

Dr. Franklin's Panchakarma Institute and Research Centre

Chowara P.O. Thiruvananthapuram

Kerala, S.India, Pin-695501.

Tel:+91-471-2480870, 2267974, 2268071

Yoga Teacher Training Course

Duration: 80 hrs. to 90 hrs: – every day morning and evening classes

Curriculum

- *Asanas - basic and Advance*
- *Kriya Yoga - (Breathing Techniques)*
- *Basic and Advance Kriyas*
- *Relaxation Techniques*
- *Manthra Chanting Techniques*
- *Meditation Course (Shoonya Meditation)*
- *Pooja Worshipping Techniques*