



*"Your Home Away From Home"...*

# WELCOME TO YOUR TRAINING PROGRAM

SHREE HARI YOGA AYURVEDA SCHOOL

# Welcome to our Shree Hari Family



Located in India, we offer **Yoga Teacher Training accredited by Yoga Alliance**, as well as Continuing Education Programs (YACEP), Ayurveda Teacher Trainings, Ayurveda & Panchakarma Healing Packages. Our training courses are deeply rooted in the authentic heart of yoga, aiming to inspire others to embrace its essence.

Our heart-centered teacher training program, rooted in Patanjali's Eight Limbs and encompassing all of Yoga's Four Streams, caters to practitioners of all levels, from beginners to advanced. You will develop the skills and confidence to embody and share the authentic essence of yoga, whether as a teacher or in everyday life. This comprehensive training includes yogic principles, lifestyle practices, and yogic psychology, fostering alignment of body, mind, and soul. Along your journey towards overall well-being, you will learn to relax, trust, and let go. Upon completion, you will earn a Yoga Alliance accredited certificate (RYT or YACEP), empowering you to teach others with assurance and clarity.

I am Hari Pawali, founder of Shree Hari Yoga School. My goal was to provide affordable, high quality Training in yoga and the healing arts, creating an inclusive community where all are welcomed. Raised in a family of devotees and followers of Lord Shiva, my journey in yoga began with my mother, Tara Devi, a Bhakti Guru. My early training in the Nath Tradition and years as an ascetic sadhu shaped my path. After deepening my practice at an ashram, I realized my vision of a yoga school and community in 2013 in Gokarna. Since then, we have graduated hundreds of students and expanded across India.

**Favorite Quote: "If you are not breathing, you are not doing yoga."**

**HARIJI  
FOUNDER**

*Namaste Hariji*

# Welcome To Shree Hari

## WELCOME TO OUR SHREE HARI YOGA FAMILY

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At Shree Hari Yoga, our mission is simple yet profound: to reconnect you with your true nature through the timeless wisdom of Yoga and Ayurveda. Since 2013, under the guidance of our Head Teacher, Hariji, we've created a sanctuary for authentic yoga education and personal transformation.

What makes us different is the way we hold space for you:

- **We keep our groups small and intimate (no more than 15 students),**
- **We live by Ayurvedic lifestyle practices during your stay,**
- **You'll receive 1-on-1 mentorship and consultations with our teachers,**
- **You'll be guided by a senior teaching team drawing from multiple lineages.**

In this way, our trainings become more than study—they are personal journeys of growth, healing, and transformation.

### FOUNDATIONAL PATH – 200-HOUR YOGA TEACHER TRAINING

Perfect if you're beginning your teaching journey or wish to deepen your personal practice. You'll build a strong base in philosophy, asana, pranayama, and teaching skills, graduating with a Yoga Alliance USA certification that allows you to teach anywhere in the world.

### ADVANCED PATH – 300 & 500-HOUR TEACHER TRAININGS

For those who already hold a 200-hour certificate, these programs help you refine your skills, explore advanced practice, and step into teaching mastery.

### IMMERSIONS & CONTINUING EDUCATION – 50 & 100-HOUR COURSES (YACEP)

Shorter programs for students wanting to specialise, refresh, or gain continuing education hours with Yoga Alliance.

### WELLNESS & RETREATS – AYURVEDA & YOGA HOLIDAYS

If your heart is calling for rest and renewal, we also offer detox programs, Panchakarma, and yoga holidays designed to restore balance and wellbeing.

**MUCH LOVE & LIGHT  
YOUR SHREE HARI TEAM**





# OUR COURSES



200H  
YTT

**200H FOUNDATIONAL  
YOGA TEACHER  
TRAINING LEVEL 1**

300H  
YTT

**300H ADVANCED  
YOGA TEACHER  
TRAINING LEVEL 2**

500H  
YTT

**500H COMPLETE  
YOGA TEACHER  
TRAINING**

50H  
YTT

**50H CONTINUING  
EDUCATION  
PROGRAM**

100H  
YTT

**100H CONTINUING  
EDUCATION  
PROGRAM**



**AYURVEDA TEACHER  
TRAINING PROGRAMS**

# Certification With Yoga Alliance

EARN YOUR YOGA ALLIANCE TEACHING CERTIFICATION IN INDIA



## INTERNATIONALLY RECOGNISED CERTIFICATION

Our Yoga Teacher Training Courses in India are registered with Yoga Alliance USA. When you graduate from our school you will be eligible to register with Yoga Alliance as an RYT, Registered Yoga Teacher, in your respective categories. You will be prepared to teach anywhere in the world with this globally recognized certification. Whether you wish to establish a strong teaching foundation through our 200 hour program or expand your capabilities through 300 hour, 500 hour, or Yoga Alliance Continuing Education (YACEP) courses, we have certification options to support your teaching path and career.



## MEET OUR TEAM



### MEET OUR FOUNDER - HARJI

In Sanskrit, Shree Hari means “Lord of Nature.” Since 2013, under the guidance of Head Teacher Hariji, we’ve been guiding students from around the world on a transformational path through Yoga and Ayurveda. Our mission is to reconnect you with your true nature and help you grow in confidence—whether as a practitioner or a teacher.

### YOUR COURSE FACILITATORS

DR. SATHVIKA- LEAD TEACHER RYT 50-500 YOGA THERAPY, TCM, NATHURPATHY, YOGA BIOMECHANICS & ENERGETICS

RITESH - LEAD TEACHER RYT200 - HATHA ASANA/ ALIGNMENT

GONULL- LEAD TEACHER ERYT50-500 - YIN, HATHA, ARIAL, ASANA CLINIC

MANOJ- LEAD TEACHER RYT 50-500 - PHILOSOPY/PRANAYAMA, MEDITATION

# Yoga Training Made Flexible: From Short Courses to Full Certifications

## 50H TO 500H TEACHER TRAININGS



### 200H LEVEL 1 RYT

If you want to get registered and work officially as a yoga teacher, you must complete a 200-hour basic course first. The 200-hour course is a basic course that covers all the fundamentals of yoga in terms of practice, theory, anatomy, teaching practices, and philosophy.



### 300H LEVEL 2 RYT

To attend a 300-hour course, you must first complete a 200-hour YTT. The 300-hour course is an advanced yoga course, also known as the second level of yoga teacher training. It is suitable for those who have already finished the first level (200-hour YTT) and want to enhance their skills and abilities as a yoga teacher.



### 500H COMPLETE RYT

The 500-hour YTT course is a combination of a 200-hour YTT course and a 300-hour YTT course. The 500-hour course allows you to learn from the basics to the advanced level in a single program.



### 50H /100H YACEP

The 50-hour and 100-hour courses are Yoga Alliance Continuing Education Programs (YACEP), designed to help you deepen your practice in a specific style. You can take a 100-hour course for personal growth without needing to complete a 200-hour training first.

# PLEASE NOTE:



Completing two 100-hour courses does not equal a 200-hour course, and a 200-hour certification cannot be earned this way. We recommend starting with the full 200-hour Level 1 course.

The 50-hour and 100-hour courses are YACEP (Yoga Alliance Continuing Education Program), designed to deepen your knowledge in a specific style. For personal growth, a 200-hour course is not required.



Our 200-hour Level 1 course is based on Hatha and Ashtanga, with options to focus on the style that suits you best—Ashtanga/Vinyasa, Hatha, Therapeutic, Vinyasa, or Yin.

If you wish, the 200-hour course can be split into two parts—for example, one in May and the second in December. The 200-hour certification will only be issued after completing the second part. Please also note: switching from a 200-hour to a 300-hour course midway is not possible, as these are separate, structured programs.

## YOUR TRAINING PACKAGE WITH US!

ALL INCL. TRAINING IMMERSION

SMALL GROUP WITH ONLY 15 STUDENTS

DAILY AYURVEDIC LIFESTYLE PRACTICES

PRE-COURSE PREPARATION MATERIALS

AYURVEDA CONSULTATIONS & ICE-BATH





# AYURVEDA LEARNING MADE SIMPLE: SHORT COURSES TO FULL PROGRAMS

## WHAT WILL YOU GAIN FROM THIS TRAINING?

Ayurvedic Teacher Training Course Recognized By Bharat Sevak Samaj (BSS) Recognition – skilled person's skill is recognised by Bss skill certificate. Identification – Bss issues id card for skill with skilled person photo. Opportunity – Bss skill certificate is attested by ministry of external affairs, govt. Of India. So foreign employment opportunities available for skilled person. Verification – Bss skill certificate can be verified at anytime and anywhere through Bss official web site: <http://www.bssve.in>. Bharat Sevak Samaj or the National Development Agency is sponsored by the Planning Commission, Government of India to ensure public co-operation for implementing government plants. Only possible for the Ayurvedic Massage & Panchakarma Therapist.

The main purpose behind the formulation of Bharat Sevak Samaj is to initiate a nationwide, non-official and nonpolitical organization with the object of enabling individual citizens to contribute, in the form of an organized co-operative effort, to the implementation of the National Development Plan. The constitution and functioning of Bharat Sevak Samaj are approved unanimously by the Indian Parliament. It also runs many skills developmental and educational courses through its many centres all over India and countries abroad.

ALL INCL. TRAINING IMMERSION

SMALL GROUP WITH ONLY 10 STUDENTS

DAILY AYURVEDIC LIFESTYLE PRACTICES

MEALS AND TEAS ALIGNED TO DAILY COLOUR THERAPY THEMES.

AYURVEDA CONSULTATIONS & ICE-BATH



AYURVEDIC  
LIFESTYLE COACH

AYURVEDIC & NATUROPATHIC  
NUTRITION COURSE – FOOD  
AS MEDICINE FOR BODY &  
MIND”

AYURVEDIC MASSAGE  
& PANCHAKARMA  
THERAPIST





# YOGA & AYURVEDA WELLNESS PACKAGES

Recharge your body, mind, and soul with our transformative Yoga & Ayurveda Wellness Packages. Each package is thoughtfully designed to restore balance, promote healing, and guide you on a journey of inner harmony.



Whether you seek gentle relaxation, renewal, or a full lifestyle reset – we'll guide you on a journey of health, healing, and inner peace.

## Wellness Packages Available

5 Days – Gentle Reset Recharge & refresh your energy

7 Days – One Week Renewal Restore balance & clarity

14 Days – Deep Healing Detox & rejuvenate deeply

21 Days – Full Reset, Rise & Shine Transform your lifestyle & wellbeing

28 Days – Complete Renewal Rebuild, refresh & step into your best self

## What's Included:

- Daily Ayurveda Treatments (based on your personalized doctor consultation – check-in day is your consultation, one treatment on check-in & check-out days)
- Yoga Classes for strength, flexibility & balance
- Pranayama & Meditation to calm the mind and restore energy
- Body Alignment & Adjustment Classes for safe, mindful practice
- 3 daily wholesome vegetarian meals (except Sat. dinner & Sun. meals)
- Ayurveda Doctor Consultation with a tailored treatment plan for your Dosha
- Ice Bath Therapy (exclusive in Goa)

# “Commit Early, Save More – Your Yoga Journey Starts Here”

“PLAN AHEAD, INVEST WISELY, AND SAVE ON YOUR TRAINING JOURNEY.”



## 200H YTTC 21-DAYS

Shared room € 1700  
Private room € 1950  
Instruction Language: English

Save €300: Book 90 Days Before Start Date  
Save €150: Book 60 Days Before Start Date  
Save €100: Book 30 Days Before Start Date



## 300H YTTC 26-DAYS

Shared room € 2300  
Private room € 2550  
Instruction Language: English

Save €300: Book 90 Days Before Start Date  
Save €150: Book 60 Days Before Start Date  
Save €100: Book 30 Days Before Start Date



## 500H YTTC 47-DAYS

Shared room € 3400  
Private room € 3700  
Instruction Language: English

Save €300: Book 90 Days Before Start Date  
Save €150: Book 60 Days Before Start Date  
Save €100: Book 30 Days Before Start Date



## 100H YACEP 12-DAYS

Shared room € 3400  
Private room € 3700  
Instruction Language: English

Save €150: Book 90 Days Before Start Date  
Save €100: Book 60 Days Before Start Date  
Save € 50: Book 30 Days Before Start Date

# “Commit Early, Save More – Your Yoga Journey Starts Here”

“PLAN AHEAD, INVEST WISELY, AND SAVE ON YOUR TRAINING JOURNEY.”



## 50H YACEP 7-DAYS

Shared room € 600  
Private room € 750  
Instruction Language: English

Save €150: Book 90 Days Before Start Date  
Save €100: Book 60 Days Before Start Date  
Save € 50: Book 30 Days Before Start Date



## AYURVEDIC LIFESTYLE COACH

Shared room € 1000  
Private room € 1125  
Instruction Language: English

Save €200: Book 90 Days Before Start Date  
Save €150: Book 60 Days Before Start Date  
Save €100: Book 30 Days Before Start Date



## AYURVEDIC & NATUROPATHIC NUTRITION COURSE

Shared room € 1125  
Private room € 1250  
Instruction Language: English

Save €200: Book 90 Days Before Start Date  
Save €150: Book 60 Days Before Start Date  
Save €100: Book 30 Days Before Start Date



## AYURVEDIC MASSAGE&PANCHAKARMA THERAPIST

Shared room € 1800  
Private room € 1900  
Instruction Language: English

Save €200: Book 90 Days Before Start Date  
Save €150: Book 60 Days Before Start Date  
Save €100: Book 30 Days Before Start Date

# OUR TYPICAL DAILY SCHEDULE

○ 6AM-7:15AM

**PRANAYAMA &  
MEDITATION**

TEA BREAK FOR 15 MIN

○ 7:30AM-9AM

**ASANA PRACTICE**

Please avoid drinking during practice. Hydrate before or after class to keep your energy balanced.

○ 9AM-10AM

**BREAKFAST**

Please enjoy your breakfast in silence to stay mindful and present.

○ 10AM-11AM

**YOGA  
BIOMECHANICS &  
ENERGETICS**

(Week 1) / Asana Clinic,  
Teaching Practice  
& Methodology (from Week 2)

○ 11AM-12PM

**YOGA BIOMECHANICS  
& ENERGETICS**

(body- mind-prana connection,  
applied to asana) / Asana  
Clinic, Teaching Practice  
& Methodology (from Week 2)

○ 12PM-1PM

**YOGA PHILOSOPHY,  
TEXTS & LIFESTYLE**

Advanced Philosophy & Yogic  
Texts

1PM-2PM

**LUNCH**

○ 2PM-3PM

**SELF-STUDY /JOURNALING  
/REFLECTION**

Take this time to look within,  
write freely, and connect with  
your inner journey.

○ 3PM-4PM

**YOGA PHILOSOPHY,  
TEXTS & LIFESTYLE**

Advanced Philosophy & Yogic  
Texts

4PM-5:30PM

○ **ASANA PRACTICE**

Please avoid drinking during  
practice. Hydrate before or  
after class to keep your energy  
balanced.

**5:30PM-6PM SUNSET BREAK**

○ 6PM-7PM

Mantra Chanting, Sound  
Healing,  
Ayurveda, Special Workshops

**7PM-8PM DINNER**

○ 8PM-9PM

Reflection Circle / Meditation /  
Group Q&A



“From the first breath  
to the last smile —  
welcome home to  
yourself.”



[WWW.SHREEHARIYOGA.COM](http://WWW.SHREEHARIYOGA.COM)