

Shanti Mandir

Temple of Peace



INFORMATION AND ENROLMENT PACK

Sadhana -The Living Path of Yoga

Course 1 Hatha Yoga Teacher Training level 1 Certificate
including Sadhana-The Living Path of Yoga study program
(250 hours) Yoga Alliance Accredited
JANUARY 2- FEBRUARY 4

Course 2 Sadhana - The Living Path of Yoga Study Program
certificate of completion
JANUARY 2-25



Hatha Yoga Yoga Philosophy Yoga Psychology Meditation Pranayama Ayurveda Sanskrit Mantra Chanting Yoga Nidra Self Inquiry

www.shantimandir.com shanti@twcmetrobiz.com or www.shantarasa.com info@shantarasa.com

Shanti Darshanam

Complete Yoga Studies

We welcome your enquiry regarding the unique yoga study programs offered by Shanti Darshanam. This information pack gives you an overview of the courses available, some insight into their content and some background on the course facilitators, the ashram of Shanti Mandir and Swami Nityananda.

In January 2012 two courses will be offered simultaneously:

Course 1 4 weeks Designed for people who wish to qualify as certified Hatha Yoga teachers and study Yoga as a living path.

Course 2 Includes three weeks of classes within course 1 with additional specialised areas of study and without the Hatha Yoga certification process.

The courses derive their wisdom and practice from more than 6000 years of legacy that the yogic traditions have both preserved and expanded, including the knowledge of the Vedas and other quintessential sources. The knowledge is as relevant today, if not more so, as it has been throughout all ages of human spiritual endeavour. The course draws this inherited wisdom into relevance for contemporary living and valuable practice.

Both courses assist participants, through lively discussion and exploration of the course material, to gain insightful perspectives about life experience, direction and intent. Through this interface with knowledge, practice, experienced facilitation and self inquiry students enhance and reorient their sadhana.

By offering these courses of study, Shanti Darshanam is expanding an important undertaking inspired and directed by Swami Nityananda, to preserve the extraordinary legacy that this wisdom represents. Swamiji will be in residence at the ashram in Magod at this time affording students the opportunity to receive guidance from a living master.

Swami Nityananda's own spiritual inheritance extends from an unbroken lineage of sages and yoga adepts, including Baba Muktananda Paramahansa and Bhagawan Nityananda, two of the 20th century's most loved and respected Siddhas, fully enlightened examples of this venerable, transmitted wisdom tradition.

The ashram of Shanti Mandir in Magod was founded in 1999 by Swami Nityananda on 16 acres of lush mango plantation in Gujarat state on the west coast of India. It is a beautiful, simple, comfortable and potent environment for spiritual practice, and a unique opportunity for course participants to experience authentic Indian ashram life.

The main facilitators of the course have spent their entire adult lives under the guidance and instruction of both Swami Muktananda and Swami Nityananda. They are the principals of the Shantarasa School of Yoga, located in Adelaide South Australia. Keval and Sadhana Pezet have designed the internationally accredited Living Path of Yoga Teacher Training and non teacher training components, and will provide course instruction along with other ashram teaching faculty including an eminent Sanskrit scholar and an Ayurvedic doctor.

We hope you are inspired to join us on this journey into the infinite heart of yoga.

2012

January 2 - February 4

Shanti Darshanam Complete Yoga Studies COURSE 1

Hatha Yoga Teacher Training Level 1 Certification including Sadhana –The Living path of Yoga Study Program (250 hour) Yoga Alliance Accredited

This course in Hatha Yoga Teacher Training certification will train highly skilled asana teachers, with a commitment to personal practice and the necessary understanding and appreciation of the fullness of yoga as a path. Subjects will include; The origins of Yoga, traditions of Yoga and Yoga Philosophy, understanding the mind and yoga psychology, cultivation of energetic potency, subtle anatomy and physiology, anatomy and physiology of asana practice, asana clinic and guidance in personal practice, the life science of Ayurveda, introduction to Sanskrit, the science of mantra, use and purpose of ritual.

Morning sessions will include: discourse and discussion covering the various subjects, afternoon sessions will include asana clinic (how to teach asana) and asana class, pranayama and restorative practices. The final week will focus on class design and delivery for assessment. The daily ashram schedule of practice and events is inclusive within the course.

Study and practice is supported within the peaceful and charged environment of the Shanti Mandir Ashram lending a higher degree of potency to the experience.

The package includes course, course notes, accommodation, meals and transport to and from Mumbai airport. You may be required to purchase an asana manual.

Prerequisite for course participation- some practice in hatha yogasana

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Complete Yoga Studies

COURSE 2

2012

January 2 - 25

Course 2

Sadhana – The Living Path of Yoga

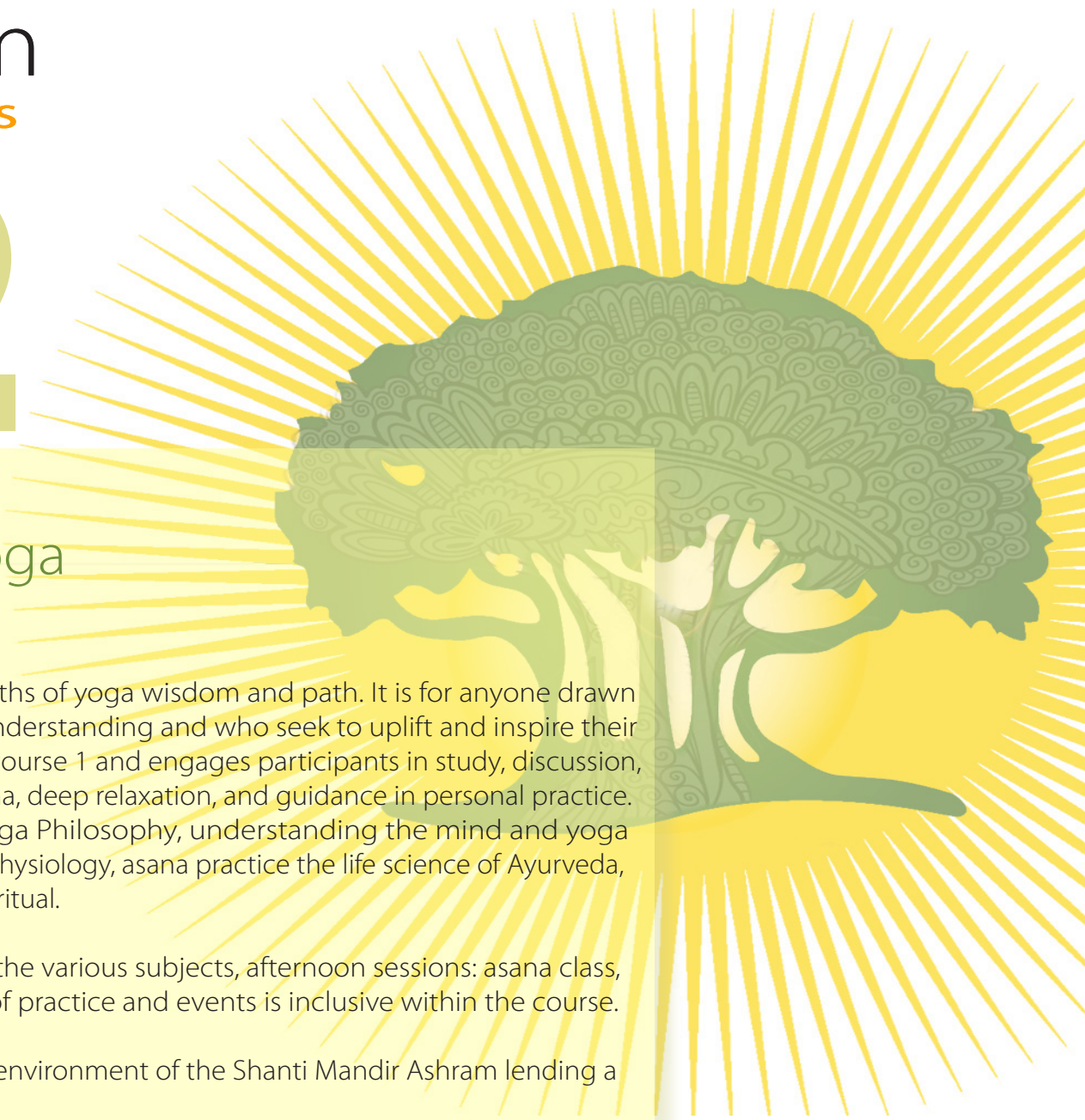
Study and practice program

This course is like a three week retreat and immersion in the depths of yoga wisdom and path. It is for anyone drawn to the experience of yoga in its fuller spectrum of practice and understanding and who seek to uplift and inspire their life and sadhana. The course incorporates the first three weeks of course 1 and engages participants in study, discussion, contemplation, meditation, chanting, self inquiry, asana, pranayama, deep relaxation, and guidance in personal practice. Subjects include; the origins of Yoga, traditions of Yoga and Yoga Philosophy, understanding the mind and yoga psychology, cultivation of energetic potency, subtle anatomy and physiology, asana practice the life science of Ayurveda, introduction to Sanskrit, the science of mantra, use and purpose of ritual.

Morning sessions will include: discourse and discussion covering the various subjects, afternoon sessions: asana class, pranayama and restorative practices, the daily ashram schedule of practice and events is inclusive within the course.

Study and practice is supported within the peaceful and charged environment of the Shanti Mandir Ashram lending a higher degree of potency to the experience.

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Complete Yoga Studies Curriculum

Courses 1 & 2 Common curriculum

- 1** Origins of the yogic tradition Exploring the birthplace of yoga's ancient Saraswati civilization, the findings of current archeological sites, the first documents the Vedas, humanity's oldest philosophical texts revealing ancient truths in poetic form and other quintessential sources
- 2** Foundational philosophies of yoga. The Vedas, the Upanishads, the Agamas
- 3** Sanskrit, the sacred language of yoga An introduction
- 4** Perennial Philosophies. The Shad Darshanas, Vedanta and Classical Yoga - an introduction.
- 5** Major and minor branches of yoga
- 6** The paths of Shaivism and Tantra, Agamas and Kashmir Shaivism. The tattvas, a cosmology for the play of consciousness, involution and evolution. Upayas/Shaktipat - the dance of power

- 7** Kundalini -Awakening, evolution, the subtle anatomy, 4 bodies, 5 koshas, energetic matrix. Karma and the anatomy of the mind
- 8** From mind to meditation & beyond Dharana, Dhyana and Samadhi,
- 9** Living yoga cultivating potency and vitality in daily life, the art of making choices and an introduction to Ayurvedic health
- 10** Prana - The vital force, the anatomy of breathing
- 11** Yoga as Therapy

Course 1 Specialised subjects

- 12** Anatomy and physiology Foundational studies for asana practice
- 13** Asana - Theory and practice
- 14** Running a class - Class design, structure and style
- 15** Ethics of teaching
- 16** Assessment and review Accreditation

Course 2 Specialised study

- 17** Designing a personal practice
- 18** Meeting everyday experience and the mind with insight
- 19** Increasing the heart and bliss quotient.



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Complete yoga studies

2012

Residential Courses

Course 1

Hatha Yoga Teacher Training
Level 1 Certificate incorporating
Sadhana - The Living Path of Yoga

\$2,100

Course 2

Sadhana -
The Living Path of Yoga
study program

\$1,595

All course packages and prices are inclusive of the following:

- Arrival date is January 1
- Courses commence January 2
- Course 1 completes February 4 / Course 2 completes Jan 25
- Departure dates: Course 1 February 5/ Course 2 Jan 26
- Additional cost for further days spent living in the ashram is about \$25 per day
- Land transport to and from Mumbai on the arrival and departure dates
- Accommodation in a lovely bedroom with bathroom sharing with 1 or 2 others
- Delicious vegetarian meals and refreshments with optional spiced or unspiced
- Participation in all other ashram activities

Contact Details

Address (residential)

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Address (postal)

.....

.....

Email

Confirm Email

Home Phone

Mobile

Work Phone

Dates

Please inform us of the dates you intend to arrive and depart from the Ashram as well as your flight details (as soon as you have them)

Flight arrival date:

Ashram Arrival

Flight Depart Date:

Ashram Depart

How many Course Attendees

.....

Name

Gender DOB / /

Name

Gender DOB / /

Name

Gender DOB / /

How did you hear about the courses:

.....



ENROLMENT FORM

I am/ we are enrolling for:

Course 1

Course 2

I am/we are paying full amount:

Course 1 @ \$2100 total \$

Course 2 @ \$1595 total \$

I am/ we are paying the deposit

Course 1 @ \$600 total \$

Course 2 @ \$500 total \$

Final Payment by December 1, 2011

SEND ALL ENROLMENT FORMS TO:

BY POST

Shanti Mandir Inc
c/- Shantarasa School of Yoga
20A Gawler St
Mt Barker SA 5251

BY EMAIL

info@shantarasa.com

PAYMENT OPTIONS:

AUSTRALIA / NEW ZEALAND

By Direct Deposit

Shanti Mandir Inc
BSB 063 100
Acc 10063885

Please ask the bank to register your name as a reference with direct deposit

By Credit Card

Type of Card

Name on Card

Card Number

Expiry Date

By Cheque or money order

Make out to Shanti Mandir Inc and post to above address.

PAYMENT OPTIONS:

USA / EUROPE / UK

By Direct Deposit

Shanti Mandir
Account 6800033622
ABA incoming 021000021
Swift CHASUS33

Please ask bank to register your name as a reference with direct deposit

By Credit Card

Type of Card

Name on Card

Card Number

Expiry Date

By Cheque or Money order

Make out to Shanti Mandir and post to
Shanti Mandir Walden
51 Muktananda Marg
Walden, NY 12586
USA
+1 (845) 778-1008
email: shanti@twcmetrobiz.com



Shanti Darshanam
Complete yoga studies

Payment Details FOR ALL COUNTRIES

Please pay your deposit or full Course Fees package payments by either posting cheque or money order, including your credit card details on enrolment form or direct deposit following the instructions relevant to your country listed here.

LATIN AMERICA

All applicants in Mexico, Central and South America please contact

nityeshwari@twcmetrobiz.com