



**Swami Vivekananda Yoga Anusandhana  
Samsthana  
SVYASA USA, Houston**

**offers**



**200 Hours (RYT)**

**Yoga Instructor Certification Course (YICC)**

**Course Objectives:**

**Gain comprehensive knowledge and practical skills in:**

- History and Philosophy of Yoga
- Asanas (Postures)
- Pranayama and Meditation
- Sat Kriyas and Mudras
- Yogic Diet and Nutrition
- Stress Management through Yoga
- Yoga as a Lifestyle

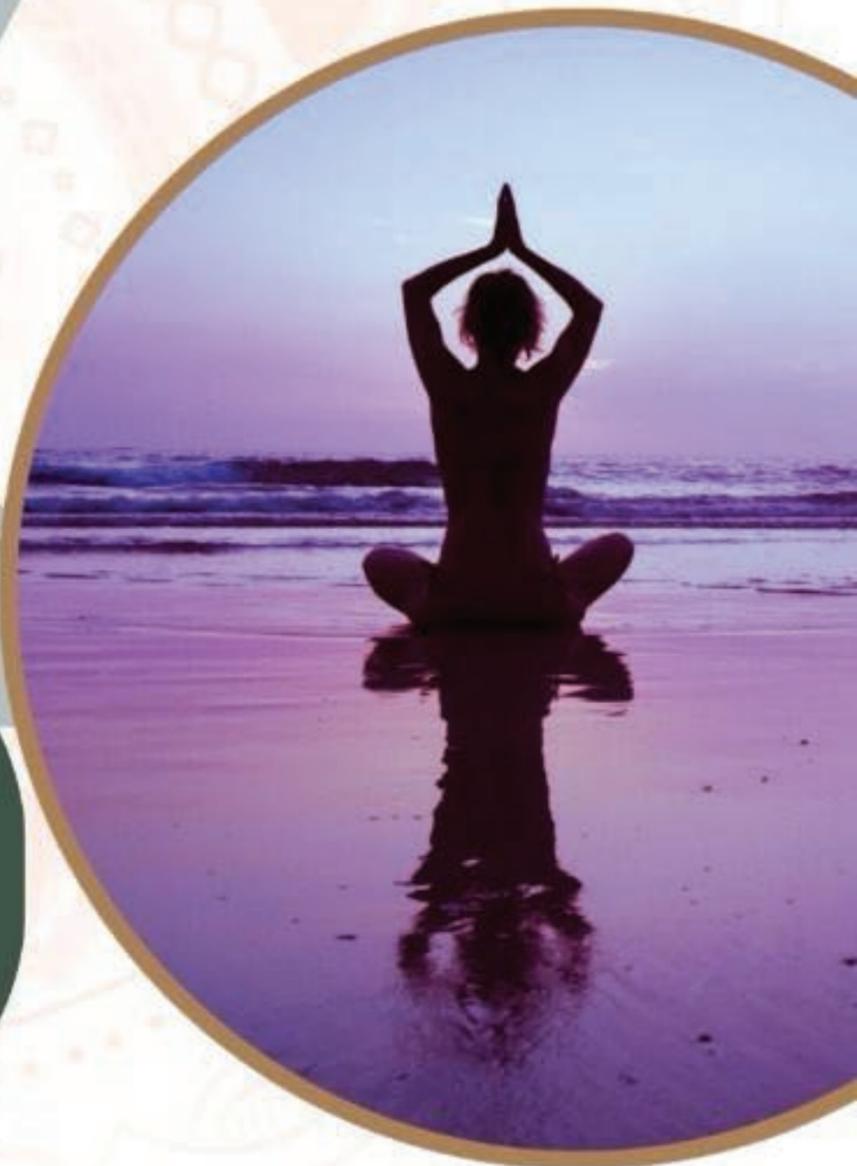
**Registrations on first come first serve.  
Limited spots available**

**Mode of Teaching : Hybrid mode**



**From Jan 17<sup>th</sup> Saturday to 16<sup>th</sup> May  
2026**

**Sessions on every Saturday  
from 8am to 12:00pm**



**Online info session/Open House:**

**November 8<sup>th</sup> Saturday from 9am to 10am in CST**

**Meeting ID: 828 3777 2254**

**Passcode: 136054**



**2813528145**



**[vyasahouston@gmail.com](mailto:vyasahouston@gmail.com)**

**Scan to register**

