



## 200hr Yoga Teacher Training

We believe that the most important aspect of teaching today is that you are able to **express yourself** from an open heart, discovering your **inner peace** and therefore having the capacity to truly give of yourself. We wish to create **self-empowered teachers**, who teach **intuitively** instead of merely following our, or someone else's, ideas.

Our intention is to **inspire you** to be more of yourself – **authentic, confident, loving,** and **flowing with life.**

In this way, you will discover even more about your divine purpose here on Earth.

**2017:** Feb 19 - 19 Mar & Oct 8 - 5 Nov

**2018:** Feb 18 - 18 Mar & Oct 7 - 4 Nov

Goa, INDIA



## Our Vision

We aim to enable you to take Yoga off the mat and into all aspects of your life, as a process of **self-healing** whilst you learn to be responsible for your own equanimity and joy. In that, Yoga moves beyond the body and becomes an inner journey.

Our vision is to empower you, so that you can truly **be who you are**, teach what you love, and therefore '**become the teaching**', rather than merely conduct a class.

## Who is this training for?

Anyone who has an **earnest desire for self-knowledge**. You may be a Yoga practitioner or teacher who is seeking clarity or greater depth, or you may be fairly new to Yoga. Either way, everyone is welcome; **your intention** is much more important than the number of years that you have been practicing.



## The Course

The course will be framed around the four main paths of Yoga – **Jnana**, **Karma**, **Bhakti** and **Hatha (Raja)**. There will be a thorough examination of the traditional and most common interpretation of yoga according to **Patanjali's eight limbs of Raja Yoga**.

However, this will be set against a varied backdrop of **alternate perspectives** of yoga and life, so that you may **realise your own vision** of what yoga means for you in today's world.

**We intend to challenge, inspire and empower you.**

After the training, you will receive either a Teaching certificate (200hr Yoga Alliance certified) or an Attendance certificate, depending on your overall performance and attitude throughout the four weeks training.





## Course Content

We place great emphasis on the ability to **create a loving, nurturing and safe class**, with due consideration for breath awareness and techniques (**Pranayama**), warming up the body (**Pawanmuktasana**), appropriate **sequencing** of postures, and then relaxation (**Savasana**).

We will empower you to teach and during the course we will focus on specific classical Hatha Yoga **postures, seed sun salutations, and meditation**. With this understanding, we will encourage you to be creative and explore “your” way of teaching.

The idea of the asana part of the course is that you learn the postures safely and correctly and then develop your own **self-practice**, which will inform your way of teaching.

There will be a variety of ways in which we will encourage and support you to learn and share. However, there will also be significant periods of alone time, aside from studying, where you are encouraged to practice **silence, solitude, and meditation**. This is supported by daily periods of silence.

There will be ongoing homework and assessment – including written, verbal and practical.

Typically the main exams are in Anatomy (end of week 2), Philosophy (week 3), asana test and 1 hour taught class (week 4).



## Your investment

**1600 EUR** Non residency (includes course and three meals per day)

**2500 EUR** (if booked within 1 month of enquiry date\*)

**2800 EUR** (bookings after 1 month of enquiry date\*)

*\* Enquiry date is the date of your first contact, email or phone call to us.*

Our prices are fully inclusive of tuition, accommodation, food, all of the facilities at Ashiyana Yoga Retreat Village in Goa, and a comprehensive course manual.

We highly recommend for you to stay on site during the training as you can fully immerse yourself and avoid unnecessary outside distractions. There is, however, a non-residential option if that serves you better.

A deposit of 25% is payable to secure your place. Balances are due 2 months before the start date.

# The Teaching Faculty



## Tobie Tomkinson

Tobie came to Yoga in London in the early 2000s. A keen rugby player and athlete, he gained a BSc in Psychology and went on to run a construction firm for many years. This led him to Yoga when looking for relief from chronic back pain.

He undertook his first Yoga training in London (with the AOCY) and completed further training in India.

Tobie is also a keen student and practitioner of many types of bodywork and pain relief techniques. He is heavily influenced by Dynamic & Osteo-thai massage (Davide Lutt/Takis/Pichet), Chi Nei Tsang (Leigh Blyth) & Fascial Release (Robert Schleip/Jo Avison).

Whilst he sees Asana as a powerful mental and physical therapeutic tool, he believes strongly in the balance that can be obtained through a well-rounded Yoga practice. By trusting our own intuition, rather than any dogma, equanimity can be brought to all aspects of life. There is no substitute for experience.

Tobie enjoys deconstructing the bio-mechanical nature of our beings, allowing us to follow certain structural and physiological principles, however he believes in an undeniable mind-body synergy, and that we can access and affect one via the other to help expand, heal and enjoy.

Tobie is part of the International Teacher Training Faculty teaching for Ashiyana in Europe, Indo-Asia and beyond.

*\* The Teaching Team will vary between trainings.*

# The Teaching Faculty



## Yamuna Devi

Yamuna Devi grew up in a Yogi family with an Indian father and an English mother. Her mother was a yoga teacher who studied with Iyengar and spent many years in India. Raising her with Yogic philosophy and principles, she was Yamuna's first teacher.

Yamuna has since then studied the beauty of Yoga, Dance & Healing Arts for most of her life. She started training Martial Arts at a young age of 8 with Kung Fu and went on to explore various styles of dance & movement like Contemporary, Ballet, Jazz, Hip Hop and Capoeira. She has been a professional dancer for 10 years, touring internationally in the Far East and within Europe.

In 2007 she gave up her life as a professional dancer to train as a Yoga Teacher. Her first Yoga teacher trainings were in Hatha Yoga (200 hours) over 18 months in London, and also Acroyoga Level 1 in Greece.

Yamuna has been a part of the Ashiyana family since 2008, and has been a core member of the Ashiyana Teacher Trainings since 2010.

She has been sharing Yoga and working in studios and retreat centres internationally over the past number of years. She recently continued to deepen her studies by completing her Level two in Acroyoga & also deep tissue treatment modality, Alchemy of Touch.

In her sessions, she draws upon her experiences of healing arts & Yoga. She is deeply passionate about her work and being a part of the healing journey of her students.

Her soft and gentle approach will guide you through your practice so that you can flow with love, devotion and surrender. The style of her classes is mainly Hatha flow but she may also include circle ceremonies, partner flow, therapeutic flying and Thai massage.

# The Teaching Faculty



## Akhilesh Brahmchari

Akhilesh Brahmchari was born and raised in Lucknow, the capital city of Uttar Pradesh in Northern India. From childhood, he was fascinated by the mysteries of creation, life, death and human suffering. This fascination led to an intense urge to help the poor and get involved in his community.

After completing his graduation from Lucknow University, Akhilesh entered into politics so that he could reach out to the needy, but after some time he withdrew from his political career due to a number of visions he had experienced. These visions helped him to establish his life as a mendicant, and to join the movement of Swami Chinmayananda. Akhilesh studied and lived with Swami Chinmayananda for two years, but still his urge to find practical solutions for the suffering, stress and tensions of today's society stayed with him. He began a search that sent him all over India, as he traveled the entire length and breadth of the country meeting different teachers, and imbibing the best in them.

At a critical point in his search, he approached the authority on the Upanishad and Vedanta, Swami Dayananda. During his time with Swami Dayananda, Akhilesh was able to study and eventually grasp the essence of all of the major Upanishads which are more than 10,000 years old.

With this knowledge, Akhilesh developed a comprehensive method of Yoga that blends Hatha Yoga based on the teachings of Iyengar, Raja Yoga, & Laya Yoga. Since developing this method, he has re-entered into politics, and has given workshops around the world in countries such as Switzerland, France, Spain, Russia, Singapore, and Hong Kong.

His teaching combines his wide experience with his light, humorous way, his infectious laugh and his loving approach to the students.



# The Teaching Faculty



## Matthew Clark

Matthew has been engaged with Indian studies and yoga for over forty years. He has travelled extensively throughout India, which he first explored in 1977. He has visited several hundred holy sites in South Asia, and in several stages he trekked almost the entire length of the Indian Himalayas, a distance of around 2,000 miles. He has also trekked quite extensively in Nepal and Tibet.

He began experimenting with yoga practices as a teenager, and then, in 1990 took up a daily practice of Ashtanga Yoga, training with Danny Paradise. His own practice is a modified form of Ashtanga Yoga.

Matthew has an MA and a PhD in Indian studies and has published articles and books on yoga and Indian asceticism. He has taught several undergraduate (BA) courses on Hinduism. In 2012 he has begun conducting research into soma, the ritual drink of the Vedas. This research has now begun to be published. Since 2006, Matthew has been teaching and lecturing worldwide on yoga, religion, and both eastern and western philosophy.

Matthew is also a musician and song-writer. He occasionally performs live and has recorded several albums of his songs, for which collaborates with numerous other musicians.

# The Teaching Faculty



## Chris Nelson

I remember very clearly in my early thirties wanting to "slow my life down" - thus began my journey into yoga. I spent 5 years at Fausto Dorelli's Innergy Centre in London, which was an incredible grounding for my practice and for teaching. The Sivananda Teacher Training was a natural deepening of my understanding of Yoga and its origins.

The real teaching, however, with regard to the essence of Yoga, has come through my years of Satsang and silent retreats with Satyananda. There are never any specific teachings on Yoga, or any subject for that matter, rather an unswerving reference to what actually is - this present moment.

My primary interest is Jnana Yoga, or knowing myself at depth. It is this quest for depth of experience, which underlies the philosophy of Ashiyana – the invitation to come home to your own inner sense of peace.

It is my experience that when I drop the idea of being 'the teacher' and allow my intuition to guide me, innate wisdom filters through. I don't have any specific style that I teach therefore, though I'm told that my classes are "slow and yet deep, and have a meditative quality". After a long pawanmuktasana the standing postures are relatively dynamic, and in contrast many of the floor postures are more yin, as they tend to be held for some moments. Most of all there is a pointing towards the inner self, primarily through encouraging awareness of the breath.

My desire for a class that I teach is that it facilitates relaxation and a deep inner connection. Although alignment is discussed, I have no preconceptions about how a posture 'should' look and I realise that it is better attained through surrender than effort. I encourage everyone to relax, rest and follow their own inner guidance. Herein a class becomes an experience of "your body and your yoga".

If you accept and surrender to what you are experiencing in this moment then you are able to observe your thoughts and feelings from afar, yet still within the private cinema of your own body. This is a beautiful metaphor for how you may dispassionately observe the unfolding of your life, and become the master of your own wellbeing, rather than the victim of your unruly mind :-)

# The Teaching Faculty



Chris Sakowski

*'Be in sync with the drums of your heart'*

This advice has stuck with me ever since I quit my job in the corporate banking world in 2012 and started my Yoga Teacher Training whilst traveling the world. I have been a drummer all of my life and when I stopped to listen to my inner drum beat, I found it beating to the tune of yoga and wellness, an area in which I've been practicing for the past 8 years.

Following this tune has lead me to teach yoga classes, trainings, and workshops throughout the world, particularly in India and my native United States. I completed my 500hr Yoga Teacher Training in India, and also 300 hours of training in Thai Massage in Thailand. With this background, I like to take a hands-on approach to classes and enjoy teaching and practicing a variety of styles.

My fascination with the human body grows daily and leads me to write numerous articles on the subject.

To me, yoga is a never-ending journey of self-realization and celebration. I spend a lot of time connecting with nature as an avid trekker and professional scuba diver. I find that yoga is a great way to experience, embrace, and celebrate the connection between ourselves and the world that surrounds us, stomping our feet in time with our inner heartbeat.