

Holistic Yoga Training

Foundation, Personal Development
or Teacher Training



Together we
reclaim the
wisdom of life



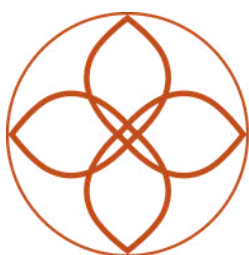


Sankalpa Ayurveda College

Study Guide: Holistic Yoga & Ayurveda Training 2026–2027

Version: July 2026

The Yoga & Ayurveda Training is offered to you in collaboration with SAKTIISHA ACADEMY. Registered with Yoga Alliance International.



SAKTIISHA
ACADEMY
For your wellbeing



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Disclaimer

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**Sankalpa
Ayurveda
College**



SAKTIISHA
ACADEMY

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Our Vision

*Together for a world
where our healthcare
system and every
household has integrated
a holistic approach to
health for overall physical,
mental, emotional and
spiritual well-being.*

~

***Together we reclaim the
wisdom of life***

Introduction



Sankalpa Ayurveda College offers professional Ayurvedic education for anyone who wishes to integrate Ayurveda into their life or work, or who aspires to become an Ayurvedic health professional.

In collaboration with **saktiisha** we now also bring you professional Yoga Training.

This study guide provides an overview of our Yoga trainings and it outlines what you can learn, who the programs are intended for, and how Yoga & Ayurveda can contribute to both professional and personal development.

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अथ योगानुशासनम्
Atha yogānuśāsanam

Now, because you are ready,
the journey begins.”

 Sankalpa
Ayurveda
College



SAKTIISHA
ACADEMY

A Warm Welcome

Yoga & Ayurveda — Two Sister Sciences, One Path

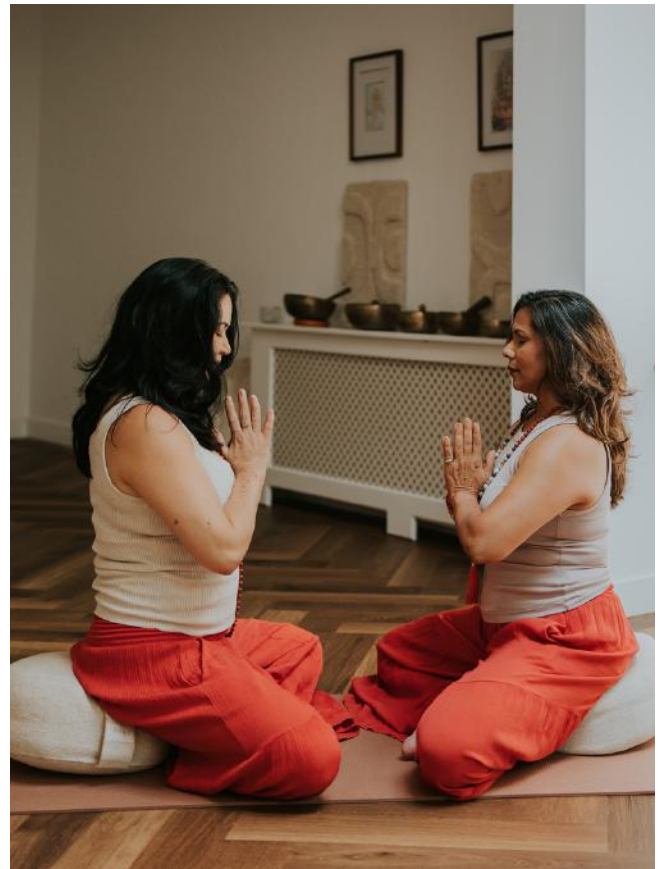
For thousands of years, Yoga and Ayurveda have been taught together as two complementary sciences with a shared purpose: to support human flourishing in body, mind and consciousness.

Yoga provides the inner path. Through movement, breath, meditation and self-inquiry, it steadies the mind, cultivates awareness and ultimately guides us toward our highest potential.

Ayurveda teaches us how to create health by living in harmony with nature. It offers practical wisdom on nutrition, lifestyle, herbal medicine and daily routines that restore balance and prevent disease.

While Ayurveda prepares the body and mind for the practice of Yoga, Yoga deepens our ability to embody the principles of Ayurveda. Together they form a complete system for living—a path that nurtures vitality, resilience and inner peace.

We are collaborating with saktiisha to honour this timeless tradition while making it relevant for modern life. The Yoga training integrate classical teachings with contemporary understanding, creating a learning experience that is grounded in Vedic knowledge and deeply experiential. Whether you are beginning your personal journey, seeking greater wellbeing, or aspiring to teach and guide others professionally, you will be welcomed into a community that values authenticity, curiosity and embodied practice.



Throughout this guide, you will discover our training pathways, curriculum, philosophy and approach to education. More than a collection of courses, these trainings invite you into a lifelong journey of self-discovery, compassionate service and conscious living.

We are honoured to walk this path with you.

With warmth,

Savitri & Rimi

“Yoga teaches us to cure
what need not be
endured and endure
what cannot be cured.”



“ Sankalpa Ayurveda College is committed to quality education and to the personal, intellectual and spiritual growth of our students.

Our Vision

Together for a world where our healthcare system and every household has integrated a holistic approach to health for overall physical, mental, emotional and spiritual well-being.

Our Mission

Our mission is to educate, guide, and empower the future Ayurvedic healers of Europe. We prepare health professionals who integrate ancient and modern science with a truly holistic approach. Our education trains students in both prevention and treatment of disease, while also supporting the improvement of life itself and contributing to the growth of individual and collective consciousness.

From the Vedic perspective, we train therapists to look beyond symptoms and see the person behind the care question. Every imbalance—physical, emotional, or mental—has deeper roots. We focus on finding causes rather than only treating complaints, with transformational guidance that fosters physical, psychological, social, and spiritual well-being.



Our Promise

We are committed to providing holistic, heart-centered, authentic, and high-quality education in a safe and inclusive environment. We nurture the personal, intellectual, and spiritual growth of our students while preparing them for professional excellence.

Our Commitment to the Future

We actively contribute to the recognition of Ayurveda within complementary healthcare in Europe. We aim to ensure Ayurvedic medicine plays a greater role in both preventive and curative care—through education, research, and collaboration with healthcare providers, insurers, professional associations, herbal medicine companies, schools, caregivers, and communities.

Yoga Training for who



Our Yoga trainings are for you if you want to experience Yoga as more than a physical practice. It is for those seeking a deeper understanding of the body, mind and spirit, while learning to integrate the timeless wisdom of both Yoga and Ayurveda into daily life. Whether your intention is personal growth, deepening your own practice, or becoming a confident and knowledgeable yoga teacher, our different programs provide a comprehensive and authentic foundation.

Throughout the training, you will explore classical yogic philosophy alongside the principles of Ayurveda, learning how these two sister sciences complement one another. You will discover how to adapt yoga practices to individual constitutions (doṣas), the seasons, different stages of life, and common imbalances, allowing you to offer more personalised and holistic guidance.

Our trainings are ideal for:

- Aspiring yoga teachers seeking a recognised and comprehensive education.
- Yoga practitioners wanting to deepen their understanding beyond the physical practice.
- Health professionals, therapists and coaches wishing to integrate Yoga & Ayurvedic principles into their work.
- Anyone interested in holistic health, conscious living and personal transformation.

Our programs invite you to embody yogic and vedic principles. Through practice, self-reflection and the integration of Ayurvedic lifestyle wisdom, you will cultivate greater balance, resilience and presence—both on and off the mat.

Yoga Training Overview

Yoga & Ayurveda Foundation (YAF)

This is where you begin learning about Yoga and Ayurveda and integrating their principles into your life. 50 hours over 3 months

Yoga & Ayurveda Personal Development (YAPD)

This is where Yoga & Ayurveda become a path of personal development and conscious living. 250 hours over one year. Includes YAF

Holistic Yoga Teacher Training (HYTT)

A 350-hour teacher training completed over 18 months, integrating movement, breath, nervous-system regulation, yogic philosophy, and Ayurvedic principles to support long-term health and wellbeing. Includes YAF & YAPD. Yoga Alliance International Registration



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"Find your balance, on
the mat and in life."



Educational Philosophy

Embodied Learning

Knowledge becomes meaningful through experience. We encourage students to practise what they learn, reflect on their experiences, and gradually embody the teachings before sharing them with others. Personal practice (sādhana) is considered the foundation of authentic teaching.

Yoga & Ayurveda as Sister Sciences

Rather than teaching Yoga and Ayurveda as separate disciplines, we integrate them throughout the curriculum. Students learn to understand individual constitutions (doṣas), adapt practices to the seasons and stages of life, and personalise yoga for different people and health conditions.

Honouring the Classical Tradition

Our teachings are rooted in the classical texts and philosophies of Yoga and Ayurveda. We respect these traditions while presenting them in a way that is relevant, practical and accessible for modern students and teachers.

Whole-Person Education

We believe that becoming a yoga teacher is about more than learning to sequence classes. It involves cultivating self-awareness, communication skills, ethical responsibility, compassion and the ability to hold space for others.

Learning Through Practice

Students develop confidence through:

- Guided practice
- Teaching practicums
- Self-reflection and journaling
- Group discussions
- Case studies and observation
- Individual feedback and mentoring

Individualised Teaching

There is no single yoga practice that suits everyone. Students learn to observe, adapt and teach according to the needs of the individual rather than following fixed sequences. Ayurvedic principles provide a framework for understanding these differences.

A Lifelong Journey

Whether you complete a foundational or teacher training is not the end of learning but the beginning of a lifelong path of study, practice and self-inquiry. We encourage humility, curiosity and continued professional development.

Why learn with us

The Relevance of Yoga Today

In today's fast-paced world, many people are searching for more than physical exercise. They seek greater balance, resilience, purpose and a deeper connection with themselves.

Yoga offers a timeless path that extends far beyond movement. It provides practical tools to strengthen the body, regulate the nervous system, cultivate mental clarity and develop greater self-awareness. Combined with the wisdom of Ayurveda, Yoga becomes a truly personalised practice—one that honours each individual's unique constitution, life stage and changing needs.

As interest in holistic health continues to grow, there is an increasing need for yoga teachers who understand not only how to guide a class, but also how to adapt practices with knowledge, compassion and discernment. Our trainings prepare students to meet this need by integrating the classical wisdom of Yoga with the personalised approach of Ayurveda.

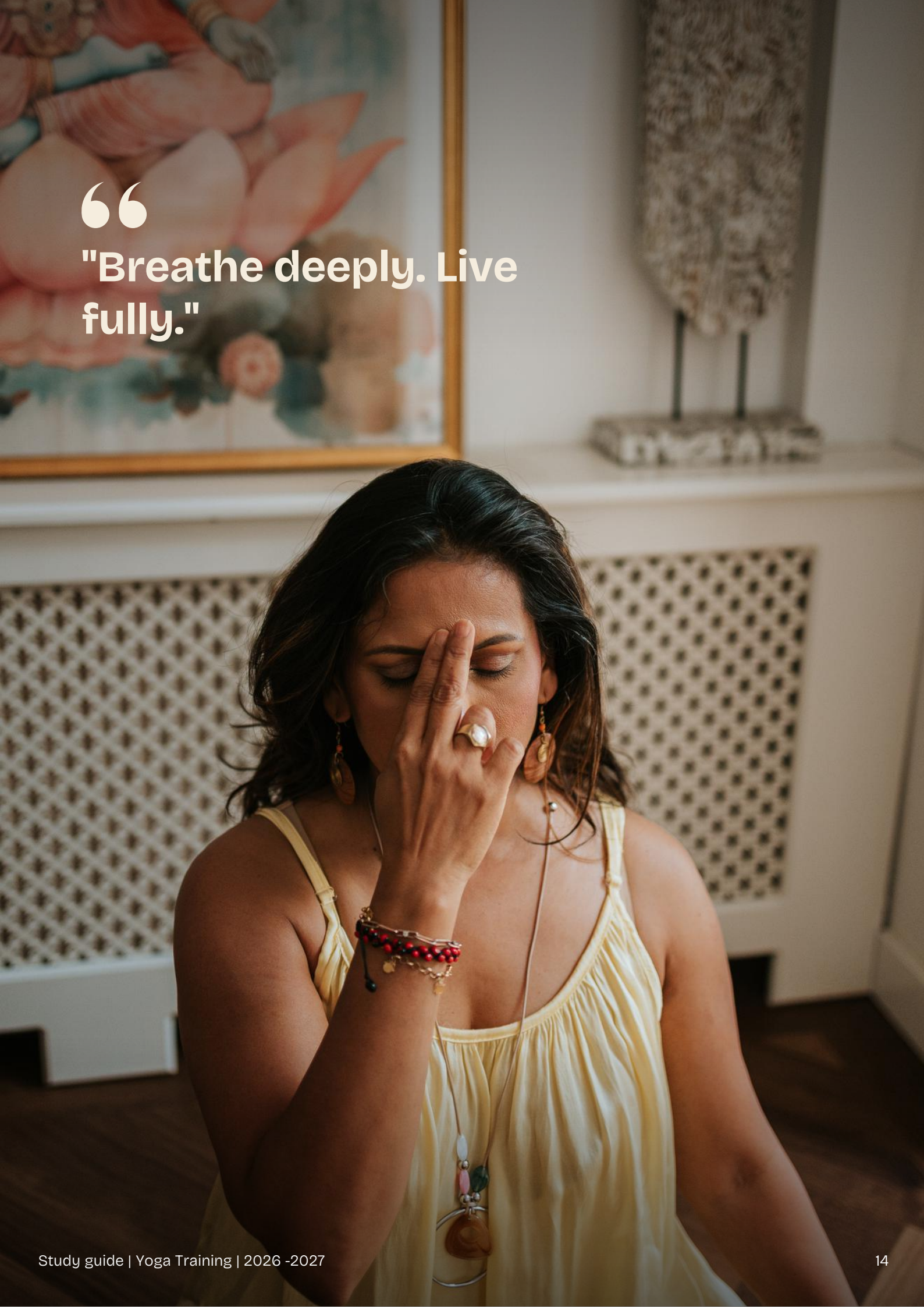
Why Choose us

We believe that Yoga and Ayurveda belong together. Rather than teaching a one-size-fits-all approach, we educate yogis and yoga teachers who understand how to adapt yoga practices to the individual.

Our trainings are rooted in the classical traditions of Yoga while uniquely integrating Ayurvedic principles throughout the curriculum. Students learn to understand the energetics behind asana, pranayama, meditation and lifestyle practices, enabling them to create safe, meaningful and personalised experiences for themselves and their future students.

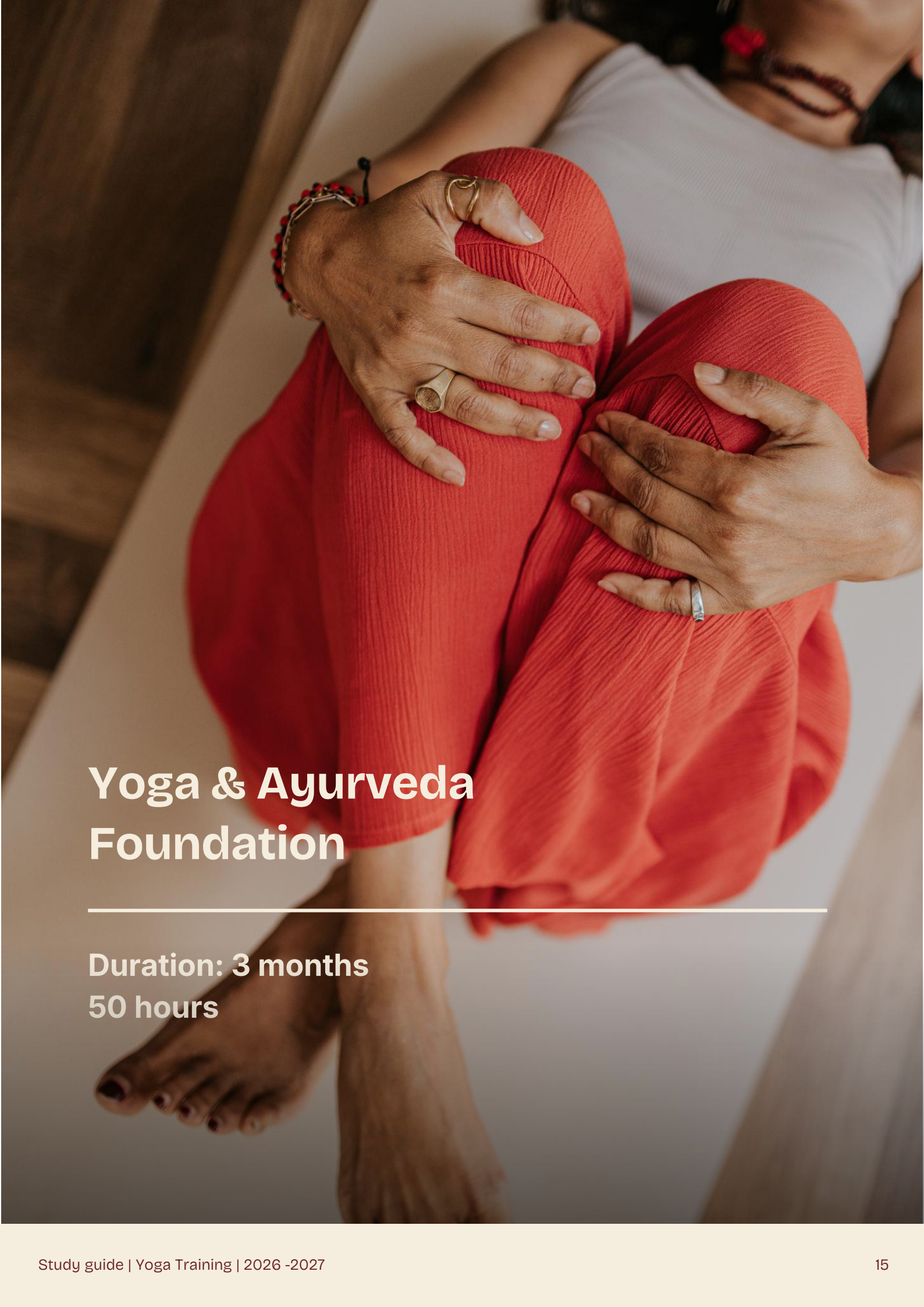
Our unique approach includes:

- Integration of Yoga and Ayurveda throughout the entire curriculum.
- A strong emphasis on personal practice, embodiment and self-inquiry.
- Classical yogic philosophy taught in a practical and accessible way.
- Learning to adapt yoga according to doṣa, season, age, strength and imbalance.
- Small groups with individual guidance and mentoring.
- A balance between traditional wisdom and contemporary understanding.
- Internationally accessible education offered in English.
- A supportive learning community that encourages both personal and professional growth.

A woman with dark, wavy hair is shown from the chest up, wearing a yellow halter-neck top. She has her eyes closed and her right hand pressed against her forehead in a meditative gesture. She is wearing several pieces of jewelry: a large gold ring on her ring finger, a multi-strand bracelet with red and black beads on her right wrist, and large, ornate earrings. A long necklace with a circular pendant hangs from her neck. The background is softly blurred, showing a painting of pink flowers on the left and a decorative lattice screen on the right.

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"Breathe deeply. Live fully."



Yoga & Ayurveda Foundation

**Duration: 3 months
50 hours**

Yoga & Ayurveda Foundation

This is where you begin learning about Yoga and Ayurveda and integrating their principles into your life.

During this training you will:

Develop a foundational Hatha Yoga practice, including sun salutations, basic asanas, breath awareness, and relaxation techniques.

Learn the three important internal aspects of yoga practice:

- Prana – awareness of breath and life energy
- Bandha – energetic locks that support stability and internal strength
- Drishti – focus and concentration in the practice

Explore the first two limbs of the Eightfold Path of Yoga:

- Yamas – ethical principles guiding our relationship with others
- Niyamas – personal disciplines that cultivate inner clarity

Gain an introduction to the foundations of Ayurveda, including:

- The five elements (Panchamahabhuta)
- The three doshas: Vata, Pitta, and Kapha
- Prakruti (individual constitution)
- Vikruti (current imbalance)
- Dinacharya (daily routines for balance)
- The basic principles of Ayurvedic nutrition

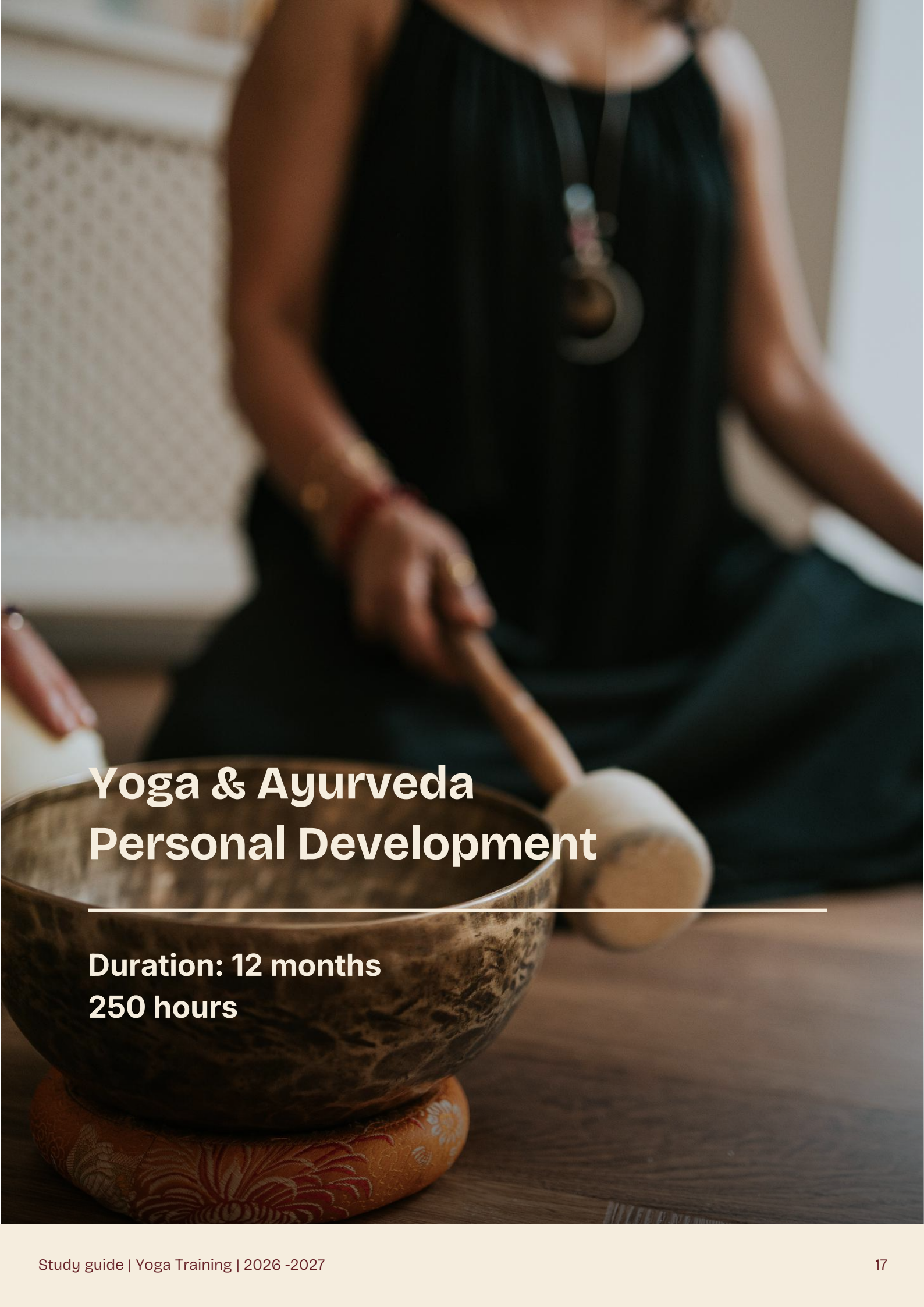
Who This Program Is For

The Yoga Ayurveda Foundations (YAF) program is for anyone who wishes to deepen their understanding of Yoga and Ayurveda and integrate these practices into daily life.

This training is suitable for:

- Individuals who want to develop a sustainable personal yoga and self-care practice.
- If you are curious about Ayurveda and yogic lifestyle principles and want to learn how these ancient sciences support balance and wellbeing.
- Yoga practitioners who wish to better understand the relationship between yoga practice, energy, and constitution.
- If you are considering further study in Yoga Teacher Training or Ayurvedic education, and would like to first build a strong foundation.
- Professionals in wellness, therapy, coaching, or healthcare who want to expand their knowledge with holistic approaches to health.

No previous experience with Ayurveda is required. A basic interest in yoga and self-development is sufficient

A person wearing a black sleeveless dress and a necklace is seated, playing a large, dark metal bowl with a wooden mallet. The bowl is resting on a patterned orange cushion. The background is softly blurred, showing a white lattice screen and a wooden floor.

Yoga & Ayurveda Personal Development

**Duration: 12 months
250 hours**

Yoga & Ayurveda Personal Development

This is where Yoga & Ayurveda become a path of personal development and conscious living.

Under the continued guidance of Savitri and Riim, this program deepens your yoga practice and explores Yoga and Ayurveda as complementary sciences for personal development and conscious living.

You expand your understanding of yogic teachings through the study of classical philosophies such as the Yoga Sutras, Samkhya, and Vedanta, while continuing to refine your practice of asana, pranayama, relaxation, mantra, and meditation. Alongside these practices, you deepen your knowledge of Ayurvedic lifestyle principles, including dosha balance, digestion (agni), seasonal rhythms, and the relationship between your yoga practice and individual constitution.

This 12-month program provides you with the space for consistent practice, reflection, and integration, supporting you in developing greater self-awareness, personal transformation, and a grounded daily practice.

Who This Program Is For

This program is suitable for:

- Yoga practitioners who want to deepen their practice beyond the physical postures and explore the philosophical and energetic dimensions of yoga.
- Individuals interested in Ayurveda who wish to integrate Ayurvedic lifestyle principles such as daily routines, nutrition, and seasonal rhythms into their lives.
- Students who completed Yoga Ayurveda Foundations (YAF) and wish to continue their journey with a deeper and more comprehensive program.
- People interested in personal growth and self-awareness, using the wisdom of Yoga and Ayurveda as a path of transformation.
- Wellness professionals, therapists, coaches, or yoga teachers who want to enrich their work with a deeper understanding of holistic health.

No teaching experience is required. What matters most is a sincere interest in personal development and a willingness to explore both practice and self-reflection.

Yoga & Ayurveda Personal Development

What you learn

In this program you deepen both your personal practice and your understanding of Yoga and Ayurveda as complementary sciences for health and self-development.

Students explore the following areas:

Yogic philosophy

Study of classical teachings such as:

- The Yoga Sutras of Patanjali
- The Eightfold Path of Yoga
- Samkhya philosophy
- Vedanta philosophy

Students learn how these teachings can be applied to daily life, self-awareness, and personal transformation.

Hatha Yoga practice

Deepening the practice of asana, breath awareness, and concentration.

Students develop understanding of:

- alignment and safe practice
- breath integration
- bandhas and drishti
- variations and adaptations
- the benefits and energetics of key postures

Pranayama & meditation

Students deepen their relationship with breath, energy, and mental clarity.

Practices include:

- Kapalabhati
- Nadi Shodhana
- Anuloma Viloma
- meditation and relaxation techniques

You gradually develop a sustainable personal pranayama and meditation practice.

Subtle anatomy

Introduction to the energetic systems described in yogic and Ayurvedic traditions:

- chakras
- koshas
- nadis
- vayus

You learn how these concepts relate to energy, wellbeing, and awareness.

Physical anatomy

A practical approach to anatomy that supports safe yoga practice.

Topics include:

- joint function and mobility
- fascia and connective tissue
- safe alignment and body awareness
- adapting practice for different bodies

Ayurveda integration

Ayurveda is integrated throughout the program as the sister science of Yoga.

You deepen your understanding of:

- dosha balance
- digestion and agni
- Ayurvedic nutrition
- seasonal routines (ritucharya)
- Self Pulse practice and lifestyle practices that support wellbeing

You learn how yoga practices can be adapted according to constitution and imbalance.

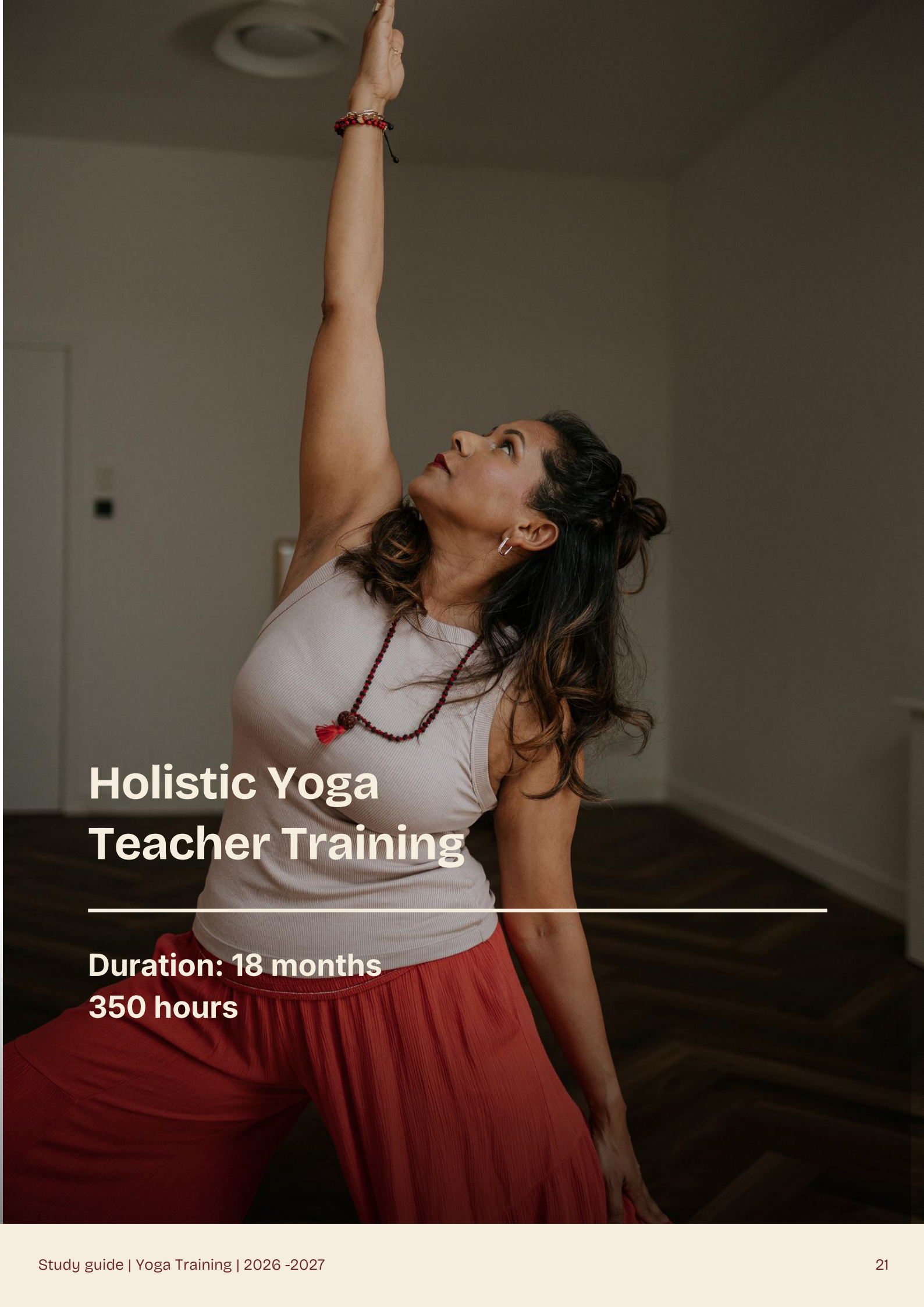
Yoga & Ayurveda Personal Development

Personal practice & reflection

Students are encouraged to cultivate a consistent personal practice through:

- regular yoga practice and daily routine according constitution or imbalance
- pranayama and meditation
- journaling and reflection
- observing personal patterns and growth



A woman with long dark hair tied in a bun is performing a yoga pose. She is wearing a light grey sleeveless top and a red pleated skirt. She has a red beaded necklace and a matching bracelet on her right wrist. Her right arm is extended upwards, and she is looking up at it. The background is a simple room with a wooden floor and a white wall.

Holistic Yoga Teacher Training

**Duration: 18 months
350 hours**

Holistic Yoga Teacher Training

The Holistic Yoga & Teacher Training combines the Yoga & Ayurveda Personal Development (YAPD) program with an additional 100-hour teacher training focused on the art of teaching, therapeutic application, and holistic guidance.

This training is intended for those who wish to deepen their personal practice while also developing the skills to safely and confidently guide others through Yoga and Ayurvedic principles.

The foundation of the program is rooted in Yoga as a path of self-awareness, balance, and transformation, while Ayurveda provides practical understanding of the body, mind, lifestyle, digestion, energy, and individual constitution.

Throughout the training, students explore:

- Yogic philosophy and self-development
- Hatha Yoga practice and alignment
- Pranayama and meditation
- Subtle anatomy including chakras, nadis, koshas, and vayus
- Functional anatomy and body awareness
- Ayurveda for daily life, digestion, lifestyle, and constitutional balance
- Personal practice, reflection, and embodiment

In addition to deepening their own understanding and practice, students enter a 100-hour teacher training component dedicated specifically to learning how to teach and therapeutically support others.

Students learn how to:

- Safely guide both private sessions and group classes
- Observe posture, movement, breath, and nervous system patterns
- Understand the body and mind through both a yogic and Ayurvedic lens
- Adapt yoga practices according to constitution, imbalance, energy, and individual needs
- Create balanced and purposeful class sequences
- Communicate clearly and hold space with confidence and presence

Special emphasis is placed on understanding common modern imbalances and how Yoga and Ayurveda can be applied in a supportive and practical way.

Students learn how to work with and support individuals experiencing:

- Stress and burnout
- Women's health concerns
- Digestive imbalances
- Back, neck, and shoulder tension
- Low energy and fatigue
- Nervous system dysregulation and overwhelm

Holistic Yoga Teacher Training

The training approaches yoga not only as physical exercise, but as a holistic system for supporting wellbeing in body, mind, energy, and lifestyle.

Graduates leave with a deeper understanding of themselves, a strong personal practice, and the foundational skills to guide others through an integrative and holistic approach to Yoga and Ayurveda.

No prior experience in Ayurveda is required. The program welcomes both beginners and those with previous experience in yoga or holistic health.

This program is suitable for:

- Yoga practitioners who want to move beyond the physical postures and explore the philosophical, psychological, and energetic dimensions of Yoga.
- Aspiring yoga teachers who want to develop a strong foundation for teaching safe, meaningful, and holistic classes.
- People interested in Ayurveda who wish to integrate Ayurvedic principles—such as individual constitution, daily routines, nutrition, digestion, and seasonal rhythms—into their personal practice and teaching.
- Graduates of the Yoga & Ayurveda Foundations program who are ready to continue their studies through a more comprehensive and in-depth training.
- Individuals interested in personal development and self-awareness who wish to use Yoga and Ayurveda as practical tools for transformation.
- Wellness professionals, therapists, coaches, and existing yoga teachers who want to enrich their work with a deeper understanding of holistic health and individualized practice.

No previous teaching experience is required. What matters most is a sincere interest in Yoga and Ayurveda, a willingness to engage in regular practice and self-reflection, and an openness to personal and professional growth.

How Can You Contribute as a Holistic Yoga Teacher?

Our holistic yoga teacher training offers far more than the ability to teach asana. It equips you with the knowledge and confidence to guide others toward greater balance, resilience and wellbeing through an integrated, personalised approach. Depending on your background, interests and aspirations, there are many ways to share these teachings.

Yoga Teaching & Personal Guidance

- Teach group yoga classes with an understanding of Ayurvedic principles.
- Offer personalised Yoga sessions tailored to individual constitutions and health goals.
- Guide students in breathwork, meditation, relaxation and mindful living.

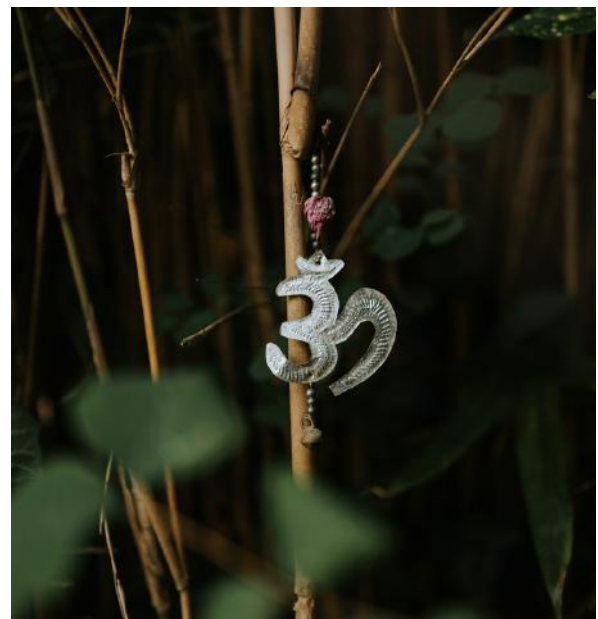
Integrative Health & Wellbeing

- Integrate Yoga and Ayurveda into your existing work as a therapist, coach, healthcare professional or bodyworker.
- Complement massage, holistic therapies or wellness practices with yoga-based movement and breathwork
- Facilitate workshops, retreats and corporate wellbeing programmes focused on stress reduction, resilience and holistic health.
- Support individuals through different life stages using personalised yoga and lifestyle recommendations.

Entrepreneurship & Community Impact

- Establish your own yoga studio or holistic wellness practice.
- Organise retreats, workshops and community events that integrate Yoga and Ayurveda.
- Develop online courses, memberships or educational programmes.
- Create a meaningful career centred on conscious living, education and holistic wellbeing.

Whether you choose to teach professionally or simply embody these principles in your own life, the integration of Yoga and Ayurveda enables you to become a source of knowledge, presence and inspiration within your family, community and the wider world.



Your Teachers



Your Teachers



Both Savitri and Riim are certified Yoga & Meditation Teachers and Ayurvedic Practitioners, integrating the sister sciences of Yoga and Ayurveda in their teaching. They both have decades of experience in corporate world but knew they wanted to contribute in another way too.

They first met more than 15 years ago and managed a Yoga School in the city centre the Hague. Their love and passion for sharing Vedic knowledge is really their dharmic path and they are grateful to inspire others on their path of personal development.



Yoga & Meditation Teacher - Certified Ayurvedic Practitioner

Founder of **saktiisha**, Savitri is the lead Teacher of Yoga Training at our school. This saktiisha Yoga training is developed by her and now further developed by Sankalpa Ayurveda College by integrating Ayurveda. Trained in classical Hatha Yoga, Savitri grew up with the Yogic knowledge from young age. Savitri has a remarkable gift for bringing the wisdom of the ancient texts to life in a way that is accessible, practical, and inspiring. Through engaging storytelling, thoughtful discussion, and a compassionate teaching style, she helps students develop a deeper understanding of the philosophical foundations of Yoga and Ayurveda and their relevance in modern life.

Yoga & Meditation Teacher - Certified Ayurvedic Practitioner

Founder of Sankalpa Ayurveda College, Riim has been guiding people on their path of holistic health for over 15 years and has her clinical practice in the Hague. As Holistic Health Educator she loves bringing the ancient knowledge to the community and aspiring health professionals.





Practical Information

Practical Information

Training	Description	Duration Hours	Teaching days	Tuition
YAF	Yoga & Ayurveda Foundation	3 months 50 hrs	6 days (3 Fri & Sat)	€ 500
YAPD	Yoga & Ayurveda Personal Development	12 months 250 hrs	24 days (12 Fri & Sat)	€ 2500
HYTT	Holistic Yoga Teacher Training.	18 months 350 hrs	36 days	€ 3500
			Non refundable Registration fee for YAPD and HYTT	€ 125

Location: [saktiisha academy & sankalpa Yoga & Ayurveda Centre](#)

Van Beverningkstraat 118, The Hague, the Netherlands

Language

The training is taught in English. All course materials are available in both English and Dutch.

Included

Tuition includes class materials, training manuals, and practice resources. Additional recommended books are not included and may need to be purchased separately.

Certification

- Certificate of Completion for the Yoga & Ayurveda Foundations (YAF) and Yoga & Ayurveda Personal Development (YAPD) programs
- Yoga Teacher Certificate upon successful completion of the Holistic Yoga Teacher Training (HYTT), registration at [Yoga Alliance International](#)

Lead Teacher

Savitri Sattoe

Co-Teacher

Riim Lagerwerf, together with selected guest teachers

Savitri and Riim are certified Yoga and Meditation Teachers and Ayurvedic Practitioners. Their teaching brings together the sister sciences of Yoga and Ayurveda, combining personal practice, classical knowledge, self-reflection, and practical application.

Payment

Payment in instalments is available for the YAPD and HYTT programs. Please contact us to request the available payment options.

Invoices can be provided for participants enrolling through their business or employer.

The exact payment schedule and payment conditions are confirmed upon enrolment and form part of the official enrolment documentation.

Admission Requirements

No previous teaching experience is required.

Applicants should have a sincere interest in Yoga, Ayurveda, personal development, and self-reflection. They should also be willing to participate consistently in the classes, complete the required assignments, and maintain a regular personal practice throughout the program.

Students entering the YAPD or HYTT program are expected to have completed the Yoga & Ayurveda Foundations program or demonstrate equivalent prior knowledge and experience.

Admission to the HYTT program may include an intake conversation to ensure that the training is appropriate for the applicant's experience, learning goals, and readiness to undertake a professional yoga teacher training.

Enrol today!

Jour journey begins today

You can visit our registration form
via the QR code:



After receiving your registration
and registration fee, we will invite
you for an intake interview.

[Enrol here](#)

[Make an appointment](#)



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