



YOGA TEACHER TRAINING COURSE



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Have you ever wanted to learn more about
ancient Indian system of Yoga with an
authentic Indian Yoga master?

Train with YOGA SATSANG ASHRAM
We are a Registered Yoga school and our
Yoga Teacher Training course (RYT200)
is certified by Yoga Alliance.



What do we Teach?

Our course is structured into 12 months of practice/sadhana. Each month you will receive course material and homework the course will include 4 different parts:

1: Focuses on a specific set of physical practices/Hatha Yoga for various parts of body as well as mental, emotional and spiritual development. You will get a good insight and understanding of physical, mental, emotional and spiritual aspects of postures to help and enable you to teach yoga classes to various level of students.

2: Pranayama practice/s – for physical, mental and emotional cleanse from various yogic scriptures. There will be quite a few structured pranayama sadhana during the course which depends on individual level of students.

3. Yogic Relaxation and Visualizations- You will be learning and practising 20-30 yogic visualization techniques for deeper yogic relaxation, yoga nidra and meditation. It will enable you to choose the suitable practices for your personal daily sadhana as well as for your teachings according to level of students.

4: Yogic philosophy or theory- In depth study of yoga philosophy of Patanjali Yoga Sutras and other yogic scriptures to enable our students to understand various aspects of individual life. You will study in depth about-

- The Eight Limbs of Ashtanga Yoga of Patanjali:
- Yama - Moral Observances
- Niyama - Ethical Observances
- Asana - Posture work
- Pranayama - Breath/ energy control
- Pratyahara - Sensory withdrawal
- Dharana - Concentration
- Dhyana - Meditation

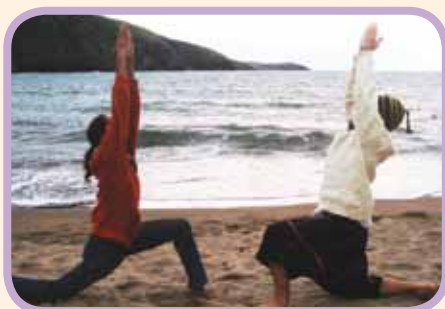
- Samadhi – Enlightenment
- Karma- theory
- Mind and its Psychology in Yogic context
- Yogic life style

Anatomy, Physiology and Yoga- In depth study of human body, specially respiratory system, nervous system, muscular system, endocrine system and cardiovascular system.

Bhajan singing and Mantra chanting- part of bhakti yoga and yogic healing through sounds. Which gradually can lead you to be able to practices kundalini yoga of Rishiculutre tradition. It helps students to open up and refine their pranic energy channels and chakras.

Daily Practice and Home Work- you will be guided throughout the year with daily hatha-yoga, pranayama, relaxation techniques along with the homework regarding your own sadhana and personal development will enable you to reflect more into your self practice and discipline.

Through the course you will be guided through these practices which we have set as part of the course.



Month 1: Foundations of Yoga Practice

Asana: Jattis & kriyas for loosening & warming up, chatuspada kriya, danda kriya, palavini kriya, pawanmukta kriya, vajrasana and variations, yoga mudra & shakti mudra

Yoga Theory: Defining yoga-- ancient & modern aspects, physical & spiritual benefits; Yoga as a path of union with the Supreme Self; Practical issues in establishing your practice

Pranayama: Sukha puravaka pranayama (equal rhythm), loma & viloma (breath retention)

Month 2: Yoga as a Way of Life & Deepening the Breath

Asana: The Hathenas series for lower, middle, upper and complete lung breathing

Yoga Theory: Classifications of yoga--Raja, hatha, mantra, laya, tantra, karma, jnana, bhakti, kundalini, pranayama; Introduction to the yamas (restraints) and niyamas (duties); Yoga as four-fold awareness; Benefits of yoga for stress and nervous tension; Physical and spiritual aspects of shavasana; Yoga as a science of self-realisation; Introduction to Yoga Sutras of Patanjali

Pranayama: Vibhaga Pranayama to activate different parts of the lungs- lower, middle and upper, with associated mudras

Month 3: Yoga as a Path of Awareness

Asana: Kaya vidya (body awareness) series—Vajra veera asana, namaskar mudra series, Uthakatha asana, Meru asana, Hasta padasana, Sama-sthiti, Surya Namaskara and variations, suriya mantras

Yoga Theory: Understanding prana; Obstacles to yogic evolution; Elaboration on the five niyamas (duties); Shata karmas (cleansing practices)

Pranayama: Pranava/AUM sadhana and its ancient sources; Savitri pranayama (rhythmical breathing) and effects of different timings

Month 4: Yoga and Multi-layered existence

Asana: Loma Viloma (shiva/shakti) balancing—single and double leg lifts, torso lifts

Yoga Theory: Asana as the 3rd step in Ashtanga yoga; The 5 bodies (pancha koshas); key asanas in different yoga traditions; the five pranas; the naris; chakras; the five pancha koshas (sheaths), methods of meditation; introduction to Svara yoga
Pranayama: introduction to Loma- Viloma pranayama (alternate nostril breathing)

Month 5: Understanding Prana

Asana: For spinal health--Supta-vajrasana; For brain vitalisation--Vajra-Veeriya group; For nervous system--Sukha Asana, Baddha Kona Asana, Sama Pada Asana, associated mudras

Yoga Theory: What is Pranayama; Pranayama in the yoga scriptures; the Physiology of respiration; Effect of thoughts and emotions on prana & pranayama; the Guru-Shisya relationship (teacher-student relationship); Yoga diet & health; Introduction to tantra

Pranayama: Sukha & Savitri Pranayama in different rhythms, as pratyahara, dharana and dhyana

Month 6 & 7: Study of the full Hatha Yoga Pradipika, a foundational yoga text from the 14th century

Asana: The most important asanas from the HYP--siddha asana, padma asana, simha asana, bhadra asana, bandhas, cleansing practices, mudras

Yoga Theory: introduction to the Hindu philosophy of yugas; overview of the complete, multi-faceted system of hatha yoga as detailed in the Hatha Yoga Pradipika

Pranayama: Different methods of pranayama described in the HYP; utilizing bandhas and alternate nostril breathing; Kapala bhati; Ujayee; Sitali; Bhastrika

Month 8: The Philosophical System of Yoga & Strengthening the Body

Asana: The Sama Sthiti group (14 standing postures) for strength and alignment, including Veeriya Asana (warrior), Trikona Asana (triangle) and Nataraja Asana (Lord Shiva's dance)

Yoga Theory: The Law of Karma; elaboration on the yoga sutras of Patanjali and the four padas (chapters); the ten major naris; the seven chakras

Pranayama: Sahita pranayama—particular breathing rhythm sequences to purify and vitalise the lungs, liver, digestion, elimination and heart

Month 9: Pratyahara- Withdrawal of the Senses (the fifth limb of Ashtanga yoga)

Asana: A series of 17 pelvic loosening postures

Yoga Theory: What is Pratyahara; the sense organs; control of the senses and mental impressions; pratyahara in the scriptures; Yantra, the yogic science of number, name and form; Color meditations and the aura

Pranayama: Savitri rhythm beginning with 6/3 and gradually expanding, as an exploration of pratyahara and dharanas

Month 10: Meditation and Inner Balance

Asana: Twisting poses for spinal flexibility and activation of the digestive system

Yoga Theory: How to meditate; meditation in the scriptures; meditation for a healthy and integrated personality; some yoga sequences for regular sadhana

Pranayama: Bhramari and bhramara pranayama (bee sounds) for cleansing the nervous system, yoni mudra and sanmukhi mudra

Month 11: Yoga and Human Anatomy- the meeting of East and West

Asana: Partner yoga series from Tantric and Hatha yoga, to unite shiva and shakti energy

Yoga Theory: Anatomical structure and body systems: planes and cavities, muscles, tissues, cellular structure, how the nervous system works; yogic system of the five bodies(koshas), how Western anatomy intersects with yogic principles and practices such as asana and pancha pranas (energy flows through the body)
Pranayama: Loma-Viloma Pranayama (alternate nostril breathing with breath retention)

Month 12: Integrating and Preparing to Teach

Asana: Navasana and variations, Halasana and variations, Sarvanga Asana and variations, Setu-bandha-asana

Yoga Theory: Student-teaching sessions**, review and discussion, what does it mean to teach, finding one's own style

Pranayama: Full Loma-Viloma pranayama for cleansing and smoothing nervous system

** Students will be required to prepare a yoga class to teach to the group and receive feedback.



Aims:

Our aim in this Yoga Teacher Training course is to initiate yoga sadhakas (practitioners) to the Ancient Holistic Yoga path. Moreover, providing a deep knowledge and practice of modern Hatha-Yoga work will enable you to understand the ancient approach of evolution through asana/posture work and pranayama/breathe work. As you learn how to become aware, or focus, or experience your body in different asanas then you can redirect your energy inside to bring calmness, stillness, and peace leading towards pratyahra/ sensory withdrawal, dharana/ concentration and dhyana/meditation.

Understanding of Yoga and Yoga Teacher Training

Yogic philosophy is a deep rooted psychological study of the human mind and its step by step study and practice can lead us to Samadhi/ Enlightenment. Keep in mind that even one of the Yoga Sutra's (Patanjali) perfected can lead us to total equanimity or stillness and it can take many life times to understand and perfect them. They can change meaning every time you read or contemplate on them, as it all depends on your state of mind.

Outcome of Yoga Teacher Training

On completion of the Yoga Teacher Training course you will be able to understand, the need of yoga in daily life and how to use various tools like jattis, kriyas, asanas, pranayama, relaxation techniques, meditation tools and yoga philosophy to improve your health, well being as well as grow on spiritual path. This will help you to become a model of yogic life in society to teach by being an example. Our higher aim is your personal development which will lead sadhaka to master ancient yoga and become an Authentic yoga teacher.

Ashtanga RishicultureYoga— One Year Teacher Training Course (200 hrs)

In the lineage of Swami Dr. Gitananda Giri

Brief Overview

This course is intended both as an in-depth study of the ancient spiritual science of yoga, and as a preparation for yoga teaching. Upon successful completion of the course, the student will receive yoga teacher certification, which is accredited by YOGA ALLIANCE and in association with the International Centre for Yoga Education and Research (ICYER), our mother ashram in Pondicherry, India. The focus in this course is on deepening one's own experience of the path of yoga, in all of its dimensions. The student is invited to begin a sincere and committed sadhana (practice) and to experience not only asana and pranayama but also the transformations that come from engaging with all of the eight limbs of classical Ashtanga yoga: Yama (restraints), Niyama (duties), Asana (postures), Pranayama (breath and life force), Pratyahara (sensory withdrawal), Dharana (concentration), Dhyana (meditation), and Samadhi (realization).

Our lineage:

Primarily we teach Gitananda Ashtangha Yoga, founded by Swami Gitnanda also known as Rishiculture Yoga. Taught in India, This is one of the more authentic styles of Yoga and as with all authentic styles we have a paramparai / lineage.

For more information see the International Centre for Education and research at: www.icyer.org

Essentially our philosophy is that Yoga is most precious gift for human life which originated from the Vedas, Upanishads and later on flourished through ancient teachings of Yoga-Sutra's of Patanjali, Bhagavad-Gita, Yoga Vashishtha, Goraksha-samhita and The Hatha-Yoga Pradipika are accepted as authentic works on yoga in most traditions. Yogic teachings are considered as 'Guru-Chela-Pramparai' which is a means of teaching, directly from Guru a great life teacher to the Chela or sincere student.

Our Guru Swami Gitananda Giri Guru Maharajaji states "Yoga is the complete awareness of your body, mind, and emotions and of awareness itself".



Swami Gitananda with family

Who will teach?

Director and founder of Yoga Satsanga Ashram – (Surender Saini) Yogachariya Jnandev. Msc Yoga and Meditation (Gold medallist) Jain Vishnu Bharat University, Rajasthan. YTT Richiculture Ashtanga Yoga, Ananda Ashram, Tamil Nadu, S. India. Co-Director of Yoga Satsang Ashram - (Sally Saini) Yogacharini Deepika YTT Rishiculture Ashtanga Yoga, Ananda Ashram, S India (2006).

Both Senior Yoga Teachers (Yoga alliance) and trained together at the International Centre for Education and Research, South India (2006). For more details see www.icyer.org

Yogachariya Jnandev is from India and also completed Msc in Yoga and meditation and was awarded the gold medal for being the top student of the university – Jain Vishnu Bharat, Rajasthan. In addition to this Jnandev has lived amongst Saddhus and Yogis in India prior to coming to the UK. His knowledge and experience of the ancient system of Yoga is rarely found, particularly in the west.



Yogachariya Jnandev
(Surender Saini)



Yogacharini Deepika
(Sally Saini)

Structure and Commitment:

Option 1 (local students)

Attend 1 Sunday every month 10 – 4pm

Attend at least one yoga class per week

Attend 2 full weekends over the course of the year (Friday evening – Sunday lunch time)

Attend a 3rd final assessment weekend at the end of the course.

Complete and practice monthly homework

Option 2 (non-local students)

Attend for 1 weekend per month (Friday eve – Sunday lunch time)

Attend for 1 week at the end of the year.

Attend a local yoga class weekly

Complete homework and monthly practice

Option 3 (courses held outside of Wales)

10 weekends (non residential) at specific venue

1 weekend residential at Yoga Satsang Ashram

1 full week retreat at the end of the course at Yoga Satsang Ashram

Attend a weekly yoga class of various different styles

Complete monthly homework and practice.

Contact us for course prices info@yogasatsang.org

Note: the above options may vary.

Qualifying as a Yoga Teacher;

You will be assessed over the course final weekend.

On successful completion of the course you will be awarded a certificate issued from our Ashram, accredited by Yoga Alliance and in association with Gitananda Ashram, India (3 logos). You will be able to obtain your insurance from Yoga Alliance at a good rate due to our school being registered with them. www.yogaalliance.co.uk

Whilst you are training with us you can also obtain insurance from Yoga Alliance to teach a limited number of classes per/week.



Testimonials:

Starting on this yoga course for me was a little like a new year's resolution. Trying to live according to the guide lines we are learning about is not always easy, it means breaking a cycle of behaviours we may not be happy with but are nevertheless very much attached to. But I trust myself that little by little my attitudes are changing and I am happier with the way my posture in life is evolving. I never had a problem with physical discipline so doing my asana practice at five am when I know I shall have a busy day is easy. Less simple for me for me is looking deep inside my true being, my spirit because there is so much clutter around it. This course is showing me how to clean up so I can connect not simply with body but with my soul.

Annie

I say that because this course isn't something that is to be practised for just 12 months and then forgotten. It has begun a commitment that I feel will be lifelong and so what I may have found difficult or not quite thoroughly learned in one lesson will eventually be assimilated as time goes on. Some months I have time to spend on it, others I find that my time is very limited but I intend to learn it well, no matter how long it takes . Not to do so would be a disservice to such an excellent teacher and the time and effort both he and Sally have invested in their students. And when I HAVE learned it then I believe that I will truly understand what Yoga is, because I know now that it's more than I ever imagined!

Selina

I feel that this YTT course is truly unique in its delving into yoga as an ancient science of life and as a system of spiritual evolution. Yoga is approached not as a set of postures to be mastered, but as a complete system of purifying one's body, mind and subtle energy, in order to live out one's full potential, physically and spiritually. I have been amazed at the depth and subtlety of the teachings given, which include all of the traditional 8 limbs of ashtanga yoga, as taught by Patanjali, as well as teachings from other yogic streams, such as Tantra, Kriya yoga, Jnana yoga, Bhakti yoga, etc. The course also gives the student much insight into Hindu life and culture, incorporating chanting, bhajan singing, informal Indian cooking lessons, and the opportunity to participate in cultural celebrations and rituals. Surrender (Jnandev) and Sally (Deepika) together are able to bring together the mystical wisdom of the East with a grounded understanding of the cultural context of western students

Heather





OUR CONTACT DETAILS:

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