



PRIANCA SHHARMA × RUKMINI ROY



The Integrated Teacher Intensive

Nervous System Literacy for Yoga Teachers



50 HOUR ADVANCED YOGA TEACHER TRAINING

28TH FEB - 7TH MARCH 2027

PATNEM, SOUTH GOA

Core Modules

Nervous System Literacy

- Foundations of the nervous system
- Neuroscience of yoga

Breath & Stress Regulation

- Breath Chemistry & Mechanics
- Breath & Nervous system
- Guiding pranayama safely

Functional Anatomy

- Structural diversity & fascia deep dive
- Classical accupresure points
- Qi gong & Energy awareness
- Anatomy of Pregnancy

Inversions & Skill Learning

- Neurology of balance
- Progressive skill building
- Neuroscience of learning & memory

Ethical & Intelligent Adjustments

- Explore 8 energy vessels as per TCM
- Trauma-informed teaching skills
- Energy healing & Diagnostic skills

Yogic Philosophy

- Intro to Sāṃkhya & Bhagavad Gita
- Prāṇa and subtle energetics
- Philosophy in practice



Daily Schedule

Practice and theory are woven together throughout the day.

Morning Practice

Dynamic asana and breath practice.

Late Morning Workshops

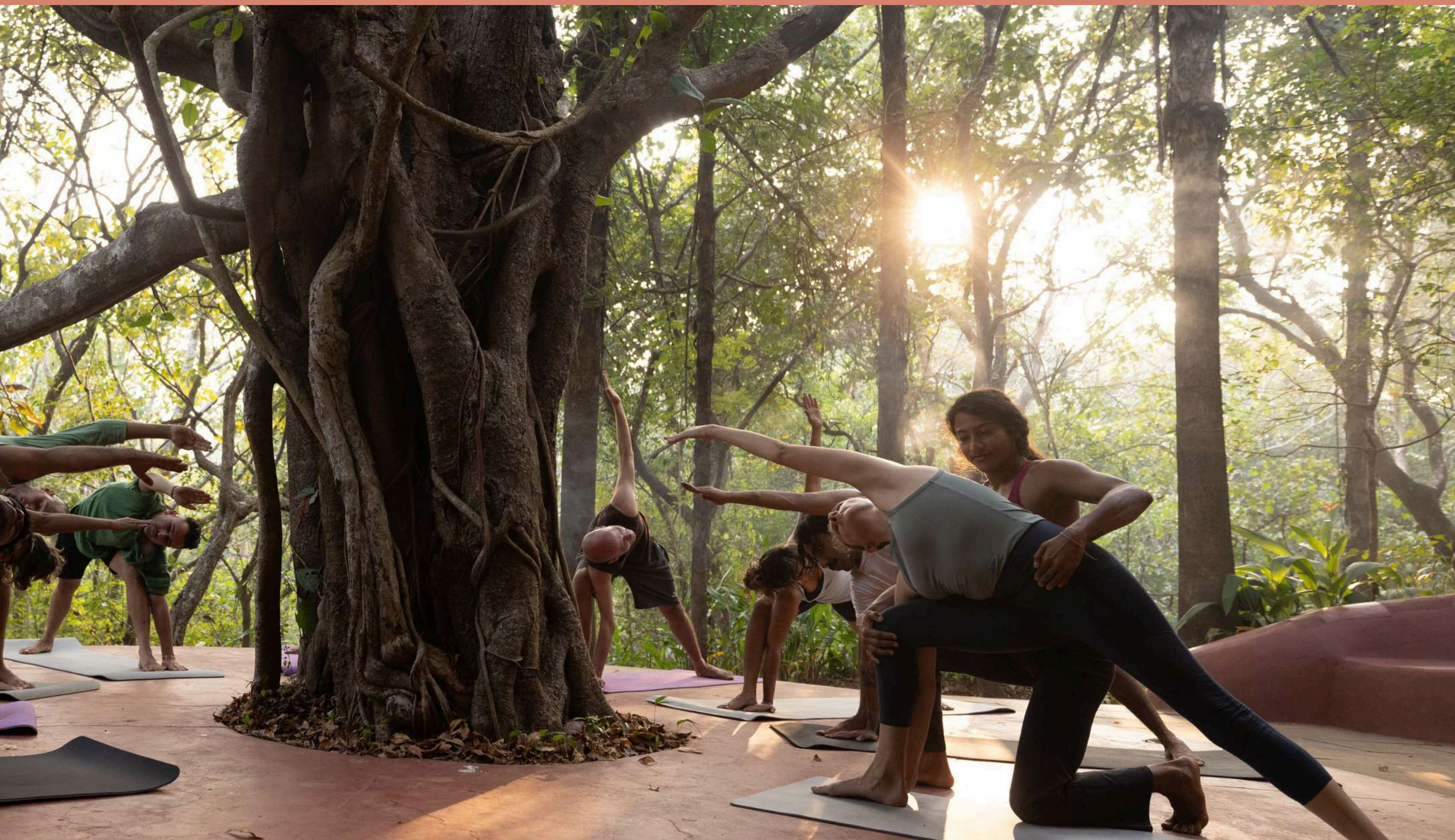
Neuroscience, anatomy, philosophy, and teaching methodology.

Afternoon Practice Labs

Inversions, adjustments, and skill development.

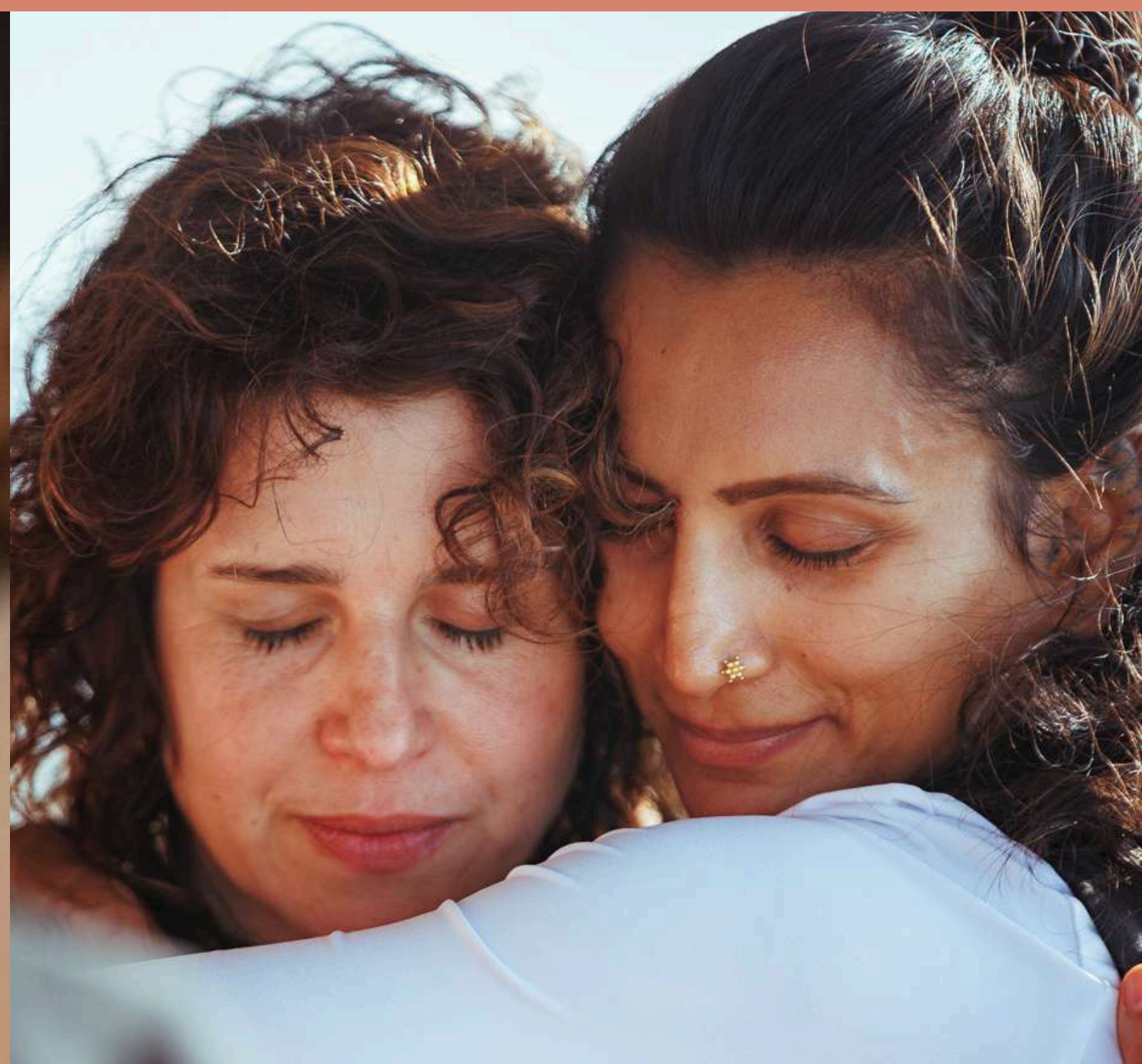
Evening Integration

Yin, chanting, reflection, and satsangs.



Who this training is for

- 200-hour graduates seeking a deeper understanding of yoga — not only what to teach, but why it works.
- Teachers interested in the nervous system, trauma, and the meeting of modern science and yogic philosophy.
- Teachers wanting greater confidence with alignment, adjustments, and working with bodies ethically and responsively.
- Teachers navigating fear, stress, or emotional responses in practice, and wanting tools to respond better.
- Teachers ready to teach with discernment, sensitivity, and intelligence.





MEET YOUR FACILITATOR

PRIANCA SHHARMA

Born and raised in India, I carry yoga in my roots — but it wasn't until I lost myself that I truly found its essence.

Today, I share these teachings with students from around the world — keeping them authentic, grounded, and true to their Indian origins.

My love languages on the mat are Ashtanga, Vinyasa, Hatha, and Yin — a dance between strength and softness, structure and flow.

What began as a search for healing became a way of living. Over the past fourteen years, yoga and meditation have transformed my path, guiding me from performance to presence, from trauma to purpose. Through every class, I aim to make yoga feel joyful, grounded, and real — a practice that connects the outer expression of the body with the inner experience of the heart.

RUKMINI ROY

Ruki is a former cognitive neuroscientist turned yoga teacher trainer with 2,000+ hrs of formal training in yoga, including yogic philosophy, psychology and somatic therapy.

Her research interests center on altered states of consciousness, particularly through practices such as breathwork, hypnosis and yoga nidra.

Passionate about understanding the mind-body complex, Ruki constantly tries to draw parallels between Eastern and Western schools of thought.

She regularly conducts Neuroscience of Yoga workshops globally and teaches on TTCs in India and the UK.



OUR LOCATION

The training takes place at **Palm Trees Resort**, a peaceful retreat centre nestled in the jungles of South Goa, along the quiet backwaters of **Patnem Beach**.

Surrounded by nature, this sanctuary offers the ideal setting to deepen your *sādhana* and step away from the pace of everyday life. Despite its tranquility, the resort is just a short walk from the essentials of coastal India: the beach, cafés, restaurants, chai stalls, shops, and local transport.



TRAINING DETAILS

Dates: 28 Feb – 7 Mar 2026

Duration: 8 Days | 50 Hours

Location: Palm Trees, South Goa

Accommodation Included:

Private Room — £1265

Twin Room — £975

Brunch is served daily, along with snacks, and unlimited tea/coffee throughout the day.

500 GBP DEPOSIT REQUIRED TO BOOK YOUR SPOT.



Ready for intelligent teaching?



For enquiries or to reserve your spot,
please contact us at:

yoginiprianca@gmail.com

Insta- [@priancashharma](https://www.instagram.com/priancashharma)

rrrukminiroy@gmail.com

Insta- [@yogabyruki](https://www.instagram.com/yogabyruki)



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