

KOHAM YOGA TEACHER TRAINING – WEEKEND COURSE

200 hours (Online and Offline options – Batch 11)



29th September to 25th January

A perfect union of Yoga Practice, Philosophy, Physiology,
and Pedagogy to get started in teaching Yoga



60+ Asanas | 8 Pranayamas | 3 Shuddhikriyas | Bandha | Mudra
study of selected Patanjali Yoga Sutras and selected verses from Hatha
Yoga | yoga in bhagavadgita | lesson plans for teaching



Duration - 3 months + Internship

Weekend Live Session (Online and In-studio) +

Self-study based on pre-recorded videos as per the Weekly Study Plan

Assessment every week



IMPORTANT DATES, DAYS, SCHEDULE

BEGINS FROM - 1ST FEBRUARY SATURDAY



Timing / Date	Nature of Class	Mode
Saturday - 8:30 AM to 12:30 PM	<ol style="list-style-type: none">8:30 AM to 10 AM - Practical (empty stomach)10 AM to 10:30 AM - breakfast break10:30 AM to 11:30 AM - Theory 111:40 AM to 12:30 PM - Theory 2	<ul style="list-style-type: none">In-Studio for Pune studentsOnline for out of Pune students
Sunday - 7 AM to 12 PM	<ol style="list-style-type: none">7 AM to 9 AM - Practical + Teaching Practice (empty stomach)9 AM to 9:30 AM - Breakfast9:30 AM to 10:45 AM - Theory 111 AM to 12 PM - MCQ test and Q and A about Weekly Self-Study Plan	<ul style="list-style-type: none">In-Studio for Pune studentsOnline for out of Pune students
Self-Study based on Pre-recorded Videos as per the Weekly Plan	<ol style="list-style-type: none">Study based on 4 pre-recorded videos of 30 minutes each at homeA weekly plan for self-study will be shared	Self-Paced but to be completed based on the Weekly Schedule

EXAM, INTERNSHIP, TEACHING SCHEDULE

Timing / Date	Nature of Class	Mode	Marks
1st March	Asana Practical - Exam 1	Online and Offline	100
28th March	Pranayama and Bandha Practical - Exam 2	Online and Offline	100
1st May - 15th May	Internship	Teach 5 classes to a friend	100
15th May to 30th May	Final Teaching Exam - One Hour Class and Essay Presentation	Online and Offline	200

ELIGIBILITY, FEE, AND OTHER DETAILS

CALL - 744 781 5781



Medium of Instruction	English
Medium of appearing for Theory and Practical Exam	English, Hindi, or Marathi
Eligibility	<ul style="list-style-type: none">• 18 years complete• At least six months of Yoga practice• Attend at least 15 sessions with Koham or any Koham Yoga teacher before the course begins

FEES AND INCLUSIONS

Fees	INR 20000 - one time payment OR INR 11000 - two installments to be paid in first two months
Inclusions	<ul style="list-style-type: none">• Complete guidance during the course• Live sessions from the experts• Study Material and notes in PDF and Video• T-shirt
Certifications	Upon completion of the course with satisfactory performance: <ul style="list-style-type: none">• Internationally valid certificate from Koham.• Koham Fit is an RYS (Registered Yoga School) with Yoga Alliance, USA.• Certificate from Indian Yoga Association

Location: Koham Fit, CMA Pride, 3rd floor, Behind Shyamaprasad Mukharjee Garden, Patwardhan Baug, Karve Nagar, Pune 411004.

www.kohamfit.com

+91 7447815781

Welcome to KOHAM, a unique yoga studio dedicated to exploring the profound question: "KOHAM – Who Am I?" Our mission is to guide individuals on a transformative journey of self-discovery and realization through the ancient wisdom of Yogic and Vedantic traditions.

Our Philosophy

At KOHAM, we believe that every human being is equipped with remarkable tools—body, prana (life force), mind, intellect, and free will—that can lead us to the ultimate freedom we inherently possess. The journey to answering "Who Am I?" is a path to uncovering this inner freedom and realizing our true nature.

FOUNDER AND CHIEF MENTOR

Sucheta Kadethankar –

MA Yogashastra, E-RYT500



- MA in Yogashastra
- 30 years of Yoga Practice and 12+ years of teaching
- Yoga Master and Yoga Therapist
- Sanskrit Visharad
- An expert speaker and researcher in Yoga and Vedanta Philosophy
- Trained to teach the Veda Chanting through the lineage of Challekere brothers of Karnataka, India
- Has studied Yoga Philosophy from Oxcord Centre of Hindu Studies
- A master of Physical practice of Yoga (Asana, Pranayama, Bandhas) with thorough knowledge of Yogic Anatomy and Physiology
- A teacher with great command over delivering meaningful and affective Asana classes keeping the philosophical base intact
- An endurance athlete with a Limca Record
- 13 years of experience in IT

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CO-TEACHERS FOR THE COURSE

1) Neha Kadethankar



- MA in Yogashastra
- E-RYT 200 Yoga Alliance USA
- YCB - Level 2
- 10 Years experience as Yoga Practitioner and Health Coach
- 4 years of experience with teaching the teachers training course
- Qualified nutrition coach, Zumba trainer
- Mandala art and Meditative art coach
- MSc in Environmental Science

2) Anuja Jogdeo-Chaphalkar



- MA in Yogashastra
- YCB - Level 2
- 20 years of Yoga practice and 5 years of Yoga teaching
- 3 years of teaching experience with Koham
- A new mom who is passionate about spreading the knowledge of Yoga among women
- An experienced and practicing Architect

3) Tejaswini Sable



- MA in Yogashastra
- YCB - Level 2
- 10 Years experience as Yoga Practitioner 3 years of Yoga Teaching with Koham
- Certified Life Coach and Agile Coach
- Qualified Software Engineer and with over 12 years of experience in IT
- She aims to help people make yoga an integral part of their lives and unleash their potential through this ancient wisdom.

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Highly Qualified Teachers:

Our yoga class boasts teachers with extensive training and qualifications in various yoga disciplines, ensuring top-notch guidance and expertise.

Professional Approach with Personal Touch:

Experience the perfect blend of professionalism and personalized attention. Our instructors tailor sessions to individual needs, ensuring a fulfilling experience for every participant.

Monthly Online Expert Sessions:

Enrich your practice with exclusive online sessions led by experts from the field of Yoga. These sessions delve into advanced techniques, mindfulness practices, and holistic well-being, enhancing your journey to inner peace and physical wellness.

Long-Term Member Satisfaction:

Join a community with a proven track record of long-term member satisfaction. Many of our members have been with us for years, a testament to the effectiveness and enjoyment they find in our classes.

Holistic Approach to Well-being:

Beyond just physical exercise, our classes emphasize holistic well-being, incorporating elements of mindfulness, relaxation, and spiritual growth. Experience a comprehensive approach to health and happiness.

Beyond Classes: Exciting Activities:

Explore the world of yoga beyond the studio with our exciting array of activities. Join us for invigorating treks amidst nature, rejuvenating yoga retreats in serene locations, and enlightening wari walks that connect mind, body, and soul with the essence of spirituality. Embark on transformative journeys that complement your yoga practice and enrich your overall well-being.