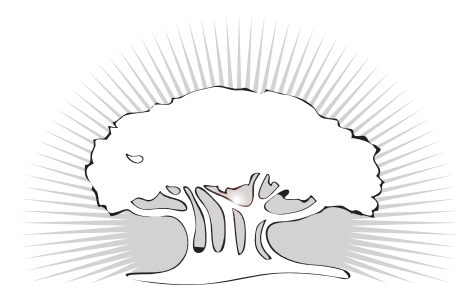


Frequently Asked Questions



What style of yoga asana do you instruct?

Hatha Yoga. All asana is essentially Hatha Yoga that has simply been adapted to suit the emphasis of particular teachers and then become popularised, particularly in the west, as various schools of yoga. In this course we teach a traditional form of Hatha Yoga inspired by methods taught by the Siddhas (realised yoga masters). We also incorporate key aspects of other schools' methods for their value in areas like the approach to safety and yoga as a restorative and therapeutic practice.

What level will I be qualified to teach at the completion of the course?

You will be qualified to teach the basic level of yoga asana practice which covers the majority of poses in their essential form. You will increase your skill level by continuing with your own yoga practice and ongoing study, or by attending further levels of study through Shanti Darshanam or other intermediate and advanced teaching programs.

Who is the Hatha Yoga Teacher Training Level 1 certificate accredited by?

Yoga Alliance, find out about them at www.yogaalliance.org

Can I take this course if I do not intend to teach?

Yes, many students take this program to enhance their own practice and develop a deeper understanding of yoga. In fact this is encouraged as there are few means to attain a deeper appreciation of all that the path of yoga offers and to engage in the aspect of yoga practice known as sadhana (spiritual practice). This course can be taken as a study program alone without engaging in the formal assessment process.

Can I take this course if my own practice is limited?

The month long duration of this program doesn't allow a lot of time to develop consistent, dynamic, and deep practice. It is therefore advised that those who enrol begin a regular practice of asana, simple pranayama and breathing techniques such as abdominal diaphragmatic breath, full yogic breathing, Ujjayi breath, alternate nostril breath and basic kapalabhati prior to attending the course. If you do not have access to someone who teaches these techniques we can send you instruction sheets on all of these practices, email your request to info@shantarasa.com

Can I take this course if I have never done yoga classes before?

Individual cases will be assessed in this regard. Please don't hesitate to apply and contact us to evaluate your situation. We would probably recommend that accreditation be held off until a level of proficiency in yoga asana is attained, in most cases the course without certification Course 2 would be appropriate.

What are the total contact hours of the course?

Your contact will be in excess of 250 hours.

FAQ - continued

Will the Hatha Yoga Teacher Training Course continue through higher levels?

The Hatha Yoga Teacher Training Course has three levels of training that can be taken over time. www.shantimandir.com and www.shantarasa.com will have up to date information regarding additional levels of training.

Are there other levels of training available?

Shanti Darshanam and Shanti Mandir will be offering many ongoing and specialised ways to participate in activities and courses for the deepening of experience, practice and understanding. To receive email and mail notification of upcoming courses and programs contact info@shantarasa.com or the Shanti Mandir contact in your city by referring to www.shantimandir.com.

Do I need to bring yoga equipment?

You will need to bring with you: a sticky yoga mat, a yoga strap, and a set of two lightweight yoga blocks medium size.

Is this course associated or affiliated with any particular teacher, Guru or lineage?

Yes. Shanti Darshanam and its teachers have a long standing relationship with the particular Siddha lineage which includes Bhagavan Nityananda, Swami Muktananda Paramahansa and Mahamandaleshwar Swami Nityananda (spiritual head and founder of Shanti Mandir and successor to the lineage after Swami Muktananda). The course is conducted in the beautiful environs of the ashram at Magod created by Swami Nityananda. During the course he will be in residence, all course participants are welcome to participate in the daily ashram schedule and students will have the opportunity to meet Mahamandaleshwar Swami Nityananda and receive the benefit of his teaching discourses.

However, the course does not require students to commit themselves in any way to this or any lineage of teachers. The lineage is a tremendous link to authentic teaching, understanding and guidance but is in no way foisted upon anyone. The course studies the fullness of the yogic tradition which covers all lineages, darshanas (schools or philosophies of yoga), and practices. Each student is encouraged to find the method and orientation in practice that best suits them.

Will there be any additional costs or purchases required?

Your package will include transport to and from the ashram at the beginning and end of your stay, your course fees, accommodation and food. Your airfares will be your own responsibility. Any additional travel to the local town for personal shopping are your own choice and responsibility. Course notes will be included but resource books are not provided and although not compulsory, a reading list will be forwarded to you and you may wish to purchase or borrow some of these for your own study.

What can I do after the course completion to keep developing my practice and skill?

Continue your practices as they are encouraged and taught throughout the course. Attend Hatha Yoga classes on a regular basis as a student, not just as a teacher. Establish a daily practice of meditation. Deepen your study of yoga philosophy. Attend the other levels of training when they are available. Attend satsang at a Shanti Mandir centre.