



Yoga Vana
INDIA


UPCOMING COURSES:
3 NOV - 30 NOV, 2019
19 JAN - 15 FEB, 2020

Yoga

TEACHER TRAINING COURSE

IN THE WESTERN GHATS
100 KM FROM GOA, INDIA

<https://yogavana.in>

A close-up photograph of a purple lotus flower in full bloom, with a yellow center and numerous petals. The flower is positioned on the right side of the frame, with its stem extending downwards. The background is filled with large, green lily pads floating on a dark pond, creating a serene and natural setting.

Are you longing to take your yoga practice to a deeper level, and to experience an entirely new outlook on life?

Would you like to heal your body, mind and emotions, and open up to the limitless potential that lies dormant in you?

Are you committed to reaching new levels of physical and spiritual strength so that you can share what you have learned with others?

Exploring your

potential

starts here.

WELCOME TO THE YOGA VANA TTC WITH MANI RAMAN

a deep and rewarding experience of the practice and science of Yoga brought to you in the motherland of Yoga – India.

If you are looking to teach Yoga this course is a unique opportunity for self-empowerment and transformation. If you aren't looking to teach, it is equally a profound source of rejuvenation and inspiration that will change your everyday life and practice.

Every student will leave this course with the confidence and skills to teach Yoga to yourself and others, and a certificate that allows you to register as an international Registered Yoga Teacher with Yoga Alliance, USA.





Yoga

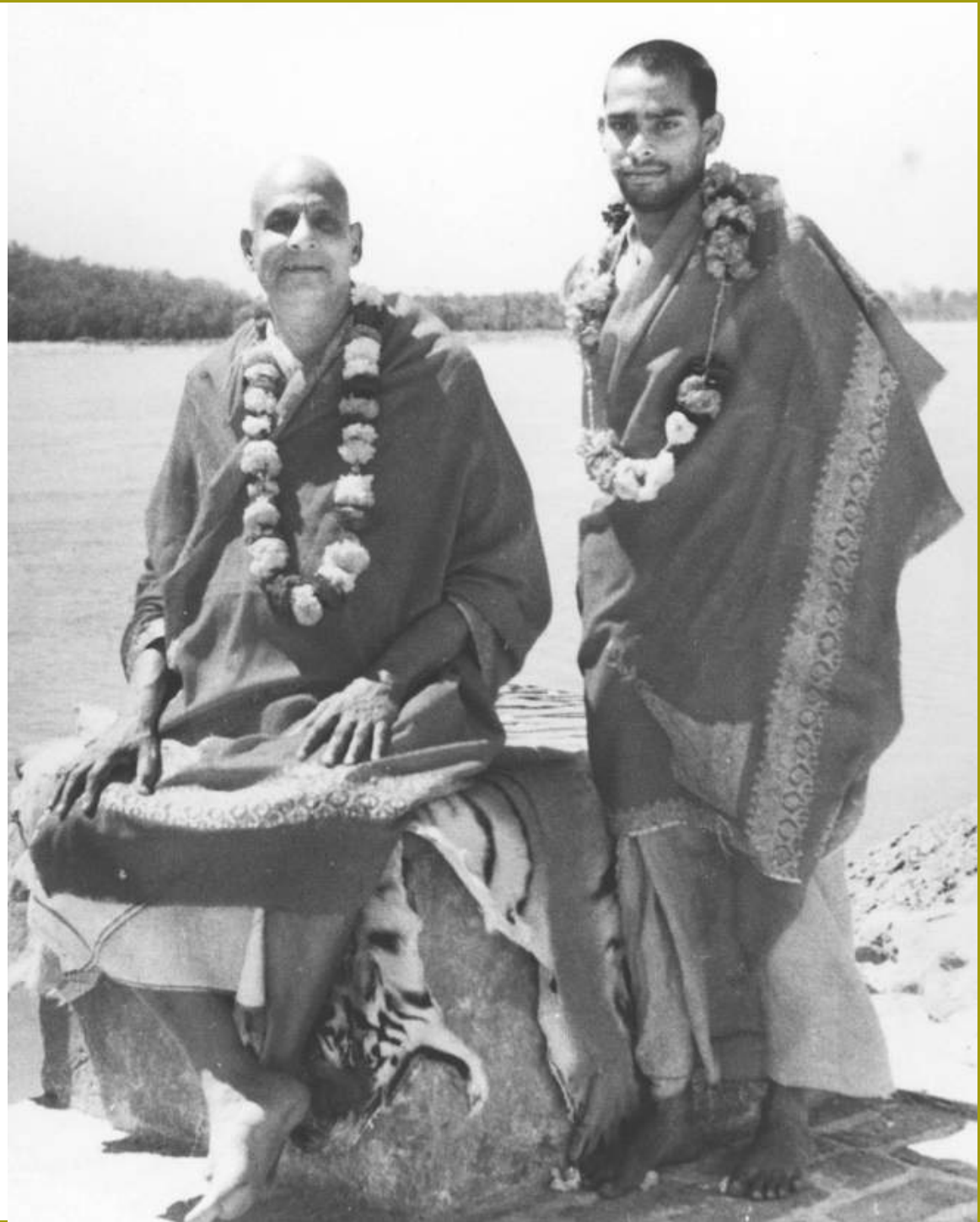
is a system of education;
education not only of
the body and the mind
or the intellect, but also
of the inner spirit.

Swami Sivananda

TEACHING TRADITION

While contemporary in application and language, all our teachings are based on the thousands of years old Vedic and Yogic tradition.

The source of our practice and teachings is Swami Sivananda Saraswati (sitting) and his disciple Swami Vishnudevananda Saraswati (standing).



ABOUT US



Our Yoga Vana TTC is an accredited 200 hour program by Yoga Alliance that provides aspiring yoga instructors with a complete teacher training experience.

Our team consists of highly trained teachers from all over India and the world who bring their own unique styles, focus areas and approaches together to create a comprehensive and well-rounded training. Meet our team at <https://yogavana.in/meet-the-team>.

Lead trainer and experienced Yoga Master Mani Raman, who has trained thousands of graduates in International Yoga Teacher Trainings over the last 20 years, will guide you individually to deepen your personal practice and teaching capacities.

Learn more about him at <http://maniraman.org>



WHO IS IT FOR

1 *All levels welcome*

The course is designed for anyone – from complete beginner to longtime student on the path of Yoga – who wishes to deepen their knowledge and practice.

This course is a deep immersion into all aspects of Yoga both for those who feel called to teach and those who simply want to advance their own studies.

2 *Yoga teachers from any tradition*

The course is also open to Yoga instructors who have already completed 200 hours of yoga teacher training and who look to deepen their knowledge and bring new impulses and inspiration to their own practice and teaching.





WHAT MAKES THIS COURSE UNIQUE

Small group size

Our TTC provides you with an intensive, small-group learning environment where there is ample room to come forward with your questions and receive individual guidance for your practice and teaching skills.

Authentic teachings

The program honors the traditional Yogic knowledge system as it has been passed down to us via a lineage of thousands of years. Our focus is on applying the ancient practices in modern day life while maintaining the integrity of the teachings.

Honoring individuality

All techniques and teachings acknowledge and honor the individuality of each student's path and the different physical, mental and emotional conditions they come to the course with.

Modern approach

We explore connections between the Yogic science and modern scientific findings to give you the theoretical, practical as well as the spiritual foundation to teach Yoga to anyone in all its aspects.



WHAT MAKES THIS COURSE UNIQUE (2)

In tune with nature

Our TTCs are held in serene, natural environments which provide the most nourishing, peaceful setting for this deep dive into Yoga. Our TTC contains modules on nature contemplation as well as guided walking meditations which are aimed to enhance your awareness of and interaction with the natural world.

Social & environmental awareness

We believe that progress on the path of Yoga goes hand in hand with a growing awareness of our interconnectedness with each other, other living beings and nature. Our TTC features unique modules that explore the relation between Yoga and emotional intelligence as well as sustainable, conscious living.

Empowerment & inclusion

We are committed to providing you with the most conducive learning environment to immerse yourself deeply in the practice of Yoga and emerge from it with a deep, inner experience which empowers you to share the Yogic tools with others and be a change agent and compassionate leader in your community and in your existing work.

We offer a scholarship program to enable current and future leaders and change makers to heal themselves and to promote peace, physical and mental health, emotional resilience as well as environmental awareness in their communities by sharing the yogic tools with others or bringing yogic understanding to their current work. More information: <https://yogavana.in/scholarship>



”To become wider and deeper
and more inclusive in one’s being and consciousness
is the aim of Yoga and this
is the goal of human life.”

Swami Sivananda

SYLLABUS



INTRODUCTION TO YOGA

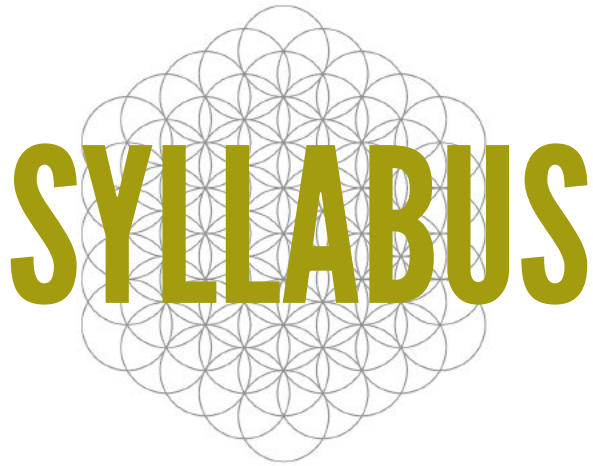
- Origin, History & Development of Yoga
- Aim, Purpose & Common Misconceptions of Yoga
- Teachings of the Vedas, Upanishads, Advaita Vedanta
- Yoga Sutras of Patanjali - Ashtanga Yoga
- The Law of Cause and Effect
- Traditional Yogic Symbols and Rituals and Their Cosmic Meaning

HATHA YOGA

- Difference between Yoga and Physical Exercise
- Hatha Yoga Pradipika: Asana, Pranayama, Bandha, Mudra
- Kundalini Yoga - Astral Body: chakras, nadis
- Shat Kriya - Purification Exercises

YOGA AND PHYSICAL & MENTAL HEALTH

- Major Systems of the Human Body & Their Functions
- Asanas and Their Benefits
- Limitations and Contra-Indications of Hatha Yoga Practice
- Functional Anatomy as it Relates to Teaching Yoga Asanas
- Physical Adjustment and Demonstration
- Psychology, Stress Management & Relaxation
- Yoga for All - Pregnancy, Childhood, Old Age
- Yogic Principles for Healthy Living



YOGIC PRACTICES

- Techniques, Training, and Practice
- Alignment and Form
- Methodology and Techniques
- Language and Finding your Voice
- The Art of Sequencing & Adjusting
- Sun Salutations - Practice & Methodology
- Yoga Asana - Practice & Methodology
- Pranayama - Practice & Methodology
- Advanced Practice: Asana & Pranayama
- Meditation - Practice & Methodology
- Kirtan & Mantra

COMMUNICATION & TEACHING SKILLS

- Deep Listening & Conscious Communication
- Coaching Students: Motivation & Guidance
- Setting up & Conducting Classes
- Business Aspects (incl. Marketing) & Ethics of Teaching Yoga
- Teaching Practice - Giving & Receiving Feedback
- Inspiring and Motivating your Students
- Individual Consultations with Lead Teachers

“

In just a month learning from Mani he's given me inspiration and guidance that will last my lifetime. He is one of the most influential people in my yoga journey.

Mani has the rare ability to break down age, culture, ability and seemingly any barrier between people. Naturally, he brings himself and students together to highlight how we are all similar as opposed to how we are different. His experience traveling the world allows Mani to beautifully bridge the eastern world and the western world. He connects deeply with his students regardless of their age or background.

Every time you speak with Mani he gives you his complete attention and all of his heart – it is an amazing experience to be his student. He invests his soul in his teaching and leadership. (...)

I will forever be a better student of life and teacher of yoga for knowing Mani.
I'm so grateful to be able to call him my teacher!”

JOANNA COHEN
New York, USA
<http://www.joannaglyncohen.com>



2019 / 2020

Location & Dates

2 0 0 H O U R R E S I D E N T I A L C O U R S E S

A M B O L I , M A H A R A S H T R A

The courses take place at the Holistic Centre for Yoga & Vedanta founded by Pujya Swami Dayananda Saraswati in Amboli, a hill station in southern Maharashtra just 110 km from Goa International Airport. Perched on the hills of the Western Ghats, one of India's most diverse ecosystems, this secluded venue offers a peaceful natural environment that is very conducive for an in-depth practice of yoga and meditation.



Holistic Center for Yoga and Vedanta
Sawantwadi, Amboli 416510
Maharashtra, INDIA

<https://goo.gl/maps/RFbWrKcbcM22>

3 Nov 2019 (Sunday) - 30 Nov 2019 (Saturday)

The course begins with dinner on 3rd November at 6 PM. Check-in: 2-5 PM.
The course ends on 1st December after breakfast at 10 AM. Check-out: 1 PM.

19 Jan 2020 (Sunday) - 15 Feb 2020 (Saturday)

The course begins with dinner on 19th January at 6 PM. Check-in: 2-5 PM.
The course ends on 16th February after breakfast at 10 AM. Check-out: 1 PM.

More information:

<https://yogavana.in/calendar>

Registration:

<https://yogavana.in/registration>

INVESTMENT



Dormitory
EUR 1,795



Twin Share
EUR 1,995



Single Room
EUR 2,495

Indian resident citizens may contact us
at namaste@yogavana.in for more information
on the concessional course fee.





Course fees include

- 4 weeks of tuition
- Full board with two lacto-vegetarian meals per day, snacks and tea
- Accommodation (bed sheets and towels are provided)
- Course manual, books and notebooks
- Two sets of teaching uniforms
- Internationally recognised certificate from Yoga Vana Forest Academy, a Yoga Alliance registered school, upon successful completion of the course
- Access to WiFi in the common area at designated times

Course fees don't include

- International and local transfer to / from the ashram
- Excursions on days off (optional)
- Laundry service (optional)

<https://yogavana.in/registration>
namaste@yogavana.in

FREQUENTLY ASKED QUESTIONS

Contact us at
namaste@yogavana.in

+91 99 40 16 06 99
(Phone & WhatsApp)

Is this course only for people who want to teach yoga?

Many people attend these training sessions to learn more about the postures, benefits and alignments for their own bodies and/or to take time to connect to themselves and deepen their yoga practice. Each session typically has a mix of people exploring the possibility of teaching and those seeking personal development.

Do I need to be a “yoga expert” to take this training?

No. This training is designed to meet you wherever you are in your journey. Prior practice of Yoga is suggested but by no means necessary. People have attended in the past with just a little experience, alongside those who have been practicing for many years. The course typically has a nice balance of experience, ages and objectives.

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Can I teach yoga as soon as I complete this course?

You will leave the course with the knowledge and skills to teach Hatha Yoga classes – and we recommend that you do so. Teacher Training is the very first step on a continued learning journey to becoming the Yoga teacher you can be, and teaching practice is crucial, as with anything else in life.

If you wish to teach in a studio, you may be asked to present your graduation certificate and register with the Yoga Alliance. This course prepares you with the foundational requirement of a YTT-200 certification.

What is the process to register?

If you are interested in any of our Yoga Teacher Trainings, please fill out the registration form on our website at www.yogavana.in/registration.

Once your application is approved a deposit must be made to hold your spot in the course. Full payment is due 4-6 weeks prior to start date of the course, or as specified in your confirmation email.

FREQUENTLY ASKED QUESTIONS

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(Phone & WhatsApp)

I am travelling to India for the first time.
Is there anything I need to know?

Our confirmation email contains detailed information regarding transport to and from the course site, Indian visa and health recommendations, and FAQs about the location and daily schedule.

If you have any questions before receiving the confirmation email or if any of your questions has not been answered, please feel free to contact us anytime by email, Whatsapp or phone.

We are happy to support you in your first journey to India.

Do you speak any other languages than English?

The course language is English.

Our team members also speaks Hindi, Tamil, Telugu, Malayalam, Bengali, German and Spanish.



We look forward to welcoming you at Yoga Vana soon!

<https://yogavana.in>