

Presentation of the Course

Yoga and Meditation Teachers Training Course in Manchester

This course is designed for experienced yoga practitioners who want to learn to teach. The course will share a deep knowledge of the ancient philosophy and practice of Yoga in order to teach consciously and conscientiously. We will journey through the eight limbs (anga) of Yoga, exploring its essence and philosophy, whilst including other practical tools/techniques to be able to hold regular classes/courses professionally and sustainably.

The course also aims to facilitate deep personal and spiritual growth in students. Our experienced teachers and facilitators will help students strengthen their contact with their awareness, and the many layers of their humanity, through the teachings of traditional Indian Yoga.

"You are never alone or helpless. The force that guides the Stars guides you too"

~Shrii Shrii Anandamurti

Course Details:

Our programme begins teaching the complete science of asanas (postures), including the correct alignment and adjustment for each of the asanas. Following aspects are given strong focus-

- Categories of Asanas
- Teaching and Communication Techniques
- Pranayama and Breathing Exercises
- Anatomy of Yoga
- Chakra, Nadi and Subtle Physiology

- Meditation, Mantra and Tantra
- Ayurveda and Holistic Disciplines
- Mudra and Bandha
- Introduction to the Shath Karma
- Relaxation techniques, Yoga Nidra
- How to organize an effective Yoga Course

Syllabus:

- The history and the philosophical principles underlying the Yogic discipline. The different currents and Indian schools of thought.
- The Asanas: positions, study of the single postures, their effect on the organs, systematic study of the succession of these postures in a sequence.
- Yogic Anatomy: Structure and functioning of the human body; to have a meticulous knowledge to face professional challenges with serenity and competence, including Comparison with the Oriental vision (chakras, energy channels, etc.)
- Pranayama: the science of breathing, the control of vital energy. Education for correct breathing and the use of breathing in enhancing mental abilities
- In-depth study on teaching practice: Creating a Class setting, Conducting and guiding an excellent Yoga lesson. Manage and organize your Yoga Courses
- Internalization and concentration techniques: The systematic study of different relaxation, concentration and visualization techniques
- Meditation: various meditation techniques, deepening of the practice of Tantric meditation

- Effective communication: to improve the quality of transmission to help transform information into regular habits.
- How to organize a yoga course: practical and logistical aspects of a yoga course. Legal, tax and insurance regulations



“Never wait for a perfect moment, just take a moment and make it perfect.”

“If you want comfortable journey of life, then reduce the luggage of expectations.”

“The negative emotions like hatred, anger, jealousy and insecurity should be thrown regularly out of our existence otherwise they transform into psycho-somatic diseases. Meditation and prayers are the safest way to dissolve these emotions.”

“Mistakes, failures, insult, frustration, rejections, envy, criticism are part of progress and growth. Nobody has ever achieved anything worthy without facing these.”

Yoga

Etymologically, Yoga is a science that aims to unite human being to the highest state of consciousness, the Supreme self. It teaches us to live in harmony with ourselves and others, through a series of exercises of balanced postures and breaths, which develop a greater awareness of body and mind.

The Yoga postures or Asana, were discovered by the ancient Yogis thousands of years ago. Asanas, being the most easy, can be practiced by everyone, regularly, for good health and prosperity.

The Asanas are not just gymnastics or stretching exercises, but real spiritual practices as they act on the glands of the endocrine system, determining hormonal secretions and acting simultaneously on the physical, psychic and spiritual levels of our existence.

Meditation

Meditation is a fundamental practice of the yogic path, which aims to put us in touch with our divine nature, and to help us realize that we are one with the Infinite Love that pervades the whole Universe.

Through the regular practice of meditation, one experiences a sense of inner peace and general well-being that makes our life blissful.

It is important, however, to understand that the practice of meditation removes physical blocks, which are rigid forms of defence caused by fear, repressed anger, and by psychological complexes which prevent the soul from spreading its light in the mind.

Many people believe that meditation simply serves to relax, and as soon as they perceive some emotional comfort, they stop. Meditation however, which is learnt and practiced in numerous forms, is also a pathway to great health and psychological stability, as you will learn in the classes.

Meditation is not only a relaxation technique, but a powerful means to expand the mind and free it from fears, complexes, depression, anxiety, and other forms of suffering. When one truly becomes free, they experience the unconditional love for life and its manifestations.

Calendar 2019/2020:

200hrs (weekends)	200hrs: 16 Sundays
07/08 December 2019	10 & 24 November '19
11/12 January 2020	01 & 15 December '19
08/09 February 2020	19th January 2020
07/08 March 2020	02 & 16 February 2020
04/05 April 2020	01 & 15 March 2020
09/10 May 2020	12 & 19 April 2020
06/07 June 2020	03 & 17 May 2020
04/05 July 2020	14 & 28 June 2020
	12th July 2020

Timings:

Sat & Sun 09.00-13.00 <Lunch> 14.30-18.30

Costs and Regulations:

£990.00 (200hrs) & **£1440.00** (300hrs)

At the end of 200hrs session there will be an Examination (Theory and Practice both) for issuance of Certificate, passing the same will allow one to enrol in the 300hrs session. At the end of 300hrs session there will be a Practical Exam and Thesis discussion in order to complete the journey of 500hrs.

Those wishing to enrol in the register of

Yoga Alliance  ***will have to request for a separate certificate recognized by the institution at additional cost of £40.00***

Conditions of payment:

Deposit of £100.00 on admission. The remaining balance can be paid in instalments.

An individual interview before admission is highly recommended.

In order to have a complete and satisfying course, the number of participants are limited.



Yoga Teachers Training Course



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