**Testimonials of YBYIC-200 – 2016 batch**

* Mrs.X, YBYIC2016

What I like about this course?

1.Well structured,
2 nice concepts,
3 end to end of yoga covered.
4 Course material is very good. Internal assessments were very useful otherwise class would not study. PowerPoint by Prabha on Anatomy Physiology was excellent to understand the concepts well. Very crisp too.

5 Teaching was very good. Including practicals. Pranayama and kriya were explained really well. Subha mam's trataka, CM, OM were excellent.

6 Good staff, catering to all doubts.

7 Staff knowledgeable and made the whole experience well worth

8 Discourse by Raghuramji was very informative and interesting. Would be excellent if he handles Raja, karma, jnana and Bhakthi yoga.

9 Will definitely recommend to others and iam recommending.

10. Enjoyed the theory sessions of Vijaya maam

11. teaching methodol0gy training was exceptionally good and I got lots of confidence after this.

* Mrs.Anitha,YBYIC2016

I came to know about this course through my friends who have done this course in 2015.I have been practicing yoga before but never thought of taking it as a career.The way I got transformed through yoga made me think,why not we help others to get transformed.Then I joined this course.Most of us do asanas but don't know the theory and philosophy of yoga.The course helped me to gain knowledge about Anatomy,philosophy,and the different paths of yoga.The teachers here motivated me to come out of my all bounds and made me independent.Now I have started taking Classes at my apartment .All credit goes to the teachers at YIC.I have to thank the almighty for giving me such a wonderful team where I am still learning new things daily.Great effort by the team.

* Mr. Mukund Magge YBYIC2016 batch

The course content is very good.

Has touched upon a wide variety of topics.

Nice to have different teachers for different topics, we learnt from each of the teachers.

The venue was excellent.

* Uma Agarwal,YBYIC2016- I am very happy to have done the YIC at Yoga Bharati, Bangalore.

This course gave an in depth knowledge about yoga, its purpose, misconceptions, & how it can help to develop our overall personality, etc.

It also trained us well to become yoga instructors & spread the goodness of Yoga to more people.

I also did this course for my personal growth.

It gave me a sense of peace & calm.

I am now able to step back in a situation & not react or get

agitated, but remain calm & more in charge, which feels great….!!!

I would recommend this course to anyone who wants to grow to his full potential & live a more fulfilled & happy life.



* Mrs Vidya Ramani,YBYIC2016
* YIC course had been a transforming experience for me personally.
-Four streams of yoga makes one connect to inner self.
-Life and message of Swami Vivekananda, kindles a fire in the individual to develop vairaghya to achieve something in life.
-Confidence level has improved due to the yogasana sessions. "Sthiram Sukam
Asanam" actually , one is able to realize.
* Would recommend others who are looking out for coming out of their cocoon and explore.