

## ARSHA YOGA

4-weeks intensive training with **Meera** and **Harilal** in INDIA

### ▶ YOGA THERAPY INSTRUCTOR'S TRAINING COURSE

**WHEN:** January 23<sup>rd</sup> - February 19<sup>th</sup> 2012 *English medium*

**WHERE:** Arsha Yoga Gayathri, Gayathri beach, Kerala INDIA

▶ **1.200 €** (incl. food, accommodation and all study material)

! INFO evening: May 18<sup>th</sup> at 6:30 pm, Pod Hybsmankou 8, Praha 5 !

If you are a yoga teacher or you work in a medical field and you have the feeling that sometimes your knowledge is not sufficient when it comes to individual teaching or therapy, especially in the case of psychosomatic diseases, this course will help you to understand different human characters and to lead them to sound health.

This course deals with topics such as comprehensive yoga therapy, Panchakosha Tattwa (five sheaths existence), Aadhi (distress), Vyadhi (disease), Swastha Vritam (prevention according to ayurveda), consultation, Vijnanoupadesa (yogic counselling), basics of anatomy and physiology, rehabilitation and psychosomatic diseases. Besides the classical yoga techniques, you will acquire many special techniques from yoga therapy such as cyclic relaxation or prana channelizing. Part of the course is also a detailed study and practice of the cleansing techniques, Shatkriya.



Today, where almost everyone suffers of one or more chronic diseases is the individual approach of utmost significance. After completing this course you can either treat people in the form of individual consultation sessions or you can implement the teachings into your yoga classes.

After having passed the practical and written exam and having proven your abilities to become yoga instructor during the whole course of training, you will be awarded a certificate bearing the title Yoga Therapy Instructor certified by both Arsha Yoga as well as Yoga Alliance International ([www.yogaallianceinternational.org](http://www.yogaallianceinternational.org)).

Daily schedule			
6 AM to 7 AM	pranayama and meditation	1:30 PM	tea
7:15 AM	tea	2 to 4 PM	theory
8:15 AM to 10 AM	asana class	4 to 6 PM	practical
10:15 AM	brunch	6:15 PM	dinner
11 AM	karma yoga	7:30 PM	satsang
12:30 to 1:15 PM	special techniques	10 PM	lights out

Please note: there will be one day off in a week for self-study.

### **CURRICULUM** (340 hrs à 45 min)

Practice (118 hrs): asana, pranayama, meditation, chanting, kriya

Theory (48 hrs): 4 paths of yoga in yoga therapy, pancha kosha tattwa (5 sheaths of human existence), aadhi (distress), adhija vyadhi (psychosomatic disease)

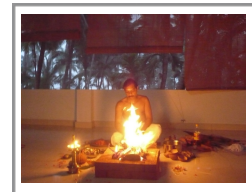
Practice f. Yoga therapy (48 hrs)

Special techniques f. yoga therapy (24 hrs): cyclic relaxation, prana channalizing

Anatomy and physiology (6 hrs)

Guest lectures (8 hrs): Ayurveda by dr. Srikrishnan, Naturopathy by dr. Niveda, Samkhya philosophy by prof. Srikumar

Self-study (88 hrs) non-contact hrs: karma yoga, revision



### **Arsha Yoga Gayathri**

Enjoy the calming sound of the waves, the endlessness of the ocean and the glowing red color of the setting sun in combination with yogic lifestyle and learn more about the yogic science. Arsha Yoga Gayathri is situated just 200 m from the sandy beach near the Thalikulam village in Thrissur District in Central Kerala. You will be accommodated either in



double rooms or a shared room (4 beds) with attached bathroom. The ashram provides two simple vegetarian meals per day with tea and snacks in between.

The morning pranayama and meditation class is held on the beach if the weather permits and the yoga class and lectures in a hall with seafront view. Arsha Yoga Gayathri is a small quietplace with family atmosphere to which every guest contributes with his or her presence.

**PLEASE NOTE:** The teaching and schedule will be in a traditional Indian Gurukula system which may be different from what you have learned until now. All participants should be physically and mentally fit when joining the course in order to be able to feel and experience the wisdom of the ancient science of yoga.

**PREREQUISITE:** 200-hrs yoga teacher's training as we go into depth in yoga therapy.

Payment details: if you are interested in attending the course, please send us an email and we will send you a binding application in return. A non-refundable deposit 100 € is due upon completion of the application. In the case of sickness or another unexpected event, the deposited amount will be returned to you or transferred to another Yoga Therapy Training Course. The balance is due by **December 15th 2011**.

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**Info and registration:**

Arsha Yoga (Meera Karanath)  
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