



# Welcome to Aham Yoga's 200-Hour Yoga Study Program





## 200 HOUR STUDY PROGRAM

*Hi there!*

## I'M ARUNDHATI BAITMANGALKAR

**A lifelong student, yoga teacher,  
studio owner, podcast host, and  
student.**

With over two decades of experience in teaching from India to the United States, I've dedicated my life to sharing authentic, in-depth yoga in a way that's structured, practical, fun and transformational.

This course isn't just a regular yoga study program. It's an invitation to dive deep into yoga's heart — to explore, understand, and connect with yourself and the practice in a meaningful way. To enjoy the myriad of benefits yoga has to offer on and off the mat. There's always plenty for everyone in this practice.

For over **12 years**, we've run this program at **Aham Yoga in Redmond, WA**, with students from **190+ countries** connecting with our teachings each year. We're proud of our global impact, and our vibrant local community. We are a more than your average yoga studio. We are your one-stop for all things yoga.

**This guide explains everything you need to know about the upcoming course— and invites you to book a free 20-minute Zoom consult with me to see if this program is right for you.**







## 200 HOUR STUDY PROGRAM

# WHAT IS THE 200-HOUR STUDY PROGRAM?

Think of this as your personal Yoga School for adults — a structured course designed to give you a deep, clear understanding of yoga beyond the postures.

Expect a blend of practice, theory, reflection, and community learning that will support your growth — whether you aim to teach or simply want to deepen your personal practice.

## WHO IS THIS PROGRAM FOR?

- Yoga students seeking depth beyond regular classes
- Aspiring yoga teachers
- Practitioners craving personal growth and connection
- Students looking to live more mindfully
- Current yoga teachers looking for stronger foundations
- Anyone ready to live yoga fully



## WHAT MAKES THIS PROGRAM UNIQUE?

- Led by **Arundhati Baitmangalkar**, internationally respected yoga educator and creator of Let's Talk Yoga podcast. Rated in the global 5% of podcasts according to Buzzsprout in 2024
- Students from **220+ countries** (and territories) with a tight-knit local presence in **Redmond, WA**
- Featured in **Yoga Journal** and **Yoga International**
- Host of the **Let's Talk Yoga Podcast**, a top global resource for yoga teachers
- Structured, spaced-out weekend modules for accessible learning
- Small group setting — **only 10 to 15 participants per cohort**
- Choice of **Study Track** or **Teaching Track** based on your goals
- Rooted in tradition, relevant for modern life



## 200 HOUR STUDY PROGRAM

# MEET YOUR TEACHER, ARUNDHATI BAITMANGALKAR

Having trained with some of India's most respected yoga masters, I've taught thousands of students globally. Spanning over 2 decades of teaching, I have a proven track record when it comes to teaching yoga. My students build successful practices on and off the mat. They feel more connected to themselves and others. The teachers I train go on to create impact in their own communities globally. I have students in 192 countries but my local presence is here in Redmond.

I'm a published writer in **Yoga Journal** and **Yoga International**, and my blog is rated as one of the best blog for yoga on the internet. I'm known for making yoga simple, reliable and effective for the students in front of me.

My teaching style is **direct, clear, and reflective**, making learning enjoyable, practical, and life-changing. I invite you to join my signature offering this 200 hour study program. That will enhance your yoga journey and impact in more ways than I can list.

For all the yoga nerds reading this, I have a training in hatha yoga, vinyasa, prenatal, postpartum, prop usage, therapeutics, pranayama and restorative yoga. I hold an ERYT 500, YACEP status and my yoga studio is RYS 200 and RYS 300 accredited.

**Your next step would be to book a consult with me directly if you have questions before signing up. These consults are available until Dec 15th, 2025.**







# YOUR STUDY MODULES — IN DEPTH

This is a brief overview of the course. This overview will give you an idea of the broad scope of training. But is not limited to these topics alone.



### MODULE



## Asana Expert — The Art & Science of Posture Practice

- Understand the evolution of asana — from ancient times to modern practice
- Learn about cultural appropriation of yoga and where it stands today.
- Categorize asanas by type and purpose — standing, seated, forward bends, backbends, balances, inversions, twists
- Explore the benefits and effects of different categories of poses
- Study different approaches to asana practice in today's yoga landscape
- Understand the relationship between aging and asana practice
- Master the use of props for safety, support, and accessibility
- Learn how to breathe effectively in yoga for stability and mindfulness
- Deep dive into must-know fundamental yoga poses with correct alignment and purpose. Your master pose bank with over 60 poses in depth.
- Study variations of Surya Namaskar and their applications
- Practice Shavasana and Restorative Yoga techniques
- Learn asana adaptations for seniors and special populations & address common needs
- Address common physical challenges through yoga poses
- Study human anatomy for yoga practitioners — understanding movement, joints, and muscles
- Build confidence in creating your own yoga practice



## 200 HOUR STUDY PROGRAM

### MODULE



## Understanding the Subtle Body — Pranic Energy & Beyond

- Discover the life and mindset of a modern yogi or yogini
- Study the yogic anatomy of the subtle body and its layers
- Understand the relationship between the outer world, inner universe, and the elements
- Explore Prana — the life force energy, its types, and its role in yoga practice
- Learn about the Koshas (layers of existence) and how they influence our experience
- Study the Nadis (energy channels) — Ida, Pingala, and Sushumna — and their significance
- Understand the Chakras — energy centers, their symbolism, and role in yoga
- Learn the basics of Pranayama — techniques, purpose, and applications
- Practice Restorative Yoga to restore energy loss and replenish
- Explore ways of regulating the nervous system through yoga
- Understand Ahara (diet) and lifestyle habits supportive of a yogic life. A basic introduction to Ayurveda



### MODULE



## Mind Management with Yoga — Inner Stillness & Clarity

- Study the yogic perspective on the mind and its nature
- Learn how to navigate common mental obstacles and distractions
- Explore key yogic concepts — attention, awareness, absorption, and assimilation
- Develop practical skills for being mindful in daily life
- Understand the distinction between mindfulness, meditation, and concentration
- Learn types of meditation and how to approach them in your life
- Understand the role of meditation in yoga and personal well-being
- Cultivate meditation as a daily habit for mental clarity and calm





## 200 HOUR STUDY PROGRAM

### MODULE IV

## Embodied Philosophy: Yoga's Deeper Roots

- What is yogic philosophy and why it matters in daily life
- Explore the relationship between Yoga and Hinduism — context and clarity
- Study the Margas (paths of yoga) — Bhakti, Karma, Jnana, Raja, Hatha, and more
- Discuss the ultimate goal of yoga in different traditions
- Deep dive into Patanjali's Yoga Sutras and the 8 Limbs of Yoga
- Introduction to the Bhagavad Gita and its role in yoga study
- Compare and contrast the Yoga Sutras and the Bhagavad Gita
- Learn how to live your yoga daily — off the mat, in relationships, work, and society
- Develop a Sadhana (dedicated spiritual practice) as a lifestyle habit



### MODULE V

## Becoming a Yoga Teacher: Sharing the Practice with Integrity

- Learn how to build effective yoga class plans and sequences
- Study instructional techniques for clarity and impact
- Explore different types of verbal cues and hands-on adjustments
- Understand classroom organization, setup, and student experience
- Learn how to demonstrate and teach poses with confidence
- Navigate challenges of mixed-level classes and special populations
- Explore the dynamics of teaching online vs. in-person
- Build skills for handling questions, feedback, and unique student needs
- Develop reflective practices to grow as a yoga teacher



## COURSE SCHEDULE

January – May 2026 | Weekends Only | In-Person in Redmond

### JAN

- January 10 – 11
- January 17 – 18
- January 24 – 25

### FEB

- February 21 – 22
- February 28

### MAR

- March 1
- March 14 – 15
- March 21 – 22
- March 28 – 29

### APRIL

- April 18 – 19
- April 25 – 26

### MAY

- May 9 – 10
- May 16 – 17

### WEEKEND DAILY TIMINGS

- Saturdays:  
9:30 AM – 7:00 PM
- Sundays:  
10:45 AM – 6:30 PM

## WHAT'S INCLUDED?

- Printed course manual
- Tea and light refreshments
- All yoga props and learning tools
- Certificate of completion (Yoga Alliance accredited)
- Yearly alumni events and continued support







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### INVESTMENT

**\$999**  
**EARLY BIRD**  
**(UNTIL DEC 31, 2025)**

**\$4250**  
**FULL PRICE**

### PAYMENT PLANS:

- Pay in full - \$3750
- Or 3 installments of \$1300 each over 6 months

### FAQs:

#### Do I need to be advanced in asana?

No. A consistent basic practice is enough — we'll help you grow.

#### What if I miss a weekend?

We encourage full attendance, but we'll help you catch up if you miss a session.

#### How much work is required outside weekends?

1–2 hours weekly of light review or practice, varying by week.

#### Can I join if I don't want to teach?

Absolutely. The program supports personal growth and self-study equally.

#### What's your cancellation policy?

Cancel by mid-December 2025 for a full refund (minus \$49 admin fee).



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# TESTIMONIALS OF TRANSFORMATION

Arundhati is an all around amazing resource. She creates these learning opportunities with you at the forefront of her mind and that's apparent in the quality of the training she provides. She presents materials in different ways. Her teaching style allows different learning styles to thrive, even in an online format. She has strong interpersonal skills. Aru is a warm, empathetic, & engaging teacher.

**-SAMANTHA**

Arundhati's training is so well organized. All of the time was intentionally used for the student's benefit. She's genuinely interested in your learning journey. And has deeply invested in it. Her passion for teaching shows through the entirety of training. Very exceptional.

**-PATTI**

I recently studied to teach with Arundhati. It was a very immersive and enriching experience. Arundhati is one of the best, most sincere, knowledgeable, disciplined and authentic yoga teachers that I've ever met. Her passion & love for your yoga resonates deeply in her teachings. I highly her for all your yoga needs.

**-NIMISHA**

I have been practicing yoga seriously for about 6 years and attending classes at Aham for last few years now. Arundhati is the most attentive teacher I have ever met. She can teach to many needs during one class. I had the honor of taking her Teacher Training last year and she made sure we were the going to be the best teachers with a 200hr training on the market. Arundhati helped me find my teaching voice and the ability to go out in the world and share the knowledge of yoga. If you are thinking about expanding your yoga training/ knowledge, I highly recommend learning from Arundhati.

**-MARCY**





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# NEXT STEPS:

*Let's talk!*



Book a free 20-minute Zoom consult with Arundhati (link coming soon)

Get clarity, ask questions, and see if this is your next step

Enrollment opens September 2025 — secure your spot early!