



Institute of Natural Medicine

200 hours

Pranayama and Yoga Teacher's Training Course



Pranayama and Yoga Teacher's Training Course — 200 Hours YTT in Nepal

Location: Thamel, Kathmandu · Course length: 200 hours · Focus: Hatha Yoga, Asana & Pranayama, Teaching Methodology

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WHAT IS YOGA?

Yoga is a Sanskrit word. Its meaning in English is “To Add”. Its founder name is Lord Shiva who is also known as Adhi yogi. Here we are explaining about Asana & Pranayama (Breathing exercise) in “Hatha Yoga”?

In this 200-hour Pranayama and Yoga Teacher's Training Course, yoga is taught as a holistic system encompassing physical postures (asanas), breath control (pranayama), meditation, and the philosophical foundations of the practice. The curriculum emphasizes both personal transformation and professional teaching skills, preparing graduates to confidently lead classes and design safe, effective sequences for all levels. Learn more about our [Short-Term & Certificate Massage Training Courses](#) to complement your yoga training.

WHAT ARE ASANA & PRANAYAMA?

Asana is physically twist of body systematically taking fresh air. So that it works like “switch on” of a electric bulb and body become charge, which were almost deactivated. Yoga activate in subtle way so that diseases will cure slowly It takes a little time to function and it has power to prevent negative energy as well.

Pranayama is breathing exercise. This process of taking oxygen from inhale fresh air & realizing carbon dioxide by exhalation in and out rapidly. In adult lungs there are around 2500 to 3000 tiny pores (holes). Due to polluted air, smokes and dusts people’s lungs can’t work properly, only 30 to 50 % in average it works so that modern people are facing different types of relevant diseases.

During the course, students practice and study classic pranayama techniques such as *Anulom Vilom*, *Kapalabhati*, *Bhastrika*, *Ujjayi*, and *Nadi Shodhana*. These practices are taught progressively with emphasis on safety, alignment, breath awareness, and how to adapt techniques for different students. Regular pranayama practice enhances lung capacity, reduces stress, and supports mental clarity ([Exploring the Therapeutic Benefits of Pranayama — NCBI](#)).

IS YOGA IS A KIND OF PHYSICAL EXERCISE?



No, Yoga is not only physical exercise, it is more than this. In human body there is categorizing three level; 1- consciousness 2- subconscious and 3-unconsciousness. Exercise only effect up to consciousness level but Yoga can reach up to subconscious some time perfect Yogi can reach up to unconscious level. All our problems come from unconscious level. It is darkest part of human beings Yoga some time works up to unconscious level.

Our training addresses the full range of yoga practice — from physical alignment and therapeutic asana sequencing to meditation, pranayama, and the study of yogic psychology. This integrated approach helps students access deeper layers of awareness beyond the purely physical, supporting lasting change and effective teaching skills. Join our [Naturopathy Treatment in Nepal](#) program to deepen your wellness journey.

THE SIGNIFICANT OF YOGA IN DAY TODAY LIFE.

Nowadays Yoga's importance is increasing day by day. So that United Nation Origination (UNO) declares that "INTERNATIONAL DAY OF YOGA". Every human being have right to live healthy. UNO want to see healthy society on Earth. But due to wrong food & living style, people's health are damaging quickly. It is very rare to find out a person who is living balance life. Regular Yoga Practitioner can live and balance life. They know their limitations and acts accordingly ([International Day of Yoga — United Nations](#)).

Completing a structured teacher training course gives graduates practical tools for maintaining daily practice, improving lifestyle choices, and teaching others how to cultivate balance. For visitors and residents of Kathmandu, the course also supports recovery and resilience for trekkers and active travelers through breathwork and restorative practices. Explore our [Hiking & Yoga Retreat](#) for a unique experience in Nepal.

Why Choose This 200-Hour Yoga Teacher Training Course in Nepal

- Comprehensive curriculum: **Asanas, Pranayama, Meditation, Yoga Philosophy, Teaching Methodology, Anatomy & Physiology.**
- Experienced instructors with practical teaching experience ([Our Team](#)).
- Located in **Thamel** — easily accessible for international students and tourists.
- Certification aligned with internationally recognised standards.
- Suitable for beginners and intermediate practitioners; strong emphasis on breathwork and stress reduction.

Course Overview | 200 Hours YTT in Nepal

- Course length: 200 hours (full-time, intensive schedule).



- Daily sessions: Asana practice, pranayama, teaching labs, lectures, and meditation ([Daily Yoga Classes](#)).
- Assessment: Practical teaching assessment, theory exam, and attendance requirements.
- Certification: Issued upon successful completion of all modules and assessments.

Frequently Asked Questions

How long is the 200-hour yoga teacher training course in Kathmandu, Nepal?

It is approximately 3-4 weeks of full-time training with daily sessions in asana, pranayama, meditation, and teaching methodology.

Can beginners join a 200-hour yoga teacher training?

Yes. This course is suitable for beginners as well as intermediate practitioners. The curriculum is structured to gradually build your knowledge and practice.

Is the certification internationally recognized?

Yes. On completing the course, you will receive a certificate that aligns with internationally recognized standards, enabling you to teach globally.

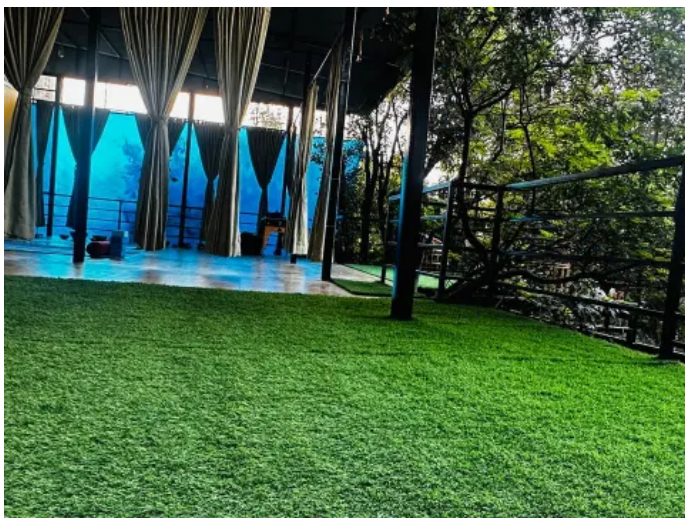
What are the benefits of pranayama in daily life?

Pranayama improves lung capacity, reduces stress, balances energy, and supports mental clarity — essential tools for both practitioners and future yoga teachers ([Effects of Bhramari Pranayama on Health — Systematic Review](#)).

Is yoga teacher training in Kathmandu affordable for international students?

Many programs offer inclusive packages (tuition + accommodation + meals). Costs vary by provider — Institute of Natural Medicine, Thamel has options that balance quality and affordability. Check [Deep Tissue Massage Packages](#) for retreat add-ons.

[Enrol Now / Contact Us](#)



Reviews



Institute of Natural Medicine

If you are looking for traditional yoga, this is the place for you. Teacher Nabin teaches yoga with a detailed explanation of each yoga asana. Since I have been associated with him for a long time, I have been sending all those who want to learn yoga in my company here and I am very happy to be here till . Respect for your work.

T

TN Bhatta

[Book Now](#)

Check out other packages



Daily Yoga Classes

Experience outdoor yoga at the Institute of Natural Medicine (INM) in Thamel, Nepal. Practice Yogasana surrounded by nature, with stunning views of a monastery and Nagarjun National Park. Reconnect mind, body, and spirit.

[Explore](#)



One Month Yoga Teacher's Training & Professional Diploma In Massage Course

Together, massage and yoga teachers' training course in Nepal aimed for students who want to become qualified yoga instructors and massage therapists.

[Explore](#)



Understanding Yogasana and Pranayama Before Starting The Yoga Instructor Training Course

Some people consider yoga as a science , some consider it as an art of staying healthy, and some consider it as a means of harmonizing the soul and the divine.

[Explore](#)