

# ABOUT FITNESS MATTERS



## OUR STORY

Fitness Matters is a leading international fitness institute registered with Ministry of Corporate Affairs, Government of India (CIN - U85100CH2011PTC033318) having its head office in Chandigarh, India. It was established in the year of 2011. We are a team of highly proficient coaches with more than a decade of experience. We are empowering personal trainers, group fitness instructors and nutrition professional to spread the knowledge and fitness trends.

Our certified professionals are leading as fitness experts for the wellbeing of the society. Being updated with global fitness trends, we impart knowledge based on latest research and facts to strengthen our students. Till now the institute has provided thousands of certifications to fitness professionals and enthusiasts in different skill sets. Many of these students have successfully completed renowned international certifications like ACE Personal Trainer Certification, ACE Nutrition, Boot Camp and Rehab Express. Our students are working both in International and National level platforms. Today we are a big fitness family. Be the part of our family.

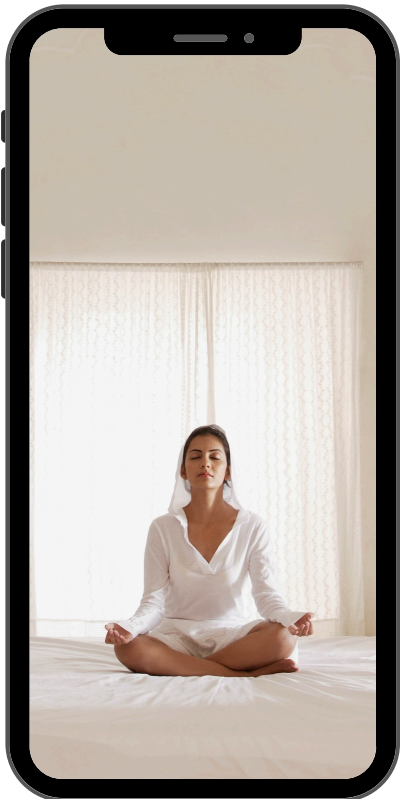
## OUR ACCREDITATION AND AFFILIATIONS



**Quality Matters At Fitness Matters!**

## ABOUT THE COURSE

Classic Power Yoga Course is largely a practical program approved by SPEFL-SC. The program emphasises on teaching of asanas suitable for different clients, pranayama and meditation techniques. This program will make you skilled in taking power yoga group classes in both online and offline settings. It is widely accepted in both national and international workspaces.



Limited Seats

Individual Attention

Manual in English or Hindi

Learning By Practical Training

Live Interactive Classes

Bilingual Mode of Teaching

Weekly Review

Regular Teaching Practice

Bilingual Exams

Placement Assistance



सत्यमेव जयते  
GOVERNMENT OF INDIA  
MINISTRY OF SKILL DEVELOPMENT  
& ENTREPRENEURSHIP



# Classic Power Yoga (CPY) Online

An SPEFL-SC Approved Course

A Course with Practical Approach

## WHY GET CERTIFIED?

Fitness fraternity is as dynamic as it comes. Keep up with the latest trends of the fitness industry and stay ahead in this race, by learning with us. It is our collective responsibility to serve our clients and our industry with the best knowledge and service we can offer.

Fitness Matters has successfully shouldered this responsibility for the last 9 years and will continue to do so with our strong students. Our commitment to excellence speaks volume in our student's practice both theoretically and practically.



## ABOUT THE COURSE

- Introduction & History of Yoga
- Human Anatomy & Yoga
- Sitting & Supinated Postures
- Gravel & Knee Postures
- Postures on Hands and Feet
- Advance Postures
- Regression & Progression of Postures
- Do's and Dont's of Postures
- Postures to Prevent & Heal Metabolic and Orthopedic Conditions like Hypothyroid, Diabetes, Cervical, Arthritis and more.
- Postures for Pre & Post-Natal Fitness
- Process & Techniques to Perform Pranayamas and Meditations for Optimum Health, Fitness & Sports Performance
- Programming of Postures for the Class
- Nitty-Gritty to Set a Good Yoga Class
- Conducting Yoga Group Class for Beginners, Intermediate & Advance Clients



## WHAT YOU GET

1. Printed Study Material
2. Recording of Attended Classes
3. CPY Certificate
4. CPY Certificate Card
5. Certificate Confirmation Letter
6. SPEFL CPY Certificate
7. CPR Certificate from EU USA



## WEEKDAYS SCHEDULE



**Course Duration:** 2 Months  
**Session Duration:** 90 Minutes  
**Teaching Days:** Tuesday to Friday

## WEEKEND SCHEDULE

**Course Duration:** 2 to 3 Months  
**Session Duration:** 2 Hours  
**Teaching Days:** Saturday & Sunday

## ASSESSMENT



**Exam Language:** English & Hindi

### **Exam Format:**

Theory - Online (Computer Based)

Practical Exam - Online

### **Exam 1 - Theory**

Multiple Choice Questions (MCQ)

### **Exam 2 - Practical & Viva**

**Part One:** Solo Demonstration of Postures

**Part Two:** Conducting Power Yoga Group Class

**Part Three:** Viva



## CONTACT US

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& ENTREPRENEURSHIP



Skill India  
कौशल भारत - कुशल भारत

## COURSE FEE ₹

26,000

**Fee Includes** - (Printed Study Manual, Courier Charges, Coaching Classes, Classes Recordings, Practice Questions, CPR Training, Teaching Practice, Exam Fee, Printed Certificates)

## TOTAL SEATS & DISCOUNTED SEATS IN A BATCH



**Total Seats:** 6

**Discounted Seats:** 2 (On Full Payment)



FITNESS DOES MATTER !

