



ANTARANG
HOLISTIC WELLNESS



सत्यमेव जयते
Ministry of Ayush
Government of India



PARAM YOGA
॥ वा जगदीशं प्रणम्यते ॥

P R O S P E C T U S

CERTIFIED SOMATIC VEDIC YOGA EDUCATOR

Course Duration
2025-2027

A Two Year Four Semester
Course Leading to
Practitioner Certificate
in Somatic Vedic Yoga

Conducted Jointly by
Param Yoga and Anatarang
Holistic Wellness LLP

Param Yoga, Indus school, Ramya Ashiyana Park 2, Indus school lane, Aundh, Pune - 411007

99235-10202 / 98505-22386



www.paramyoga.in

A TRANSFORMATIVE COURSE DESIGNED FOR TRUE HEALERS

COURSE OVERVIEW

This two-year, four-semester program is meticulously designed to shape you into a confident and knowledgeable Somatic Vedic Yoga Educator. Throughout the course, you'll engage deeply with both the theoretical and practical aspects of Somatic Vedic Yoga, preparing you to help others heal from pain, trauma, anxiety, and a variety of other ailments.

Course Structure

● Semester 1: (January 25 - April 25)

- **Key Topics** : Muscular Anatomy, Neurophysiology, Hanna Somatics
- **Final Exam** : Last week of May/ First week of June 25

● Semester 2: (July 25 - October 25)

- **Key Topics** : Patanjali Yoga Sutras, Hatha Yoga, Mantra Yoga, Somatic Vedic Yoga Practices
- **Final Exam** : Last week of November/First week of December 25

● Semester 3: (January 26 - April 26)

- **Key Topics** : Meditation, Prana Vidya, Therapeutic Applications of Somatic Vedic Yoga
- **Final Exam** : Last week of May/First week of June 26

● Semester 4: (July 26 - October 26)

- **Key Focus** : Intensive practice, yogic management of ailments, and final preparations for your certification.
- **Final Exam** : Jointly with offline program

Graduation Ceremony: First Quarter of 2027

Please note that dates are subject to change based on public holidays and logistical considerations.

A UNIQUE APPROACH TO HEALING

Our philosophy centers on the belief that healing is a personal journey that must be guided, not dictated. As an Educator in Somatic Vedic Yoga, you will lead your clients to discover their own path to wellness, using a unique blend of:

- **Hanna Somatics** : Empowering the neuromuscular system to restore balance & relieve chronic pain.
- **Hatha Yoga** : Bringing harmony between body, mind, and spirit through traditional practices.
- **Vedic Mantras** : Harnessing the power of sound to uplift and heal.

This course is the first of its kind globally, combining these powerful practices into a structured, educational framework that has already shown miraculous results in practice.

BECOME PART OF A GROWING MOVEMENT

As a graduate of this program, you will be at the forefront of a new wave of holistic wellness in India. This course isn't just about acquiring knowledge; it's about becoming a leader in your community. The skills you gain here will empower you to:

- **Establish a Local Practice** : Offer classes in your community, making wellness accessible to everyone.
- **Collaborate with Medical Professionals** : Work alongside doctors to integrate Somatic Vedic Yoga into therapeutic treatments.
- **Specialize in Trauma Healing** : Offer targeted programs to help clients overcome deep-seated trauma and anxiety.

As a certified practitioner, you'll have the potential to earn upwards of ₹ 2 lakhs per month by building a successful practice and making a real difference in the lives of others.

LEARNING AND ASSESSMENT

This course demands dedication, curiosity, and a deep commitment to personal and professional growth. You will be expected to:

- **Engage Actively** : Prepare for each session by completing required readings and leading practice sessions for your peers.
- **Conduct Case Studies** : Apply your learning in real-world settings and present your findings.
- **Continuous Evaluation** : Participate in quizzes, assignments, and practical exams throughout the course to reinforce your understanding.

This isn't just another rote-learning program. It's an immersive experience designed to cultivate true expertise and confidence in the healing arts.

OUR ESTEEMED FACULTY

Your journey will be guided by some of the most experienced and respected figures in the field of holistic wellness, including:

- **Dr. Manmath Gharote** : A distinguished academic with multiple degrees and decades of experience in Yogic studies.
- **Shri Ramesh Lakshman** : A pioneer in Somatic Vedic Yoga, with over 35 years of practice and teaching experience.
- **Dr. Padmashree Yadav** : A renowned Ayurvedic doctor and yoga therapist with over 25 years of professional expertise.
- **Ms. Radha Kulkarni** : A unique blend of IT professional turned yoga teacher, bringing a fresh perspective to the Sanskrit teaching through mantras.
- **Ms. Rashmi Ghatge** : A passionate yoga professional with over 15 years of experience, specializing in Yoga philosophy, Stress management & Holistic wellness.

If a faculty member is unavailable, they will be substituted with another expert of similar caliber to ensure a consistent learning experience.

HYBRID LEARNING FOR A COMPREHENSIVE EXPERIENCE

This is a hybrid course, combining online and offline sessions to offer you the best of both worlds. Each semester includes a compulsory one-week offline session in Pune, where you'll engage in hands-on practice and deepen your connections with peers and instructors. Attendance is mandatory for graduation, with make-up sessions available in subsequent cohorts if necessary.

ELIGIBILITY CRITERIA

This course is open to graduates from any discipline with a passion for learning and a desire to help others. Exceptional non-graduates with a strong aptitude may also be considered. Proficiency in English is required, as the course is currently offered in English, with plans to introduce Marathi and Hindi versions in the future.

CERTIFICATION AND GRADUATION REQUIREMENTS

To be awarded the Practitioner Certificate in Somatic Vedic Yoga, you must:

- **Successfully complete all four semesters and pass the exams with a minimum of 50% in each subject.**
- **Complete all required assignments, case studies, and practical sessions.**
- **Maintain at least 80% attendance in all lectures and sessions.**
- **Demonstrate your ability to plan and execute effective healing sessions.**

Missed modules can be completed with subsequent cohorts, with certification granted upon full course completion within three cohorts

INVEST IN YOUR FUTURE

Course Fee: ₹ 75,000 per semester, totaling ₹ 3,00,000 for the entire program.

Discounts Available:

- 60 Days in Advance: ₹ 50,000 per semester
- Full Course Payment Upfront: ₹ 1,60,000 for all four semesters

READY TO TRANSFORM LIVES?

Apply now to join this groundbreaking program and start your journey as a Somatic Vedic Yoga Educator.

How to Apply:

Complete the application form and submit it online at www.paramyoga.in or by post to Param Yoga. Payment can be made online or via demand draft. Admission will be confirmed upon payment.

For more information, visit our website or contact us at 99235-10202 / 98505-22386.

Empower yourself to heal others and bring wellness into your community with this unique and transformative course. Your journey to becoming a Somatic Vedic Yoga Educator begins here.

