



Euphonic Yoga
Happy People | Happy Workplace

YOGA TEACHER TRAINING COURSE

200 Hours | International Certification |
Ancient Practices | Right Techniques |
Indian Performing Arts

Experience spiritual union through ancient practices of Yoga and
Indian Classical Dance & Music
with
International Certification from
UNESCO (Conseil International de Danse), Paris

Uncurtain the learnings with

- 🔦 Breathing Techniques
- 🔦 Stotrams
- 🔦 Therapeutic Mudras
- 🔦 Movement Therapy
- 🔦 Kriyas
- 🔦 Asanas
- 🔦 Indian Ragas
- 🔦 Chakra Journey
- 🔦 Fundamentals of
Indian Classical Dance & Yog
- 🔦 Body Cleansing Techniques
- 🔦 Stress Management
- 🔦 Navrasa
- 🔦 Meditation techniques
and much more...



Follow us at



EuphonicYoga



ABOUT US

Euphonic Yoga is an interdisciplinary environment of yoga, Indian classical dance and Indian classical music, curated and conceptualized by Shruti ChaturLal.

It creates an environment to forget the self and 're- find' thy self, using essence of the three fields. It 're-boots' the system to increase the brain activity targeting to EQ, SI and IQ.

Euphonic Yoga does exactly that for you – it brings together the craft of yoga with the art of music and dance to create a lifestyle that leaves a profound impact on your mind and body. This amalgamation of yoga, music and dance will benefit you spiritually as well as physically by activating energy spheres in your body, otherwise called 'Chakras'.

Euphonic yoga is becoming increasingly popular among office goers due to an increasing knowledge about Emotional Intelligence. Heads of corporates are often searching for unconventional solutions to increase the efficiency of their employees, be it a government or a multinational company. Euphonic Yoga is just the right exceptional solution. Euphonic Yoga is not just for relieving stress, it can have positive impact on children, mothers and aged people.

WE EMPHASIZE ON

- 🕯 Capability Development & Mentoring
- 🕯 Sessions catering interpersonal skills with mind & body coordination
- 🕯 An Opening Gateway
- 🕯 Aim to showcase different skills with creativity, thinking out of the box, stress management, positivity, motivation, communication skills
- 🕯 Health & Wellness : A Key To Productivity & Efficiency
- 🕯 Increase Focus & Reduce Distraction
- 🕯 Providing space to restructure and rewire thought process and emotion control



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WE ARE TRUSTED BY



and impacted **15,000+** human souls in **10+** countries

FEATURED IN



SHRUTI CHATURLAL - FOUNDER

Grand daughter of the illustrious Oscar-nominee & BAFTA award winner
Tabla Stalwart Pandit Chatur Lal

TEDx Speaker, Columnist, Culture Promoter & Artistic Director

Member, CID UNESCO

Recipient of Indian Inspiring Women at UK Parliament (London)

Awarded as Exceptional Women of Excellence by Women Economic Forum

Listed as Top 10 Influential People Globally In Wellness

Modules	Duration & Hours	Deliverables	Fee Structure	
			Regular Course	Inclusive of UNESCO Certification
Module 1	3 months (50 Hours)	Study Material Practical Training Real-Time Training Experience Participation Certificates Equipment's Introduction to Yogic Blogging & YouTube Channel Introduction to Podcast Exposure for Content Building	INR 50,000	INR 80,000
Module 2	6 months (100 Hours)		INR 80,000	INR 1,20,000
Module 3	9 months (150 Hours)		INR 1,20,000	INR 1,60,000
Module 4	12 months (200 Hours)		INR 1,50,000	INR 2,00,000

LET'S UNFOLD THESE MODULES TOGETHER



WEBSITE: WWW.EUPHONIC.YOGA