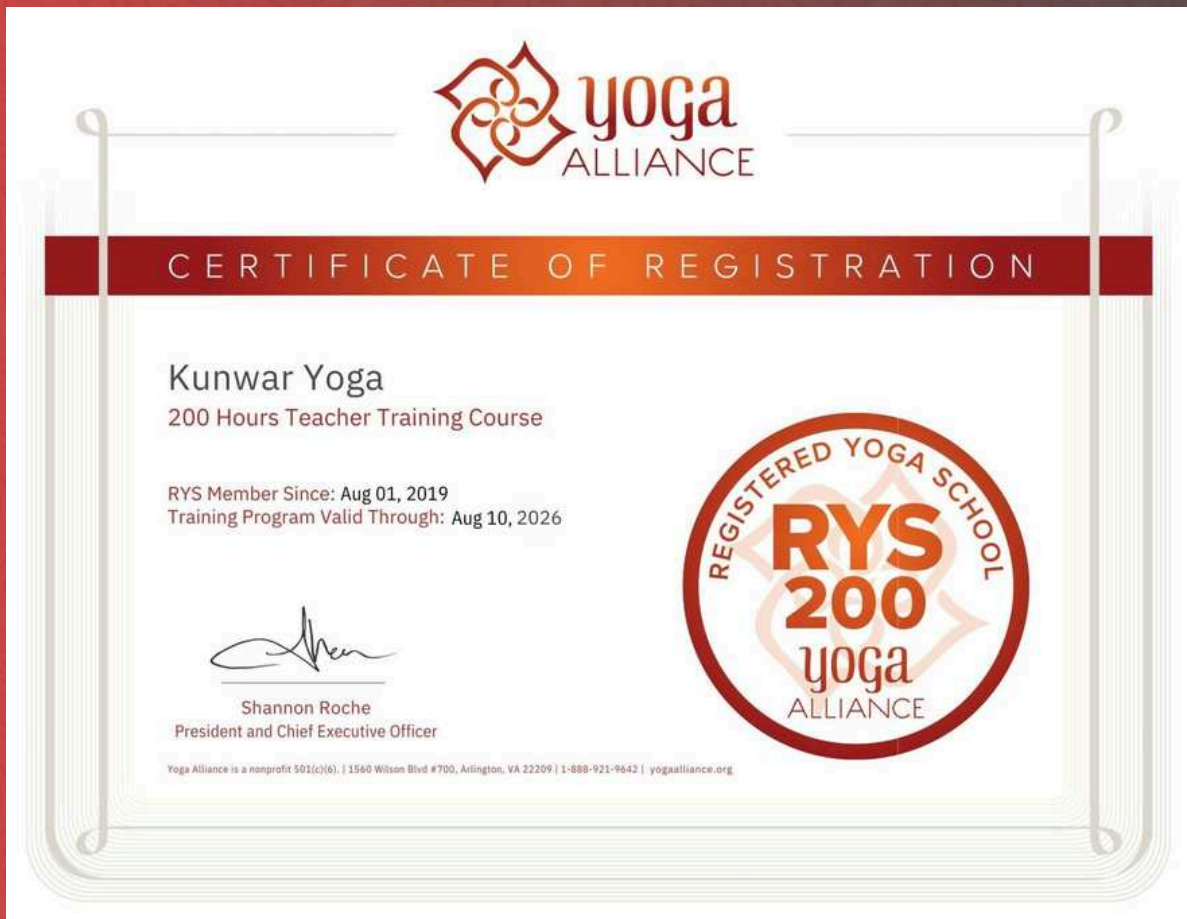
# ABOUT KUNWAR YOGA



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.





# YOGA TTC CERTIFICATE

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UPON SUCCESSFUL COMPLETION OF THE 50-HOUR YOGA TEACHER TRAINING AT KUNWAR YOGA IN DEHRADUN, STUDENTS RECEIVE AN INTERNATIONALLY RECOGNIZED CERTIFICATE FROM THE INSTITUTE. THIS DOCUMENT RECORDS THE TOTAL TRAINING HOURS AND SERVES AS OFFICIAL ACKNOWLEDGMENT OF THE PARTICIPANT'S FOUNDATIONAL UNDERSTANDING OF YOGA. THE CERTIFICATION IS ACCREDITED BY YOGA ALLIANCE, A GLOBALLY RESPECTED ORGANIZATION KNOWN FOR ITS CREDIBILITY AND DEDICATION TO MAINTAINING HIGH STANDARDS IN THE YOGA COMMUNITY.

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# 50 HOUR YOGA TTC

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KUNWAR YOGA IN DEHRADUN OFFERS A 50-HOUR YOGA TEACHER TRAINING COURSE (TTC) DESIGNED FOR BEGINNERS AND YOGA ENTHUSIASTS WHO WISH TO BUILD A STRONG FOUNDATION IN YOGA. THIS SHORT-TERM PROGRAM INTRODUCES PARTICIPANTS TO BASIC ASANAS, FUNDAMENTAL PRANAYAMA TECHNIQUES, MEDITATION PRACTICES, INTRODUCTORY YOGA PHILOSOPHY, AND ESSENTIAL TEACHING METHODS. STUDENTS GAIN HANDS-ON EXPERIENCE IN POSTURE ALIGNMENT AND BREATHING EXERCISES, HELPING THEM ENHANCE BOTH THEIR PERSONAL PRACTICE AND UNDERSTANDING OF YOGA. WITH SMALL CLASS SIZES, PERSONALIZED ATTENTION, AND A NURTURING LEARNING ENVIRONMENT, KUNWAR YOGA ENSURES THAT EVERY PARTICIPANT COMPLETES THE COURSE WITH IMPROVED SKILLS, CONFIDENCE, AND A DEEPER CONNECTION TO THE YOGIC LIFESTYLE.

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# FEES STRUCTURE



## NON RESIDENTIAL YOGA FEES – INR 5,000

- Duration - 7 days
- Yoga Alliance USA TTC Certificate
- Basic Yoga Asanas & Pranamyam
- Meditation Class

INDIAN STUDENTS ONLY



## RESIDENTIAL YOGA FEES – INR XX,000

- Duration - 12 days
- Yoga Alliance USA TTC Certificate
- Basic Yoga Asanas & Pranamyam
- Meditation Class

INDIAN STUDENTS ONLY



## FOR ONLINE TTC

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



## 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

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**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

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# 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.

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



## **Yogini Jyoti Kunwar ji**

Co Founder

11+ 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, B.Sc 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     |
|------|------|-----------|
| 8    | 1st  | September |
| 9    | 6th  | October   |
| 10   | 3rd  | November  |
| 11   | 1st  | December  |



# ADDRESS

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

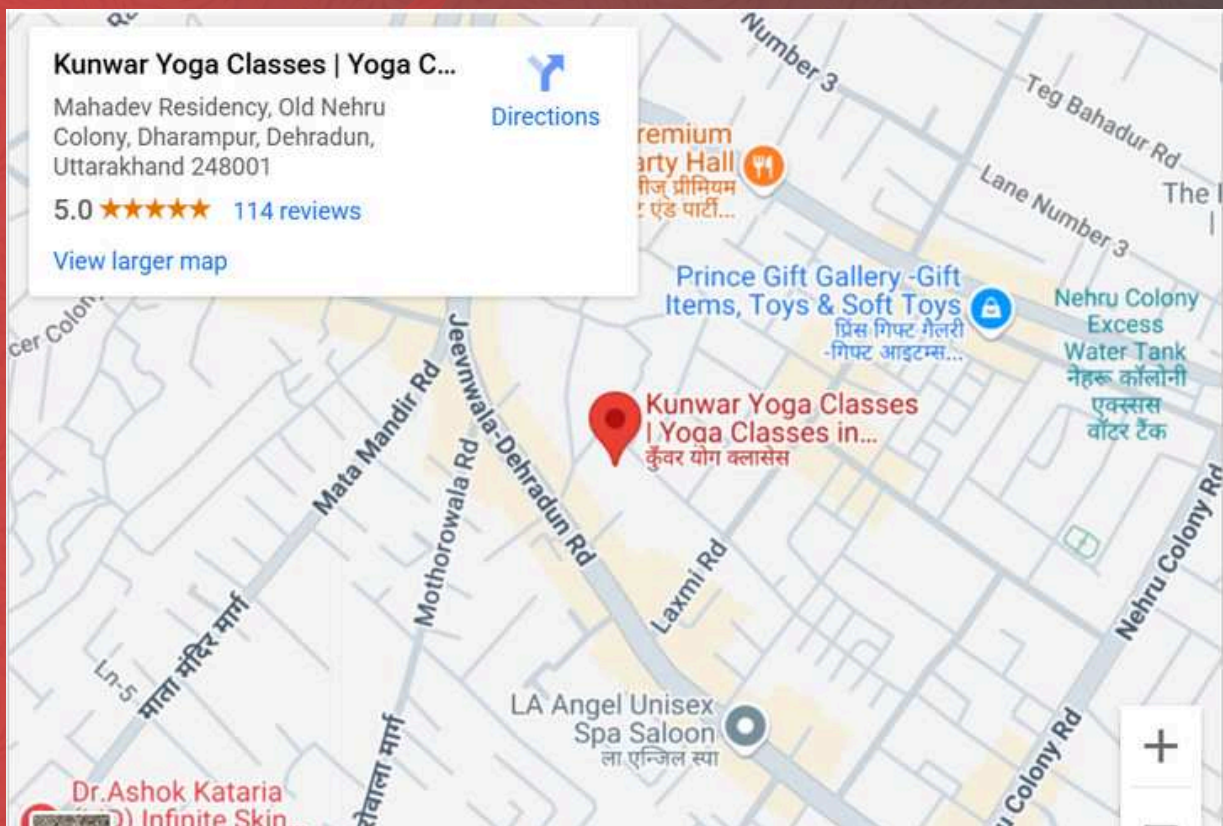
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✉ kunwar.ajitesh@gmail.com

🌐 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.