

SATTVIC SAGE AYURVEDA & YOGA
LEVEL 2 YTT300HR INDIA INTENSIVE
Advanced Traditional Yoga Teacher Training
Gurukula Immersion (Ashram Style)

Vaidyagrama Healing Village
Coimbatore, Tamil Nadu, INDIA

Program Dates: January 10 – January 31, 2027
Total Contact Hours: 300 Hours (In-Person, Residential)
Daily Schedule: 6:00 am – 8:00 pm (approximately 14 hours/day)
Delivery Format: Fully immersive, residential, in-person instruction



PROGRAM CLASSIFICATION

- **Academic Context:** Advanced Post-Certification Professional Education
- **Vocational Context:** Teaching Mastery, Skill Refinement, Professional Expansion
- **Certification Context:** Advanced Yoga Teacher Training (Level 2)
- **Instructional Model:** Linear Progression with Standalone Modular Units

PROGRAM DESCRIPTION

This 300-Hour Level 2 Yoga Teacher Training is an intensive, full-immersion program conducted within a traditional Ayurvedic and Yogic environment in Southern India.

The curriculum integrates:

- Daily Yogic Ritual & Discipline
- Advanced Asana & Meditative Practices
- Classical Philosophy Including Vedanta & Samkhya
- Ayurveda as a Lived Lifestyle System
- Teaching Methodology & Applied Practicum.... to cultivate advanced competence and mastery

Completion results in a Level 2 certification and 5 additional specialty certifications.

WHO THIS TRAINING IS FOR

- **Certified 200-Hour Yoga Teachers**
- **Teachers currently offering classes or preparing to expand their offerings**
- **Practitioners Seeking:**
 - Deeper Personal Sadhana
 - Advanced Teaching Confidence
 - Philosophical Understanding, Grounded In Lived Yogic Experience
 - Full Immersion In Yogic Life In India

LEARNING OUTCOMES (WHAT YOU WILL GAIN)

- Integration of philosophy into teaching in a grounded, accessible way
- Maintaining a consistent personal practice aligned with yogic discipline
- Teaching from lived experience rather than memorized scripts

Awareness

- Conceptual understanding of yogic philosophy, Vedanta, and Samkhya
- Foundational literacy in Ayurvedic lifestyle principles as they relate to yoga
- Cultural awareness of yogic ritual, discipline, and daily observance

Competency

- Ability to skillfully cue, sequence, and guide students in diverse settings
- Integration of philosophy and Ayurveda into class themes and teaching language
- Professional teaching presence grounded in ethics and embodiment

Mastery

- Ability to design and teach a complete 60-minute class in five specialized yoga modalities
- Consistent personal practice aligned with Yogic discipline and self-study
- Capacity to transmit Yoga from *lived experience* rather than theoretical repetition

ADMISSION REQUIREMENTS

- Must Hold a completed 200-Hour Yoga Teacher Training certificate
- Be physically and psychologically capable of sustained practice
- Demonstrate commitment to ethical conduct and immersive learning
- Agree to residential participation and full attendance

TEACHING & LEARNING METHODS

- Daily guided asana and meditation practice
- Ritual participation (Agnihotra, Chanting, Fire Ceremony)
- Philosophy lectures and facilitated inquiry
- Teaching laboratories and practicum sessions
- Peer teaching, observation, and feedback
- Reflective journaling and integration circles



ASSESSMENT & EVALUATION

Assessment is competency-based and experiential. This training emphasizes embodied learning, not homework or written exams.

Formative Assessment

- Daily participation and attendance
- Reflective journaling
- Group discussions and peer feedback

Summative Assessment

- Teaching practicums
- Sequencing and cueing demonstrations
- Final 60-minute assessed class in each specialty certification

Completion Criteria

- Minimum 95% attendance
- Satisfactory performance in all teaching demonstrations
- Completion of all assigned coursework and reflections

CERTIFICATIONS AWARDED

Upon successful completion, graduates receive:

- **300-Hour Level 2 Yoga Teacher Training Certificate**
- **5 Specialty Certifications:** Yin Yoga, Restorative Yoga, Chair Yoga, Yoga Nidra, Somatic Yoga

PROGRAM INCLUSIONS

- ALL ROOM & BOARD: On-Campus Shared Accommodations, Private Bathroom
All Vegetarian Meals, Drinks, Tea, Water & Snacks – Prepared Fresh / Farm to Table within loving, Ayurvedic principles
- Daily Prayers & Pujas, All Academic Classes & Integrations, All Daily Ritual Components

CULMINATION & GRADUATION January 30, 2027

Graduation Ceremony Includes Fire & Ceremonial Offerings Conducted by Temple Priest

Certificates are awarded upon confirmation of all completion requirements

OPTIONAL EDUCATIONAL EXCURSIONS

- Private Drivers for Self-Guided Visits to local Temples, Isha Yoga Center, or Cultural Shopping in Coimbatore

CODE OF CONDUCT & ACADEMIC INTEGRITY

Students enrolled in this program are expected to:

- Uphold professional, ethical, and respectful behavior at all times
- Participate fully in residential immersion and daily schedule / program activities
- Respect cultural traditions, communal living agreements, and sacred spaces
- Engage in reflection and peer learning
- Maintain confidentiality, integrity, and responsibility in teaching and peer interactions
- Demonstrate commitment to self-study, discipline and embodied practice

Failure to adhere to the Code of Conduct may result in dismissal from the program without certification.

YOGA ALLIANCE ACCREDITATION

This 300-Hour Level 2 Yoga Teacher Training meets Yoga Alliance advanced professional training standards through direct contact hours, supervised teaching practicums, philosophical education, and embodied practice within a traditional Indian learning environment.

YOGA ALLIANCE EDUCATIONAL CATEGORIES & HOUR BREAKDOWN

Techniques, Training & Practice: 200 Hours

- Asana Practice
- Yin Yoga, Restorative Yoga, Chair, Yoga Nidra, Somatic Yoga Practice & Facilitation
- Cueing and Sequencing Refinement
- Meditation, Chanting, Agnihotra, Ritual Practice

YA Requirement Met: Advanced techniques, specialty styles, meditation, and applied teaching skills



Teaching Methodology: 55 Hours

- Class Structure & Sequencing Design
- Cueing Precision & Voice Development
- Teaching Labs & Supervised Practicums
- Peer Teaching, Feedback & Observation

YA Requirement Met: Professional Teaching Skills, Communication & Applied Practicum

Yoga Philosophy, Lifestyle & Ethics: 40 Hours

- Vedanta Philosophy
- Samkhya Philosophy
- Yogic Ethics, Discipline & Self-Study
- Lifestyle Integration Through Daily Practice

YA Requirement Met: Philosophy, Ethical Foundations & Yogic Worldview

Anatomy & Physiology (Applied / Functional)

Integrated Throughout Program

- Functional Movement Awareness
- Nervous System Regulation Via Yoga Nidra And Somatics
- Energetic Anatomy Through Philosophy And Meditation

YA Requirement Met: Applied Anatomy Integrated Within Techniques And Teaching Methodology

Practicum: 5 Hours

- Supervised Teaching Demonstrations
 - Final 60-Minute Assessed Class In Each Specialty Modality
 - Observation, Feedback & Self-Reflection
-

ASSESSMENT & COMPETENCY VERIFICATION

Assessment Methods

- Attendance & Participation
- Teaching Practicums & Demonstrations
- Sequencing & Cueing Evaluations
- Reflective Journaling & Group Inquiry

Completion Criteria

- Minimum **95% Attendance**
 - Successful Completion of All Teaching Assessments
 - Demonstrated Competency Across Required Domains
-

CERTIFICATIONS AWARDED

Upon Completion, Students Receive:

- **300-Hour' Traditional Yoga Teacher' Certificate**
- **Five Specialty Certificates**

Graduates are eligible to apply these hours toward RYT-500 registration with Yoga Alliance upon meeting all prerequisites.

VAIDYAGRAMA HEALING VILLAGE

DAILY LIFE AT VAIDYAGRAMA: MORE THAN A CAMPUS

A Healing Village, Not a Just a Retreat Center

Vaidyagrama is an internationally respected Ayurvedic Village designed to support long-term health, balance and regeneration.

The campus is built with:

- Natural materials
- Thoughtful architecture
- Open courtyards
- Quiet pathways
- Spaces designed for rest, learning and contemplation

Students live within the same environment used by long-term Ayurvedic patients, doctors and therapists, which creates a profound sense of humility, responsibility, and presence.

NOURISHMENT AS MEDICINE

Food as a Sacred Practice

All meals at Vaidyagrama are:

- 100% vegetarian
- Prepared fresh each day
- Aligned with classical Ayurvedic dietary principles
- Designed to support digestion, clarity, and sustained energy

Much of the food is:

- Grown on-site or locally / Cultivated using organic and sustainable farming practices
- Prepared with care, simplicity and attention

Meals are not buffet-style indulgence.

They are intentional nourishment, meant to support:

- Daily practice
- Mental clarity
- Nervous system regulation
- Long hours of study and reflection

For many students, this becomes a re-education in how food can feel when it truly supports life.



OPTIONAL AYURVEDA BODY THERAPIES (DURING FREE TIME)

During designated free periods, students may choose to **book light, therapeutic Ayurvedic body therapies**, such as:

- Abhyanga (warm oil massage)
- Localized treatments for nervous system support
- Gentle therapies designed for restoration, not detox

These treatments are:

- Optional
- Booked directly with the center
- Offered at an additional cost
- Performed by trained Ayurvedic therapists

They are not required for certification, but many students find they:

- Deepen integration
- Support emotional processing
- Help regulate the body during an intensive schedule

This allows students to **care for themselves responsibly**, rather than pushing through exhaustion.

A LIVING COMMITMENT TO THE EARTH

Sustainability Is Not a Concept Here, It Is Daily Practice

Vaidyagrama operates with a deep commitment to:

- Organic farming
- Water stewardship
- Minimal waste
- Ecological balance

The village actively nurtures:

- Soil health
- Local biodiversity
- Native plants
- Sustainable building practices

Students are not taught sustainability as a philosophy. They live inside it.

COMMUNITY & SERVICE BEYOND THE GATES

Vaidyagrama is also engaged in:

- Community outreach programs
- Affordable care initiatives
- Education around Ayurveda and sustainable living
- Support for local farmers and artisans

This reminds students that yoga and Ayurveda are not personal wellness brands, but systems meant to serve society.

TESTIMONIALS:

<https://www.sattvicsage.com/indiatrip>

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Living here naturally shifts one's understanding of:

- Service
- Responsibility
- Right livelihood
- What it means to be a practitioner in the world



ADDITIONAL ONGOING WEEKLY EVENTS AT VAIDYAGRAMA

(INCLUDED IN YOUR DAILY RATE - *Occurring Daily at 4:30 pm throughout the week*)

Monday Rudra Abhishekam Pooja

A traditional Shiva ritual involving chanting and ceremonial bathing of the Shiva lingam.

Tuesday Ayurvedic Cooking Demonstration

- Ayurvedic food preparation
- spice combinations
- digestion-supportive cooking
- sattvic kitchen practices

Wednesday Community Group Lunch

Residents and staff often gather for a communal meal emphasizing community connection.

Thursday Herbal Garden Walk

Guided walk through the medicinal gardens where residents learn about:

- Medicinal plants, Ayurvedic Herbs
- Cultivation practices, Traditional Uses

Friday Cow Puja

A traditional ritual honoring the sacred cow, reflecting the role of cows in Ayurvedic agriculture and village life.

Saturday Medicine Preparation Demonstration

Demonstrations may include preparation of:

- Kashayam (herbal decoctions) / Churnas (powders)
- Herbal oils / Traditional remedies

These sessions help guests understand how Ayurvedic medicines are prepared

YTT DAILY SCHEDULE

Residential Immersion

TIME	ACTIVITY	LOCATION
6:15 am	Morning Agnihotra / Prayers / Mantra Chanting	Vaidyesvaram Hall
7:15 am	Asana Practice (Various Styles)	Vaidyesvaram Hall
8:15 am	<i>Break</i>	
8:30 am	Breakfast	Cluster Dining Room
9:00 am – 12:30 pm	Academic Instruction	Cluster
12:30 pm	Lunch	Cluster Dining Room
1:00 pm – 2:00 pm	Academic Integration (Group)	Cluster Courtyard
2:15 pm	Yoga Nidra Practice	Brahmakalam Hall
2:45 pm	Ayurveda Lifestyle for Health (Various Doctors / Topics)	Mandapam
3:15 pm	Vedanta Satsang w/ Dr. Ramkumar Kutty	Mandapam
4:30 pm	<i>Break – Weekly Activity or Therapy Options</i>	
5:30 pm	Dinner	Cluster Dining Hall
6:15 pm	Evening Agnihotra / Prayers / Mantra Chanting	Brahmakalam Hall
7:00 pm	Group Discussion / Peer Integration / Reflection / Q&A	Cluster Courtyard

9 Am – 12:30 pm Academic Instruction

- Yogic Philosophy (Samkhya, Yoga Sutra, Gita)
- Teaching Methodology / Teaching skill development and refinement
- Cueing, Sequencing & Class Design
- Specialty Certification Theory
- Understanding and preparing to teach multiple yoga modalities
- Professional Responsibility & Scope Of Practice
- Exploring ethics, responsibility, and professionalism as an advanced teacher



1pm – 2 pm Academic Integration, Application, Practicum

- Reflective Inquiry & Journaling
- Group Discussion & Peer Integration
- Teaching Labs & Applied Exercises
- Practicum Preparation & Class Delivery

These sessions are intentionally designed to support and deepen the daily asana, Ayurveda, Vedanta, and ritual practices

WHO THRIVES IN THIS ENVIRONMENT

This immersion is ideal for those who:

- Feel called to live more simply and responsibly
- Care deeply about the earth and community
- Want their teaching to come from lived experience
- Are ready to be changed, not just certified

It is not designed for:

- Casual travelers
 - Spiritual tourism
 - Those seeking constant comfort or entertainment
-

FINAL NOTE TO STUDENTS

This training is designed to be **transformative, challenging, and deeply rewarding.**

Students who thrive here are those willing to show up fully, listen deeply, and practice sincerely.

If you are ready to live yoga, not just study it, this training is for you.

“This is real. This is worth showing up for.”

THE ROLE I PLAY: PROGRAM DIRECTOR + LEAD FACULTY + GROUP COORDINATOR
SUBSTANTIAL, MULTI-MONTH & RISK-BEARING

PRE-PROGRAM WORK

- Program Design & Curriculum Integrity
 - Center Coordination And Logistics Alignment
 - Arranging Rooms, Airport Transfers
 - Student Onboarding Support
 - Organizing Financials
 - Passport & VISA Guidance (Time-Sensitive)
 - Answering Ongoing Student Questions
 - 4 LIVE ZOOM CALLS (Prep, Expectations, Integration)
 - Holding Responsibility For Readiness & Cohesion for All
This phase spans 6 months of activity
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IN-PROGRAM WORK (INTENSIVE)

- Teaching all Asana Classes
- Teaching All Academic Blocks
- Hosting All Integration Discussions
- Daily Presence, Leadership & Guidance
- Holding Container, Issues, Transitions, Questions
- Primary Authority & Point Of Reference
- Emotional & Professional Support

Maintenance of entire spine of the program and students

POST-PROGRAM WORK

- Certification Oversight
- Completion Verification
- Yoga Alliance Communications
- Follow-Up Student Questions
- Program Closure

Program Direction, Academic Instruction and 1 year of Student Support

- Safety
- Clarity
- Leadership
- Quality
- Accountability
- Integrity of the entire experience



WHY THIS TRAINING IS A RARE OPPORTUNITY

Understanding the True Value of a 300-Hour Immersive Training in India

Most yoga trainings today are fragmented. This one is not.

This Level 2 – 300-Hour Yoga Teacher Training is a **full immersion in practice, study, and lived yogic discipline**, offered in India within an established Ayurvedic and Yogic healing environment.

Below is a clear explanation of:

What is included, How costs are structured, Why this program represents an unusual level of value

WHAT YOUR INVESTMENT COVERS

Your tuition supports far more than daily classes.

It includes:

1. Academic Instruction

- Daily Academic Teaching Blocks
- Structured Curriculum Design
- Philosophy, Sequencing & Integration
- 5 Specialty Certification Tracks

This alone typically costs **\$6,000 – \$10,000** when taken as a regular program in the U.S.A.

Comparable International Programs are **\$9,000 – \$12,000** for tuition alone, not including travel or accommodation. **AVG \$11,500**

2. Program Direction & Leadership

- One dedicated Program Director holding the entire container
- Curriculum integrity from start to finish
- Ongoing student support before, during, and after travel
- Daily presence and accountability throughout the immersion

This level of leadership is rarely included in international programs.

3. Pre-Program Preparation & Support

- Guidance on visas, passports, and travel planning
- Three live Zoom gatherings prior to departure
- Group orientation and expectation-setting
- Continuous access for questions and support

This reduces stress and ensures students arrive prepared and grounded.

These 2 pieces are typically **\$10,000** and even more for International programs.

AVG \$10,000

4. Accommodations / Meals / Classes / Events

Immersing Self in a well-known and Respected Retreat Center

All-Inclusive Daily Room Rate, Facilities, ALL MEALS

Inclusion of Morning/Evening Rituals, Daily Prayers / Mantra Chanting

Ongoing Special Events, Ongoing Weekly Events & Gatherings

Average Cost \$250/Day, or **Average of \$5250 + tax for 21 days**

Average Travel Costs of \$3000

AVG \$5300

AVG \$3000

5. Immersive Context You Cannot Replicate

- Living within a Yogic and Ayurvedic campus
- Daily rhythm of practice, study, ritual and reflection
- Communal living that supports integration
- Learning Yoga as a lived discipline, not a weekend activity

MANY PROGRAMS ADVERTISE INDIA.

Very few offer **structure, continuity, and accountability** once students arrive.
You are not paying for spectacle. This is **depth, coherence, and transformation.**

WHO THIS TRAINING IS FOR

This program is for practitioners who:

- Are ready to LIVE Yoga, not just study it & Want depth, not distraction
- Value mentorship, structure, and responsibility
- Are willing to show up fully for themselves and the group

It is not designed for everyone. It is designed for those ready to commit.



Opportunities like this are rare not because India is far away, but because **true immersion requires leadership, time, and intention.**

If you are seeking a credential, a vacation, or a trend ~ This may not be the right program.

If you are seeking Grounded transformation, Professional maturity, Lived understanding of yoga ~

This training offers something truly uncommon.

VALUED AT \$29,800

This document outlines the financial commitment required to participate in the training.

The program is structured so that tuition, residential living expenses, and travel costs remain transparent and manageable.

YTT300 INDIA INTENSIVE JANURAY 2027

PROGRAM DIRECTOR FEE

Coordination, Leadership, ZOOM Calls, Travel Guidance
Required as Non-Refundable Registration Deposit by April 30

\$1000 Average Rate \$10,000
Only 10% of Average

PROGRAM TUITION

Curriculum, Presentations, Certification, Academic Instruction
Practicum, Supervision, Integration, Ongoing Guidance
Communications, Binders, Meditation Journal, Graduation Ceremony
AND MORE~

\$4000 Average \$9,000 - \$12,000
Less than 50% of the Low-End Average
Unheard of!

The program tuition of **\$4,000 per student** reflects:

- My Serious & Conscious Effort For This Training to be Accessible
- A choice to prioritize integrity over profit
- A desire to make a true Level 2 immersion possible for committed practitioners

The costs below are managed individually by each student

VAIDYAGRAMA CENTER FEES (\$125/DAY X 21 DAYS)

Nightly Shared Accommodations
Full Board: B / L / D, Water, Tea, Snacks
Campus Facilities, All Ayurveda / Vedanta Classes
Pujas, Morning / Evening Rituals / Special Events
Garden Walks, Cow Puja, Cooking Classes & More
\$1000 Deposit by June 30, Remainder Paid at Departure Jan 31

\$2,625 *Less than 50% of Average*

TRAVEL

Passport (If not already in Possession)
INDIA VISA

\$165
\$80

Round-Trip Airfare

\$1600 - \$1800 Approx

Travel Insurance

\$150 - \$250 (at your discretion)

PERSONAL EXPENSES

- Laundry, Internet, Personal items
- Optional Ayurvedic Body Therapies
- Shopping, Drivers, Etc

Minimal (at your discretion)
\$235-\$50 (at your discretion)
At Your Discretion

EXPECTED BUDGETING / PAY PLAN:

WE START THIS EARLY INTENTIONALLY, TO ALLOW FOR ACCESSABLE PLANNING OF FINANCES

4/30/26	\$1000	Non-Refundable Program Director Fee Deposit (Confirms Registration) https://www.sattvicsage.com/_paylink/AZzO5wKn
5/30/26	\$1000	Tuition Installment 1
	\$165	Obtain Passport If Needed
6/30/26	\$1000	Vaidyagrama Deposit / Transferrable & Applies to Total (Paid Direct to VG via PayPal Invoice)
7/30/26	\$1000	Tuition Installment 2
8/30/26	\$1000	Tuition Installment 3
9/30/26	\$1500	Purchase Airfare
10/30/26	\$1000	Tuition Installment 4
11/30/26	\$80	VISA Application
1/31/27	\$1625	Balance Directly to Vaidyagrama upon Departure (+ tax / incidentals)

Easy LINK FOR TUITION INSTALLMENTS: https://www.sattvicsage.com/_paylink/AZzPDBPA

FOR THOSE WITH INTEREST, WHAT TO EXPECT FROM ME:

STUDENT ENROLLMENT AGREEMENT

Student Profile Information
Eligibility (copy of YTT200HR Certificate)
Tuition Information
Policies:
-Attendance
-Conduct & Ethics
-Certification Requirements

FINANACIAL AGREEMENT FORM

Tuition / Payment Plan Breakdown
Refund / Cancellation Policy
Withdrawal / Dismissal Policy
Pay links / Receipts

UPON REGISTRATION / PRIOR TO COURSE START

Welcome Email
Program Overview
Copy of Handbook & Presentation
ZOOM Gathering Invitations for 4 Gatherings in 2026
Auto-Pay Set Up of Tuition Installments
Medical Disclosure
Liability Waiver
Code Of Conduct Acknowledgement
India Arrival & Transfer Logistics Guidance
Airport Information
Flight Suggestions
Travel Insurance Information
Important Travel Notes & Advice
Personal YTT Student Binder
-Including Schedule, Handouts, Class Design Templates
-Meditation Journal
Packing Suggestions
Travel Tips & Tricks
Welcome to India Travel Guide
Confirmations / Fellow Student Contact Info



IF YTT DOES NOT WORK RIGHT NOW, YOU MAY STILL JOIN FOR YOGA RETREAT

Just let me know!