

## **Currently due to lockdown Yogjeev has arranged offline yoga competition through sending the videos to Yogjeev team.**

- First 3 rankers will get certificate (soft copy) and yoga props as prizes & get chance to win big discount for online teacher training course worth Rs.60,000/\$800.
- All participants will get certificate (soft copy) of participation.
- Participant should record a video of each asana separately. (4 compulsory asana & 2 optional asana) total 6 videos.
- Select blank background for performance.
- Use proper dress code to show your pose clear and completely. Body position should not get hidden because of dress during performance.
- Use yoga mat or available comfortable tool as mat for yoga asana performance.
- First 4 asana in each group are compulsory and 2 asana can be performed as per participants choice but must be other than compulsory asana.
- Classification of marks: 2.5 marks for the process of adopting final position, 2.5 mark for the process of returning from final position. 10 marks for final pose including stability, strength, facial expression, and timing.(for compulsory asana)
- Classification of marks: 4 marks for the process of adopting final position, 4 mark for the process of returning from final position. 12 marks for final pose including stability, strength, facial expression, and timing.(for choice asana)
- Record clear video without disturbance, participant can play background music (optional).
- Adjust camera angle properly to record asana.
- Each participant will perform for total 100 marks.
- Winners will get chance to perform on Yogjeev official YouTube channel.
- Send videos on **WhatsApp** number : **+91 93220 94489 (along with name and registration id)**

### **Terms and conditions of competition:**

- Filled application will be non-refundable and non-transferable.
- Ranking will be declare on the basis of awarded marks out of 100 marks.
- Only individual can participate in competition. Groups are not allowed.
- Winner of TTC round would have to pay registration charges of TTC program.
- First 3 rankers will get chance to win attractive discount for TTC as mentioned on homepage. In case of non-attending the upcoming TTC, participant will loss discount for next batch of TTC as follow: 1<sup>st</sup> rank 30%, 2<sup>nd</sup> rank 25% & 3<sup>rd</sup> rank 15%.

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## **An opportunity to join Online Yoga Teacher Training (200 hrs) with RYT (Yoga Alliance USA) certification in lockdown period at your home.**

- To learn yoga and spread knowledge of yoga, which can help to build immunity to prevent virus infection in this difficult situation, YOGJEEV launching a complete 200 hours(RYT) hatha yoga teacher training online course with yoga alliance certification Now only at Rs.30,000/ \$ 400 **(50% off)** Actual price is Rs.60,000/ \$800 .
- TTC syllabus is structured in a systematic way where participant can understand yoga knowledge and concepts in depth.
- All lectures and practical classes will be conducted online with communication between teacher and student through video( online platform will be discussed as per student and country accessibility)
- Study material will be provided during online lectures and classes.
- Every day total hours of study will be 4:00 hours. (Depend on network disruptions and time difference with other countries) except weekends.
- Total number of days of TTC: 10 weeks
- What participant need? – Yoga mat or suitable tool, note book, pen, 4G mobile/laptop/iPad/computer with camera. Good internet connection (Wi-Fi preferred)
- After successfully completion of TTC, participant will get YOGA ALLIANCE USA (RYT) Certificate and will be eligible to teach basic classes of yoga.
- Teachers are highly qualified from reputed international yoga institutes and having years of teaching experience in India and foreign countries.

### **Terms and conditions of course:**

- Minimum 5 students are required to start the course.
- If students are unable to arrange time or skip class then yogjeev will not responsible for re-teaching the particular topic or practise.
- 20% fees as deposit for confirming seat.(non-refundable)
- Fees to be paid in full(non-refundable)
- All lectures and practical classes will be conducted in English language.

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