



# Shanti Darshanam

COMPLETE YOGA STUDIES

INFORMATION &  
ENROLMENT  
PACK

2017

Magod, Gujarat

India



[www.shantarasa.com](http://www.shantarasa.com)  
[tanya@shantarasa.com](mailto:tanya@shantarasa.com)

LEVEL 1 YOGA  
TEACHER TRAINING  
200 HOUR  
JAN 9- FEB 4, 2017  
LEVEL 1 STUDY COURSE  
JAN 9- 21

LEVEL 2 YOGA  
TEACHER TRAINING  
300 HOUR  
FEB 13- MAR 3, 2017  
(Level 1 & 2 together 500hr)  
LEVEL 2 STUDY COURSE  
FEB 13-24

LEVEL 3 YOGA  
PSYCHOLOGY  
& MEDITATION  
TRAINING  
MARCH 13-24, 2017  
(Professional Development  
Certificate)





# ShantiDarshanam

COMPLETE YOGA STUDIES  
2017 MAGOD, INDIA

## LEVEL 1 COMPLETE YOGA STUDIES,

**JANUARY 9 - 21, 2017** (professional development hours)

Immerse yourself in the transformational benefits of the yogic path. Meet its deep traditions and practices to find their direct living application and relevance. Develop deeper understanding of the subtleties of the body, breath, mind, and consciousness. Discussions and exercises allow participants to move into direct experience of yoga in action. This course inspires opening and access to a genuine form of ongoing guidance and knowing that will be enduring.

Along with a daily Hatha Yoga practise, we explore the studies of Ayurveda, meditation, mantra, pranayama, deep relaxation, yoga philosophy and psychology, physical and subtle anatomy, methods of self inquiry and reflection. Students emerge at completion with the resources to access a deep and life transforming practice. (See curriculum for a description of course content - no prerequisite required)

## LEVEL 1 YOGA TEACHER TRAINING CERTIFICATE

**JANUARY 9 - FEBRUARY 4, 2017** (200 hours)

This course is a rich intensive immersion training for 4 weeks with post intensive practicum, additional online training, personal work and access to ongoing mentorship as practice and teaching skills develop. The study course, as above, forms the foundation for seating training teachers in the full spectrum of yoga practice and understanding. Specialised components include detailed examination of hatha yoga postures, their benefits and effects on the physical and subtle bodies, guidance in instructing asana, pranayama and deep relaxation, anatomy and physiology, foundational meditation practice and other areas of training as specified in the curriculum.

One of the central outcomes from participation in this course is an ongoing and expanding connection with the full experience of yoga. Practitioners will gain the capacity to skilfully guide hatha yoga postures and associated practices in a safe and meaningful way.

## LEVEL 2 COMPLETE YOGA STUDIES,

**FEBRUARY 13 - 24, 2017** (professional development hours)

Expands and deepens many of the foundational themes of Level 1 while integrating more refined contemplations and practices that access essential being. Additional attention will be given to foundational texts of the yoga tradition. These sublime writings are actually practical manuals describing the domains of consciousness, the nature of existence and the means for fulfilling human potential. We will draw from and skilfully apply their contents to amplify insight that transforms the condition of our human experience. The course will be practical, experiential and contemplative. The daily schedule will include Hatha Yoga practice and meditation. See curriculum for a detailed description of course content.

(Prerequisite-study program Level 1 or an established committed sadhana)

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COMPLETE YOGA STUDIES  
2017 MAGOD, INDIA

## LEVEL 2 YOGA TEACHER TRAINING CERTIFICATE (300 hrs)

**FEBRUARY 13 - MARCH 3, 2017**

Includes the above study program and extends to professional development for training teachers completing the 500 hour certification standard. Assignments, practicum, additional online training and access to ongoing mentorship will extend the training after the completion of the intensive course.

Skills are developed to guide yoga as a therapeutic methodology in meeting specific needs. Additional training enables enhancement of physical and energetic wellbeing. Study of the subtler aspects of asana and pranayama, and advancement of personal practice are also featured. See curriculum for a detailed description of course content.

(Prerequisite-Yoga Teacher Training 200 hour YA recognised training)

## YOGA ALLIANCE REGISTERED COURSE

## LEVEL 3 YOGA PSYCHOLOGY AND MEDITATION

**MARCH 13 - 24, 2017**

A unique training and study program focusing on the vitally important areas of yoga psychology and meditation. Here we extend into the other domains of yoga-its philosophies and practices beyond asana. The course is designed for already trained asana teachers, serious practitioners of the yogic path and for health professionals who work with the human psyche and the destabilising consequences of disturbed mind.

Yoga reveals the most sublime understanding of mind referred to as the fourfold psychic instrument, Antahkarana, (agent of consciousness) and its nature. It provides unparalleled maps of this subtle and often perplexing domain of human existence and the means to open awareness to its ineffable ground.

This training taps the incisive practices and contemplative methodologies to clear and transform limiting and habitual mental patterns and unproductive behaviours. This is beyond psychotherapy.

Here we work within the realms of consciousness itself.

Explore Meditation as both a practice that cultivates lucid awareness and as a state beyond the waking, dreaming and deep sleep aspects of the spectrum of consciousness. The retreat format will enable direct experience of the unimpeded dimensions of essential nature and ultimately bridging this refined state into the ecstasy of everyday life.



*Curriculums***LEVEL 1****STUDY COURSE & YOGA TEACHER TRAINING CERTIFICATE (200 hour)****Common Curriculum  
(for both courses)**

Origins of the Yogic Traditions

Foundational Principles of Yoga: the essential knowledge and practices that make yoga work

Founding Traditions: Shad Darshanas (Paths to Freedom), including Samkhya, Patanjali Classical Yoga, and Vedanta- yoga's evolution to contemporary practices.

Subtle Anatomy: maps of energy and mind

Foundational Meditation: principles and practice

Introduction to Ayurvedic Health

How Yoga Works - seven stages

**Yoga Teacher Certificate  
Training Components**

Asana - Theory and practice, modifications and restorative methods, stages of practice

Anatomy and Physiology: application to yoga practice

Finding Structural Alignment: releasing postural habits.

Foundational Pranayama: principles and practices

Class Design, Structure and Style

Ethics of Teaching

Designing a Personal Practice

**LEVEL 2****STUDY COURSE & YOGA TEACHER TRAINING CERTIFICATE (300 hour)****Common curriculum (for both courses)**

What is Enlightenment? Developing the skills that access spiritual intelligence across the full spectrum of human experience.

The Science of Sound: an exploration of mantra, sanskrit, the liberating language of yoga

Understanding the Yogic Science of Karma, Death, Rebirth and Liberation.

The Yogi's Mind Map: the four fold psychic instrument and how it works. Navigating and transcending the mind field. Consciousness research East & West

The Yogic Science of Subtle Energy and Potential (Kundalini Yoga)

Dharana, Dhyana and Samadhi: stilling the mind, meditation, spectrum of consciousness, the natural steady state

Pathways of Kashmir Shaivism and Vedanta: dynamic stillness & unitive self inquiry.

*Curriculums***LEVEL 2****Yoga Teacher Certificate Training Components**

Deeper Dimensions of Asana Practice: evolution through the three stages of asana

Yoga as Therapy: applying yoga practice to meet therapeutic needs and context.

Ayurveda and Yoga Practices: practice according to life stage, constitution and season.

Pranayama: anatomy of breath, relationship to physical and subtle bodies, prana and the mind. Advancing practice

Cultivating Inner Radiance: expanding Ojas Tejas and Prana

Science and Practice of Nyasa or Yoga Nidra

Applied Anatomy & Physiology

Facilitating Adjustments: verbally, manually and by example.

The Subtleties of the Teacher Student Relationship

Dynamics of Personal Practice

Practicum- practicing one on one sessions.

**LEVEL 3****YOGA PSYCHOLOGY AND MEDITATION**

Transformation of the Fourfold Psychic Instrument, Antarkaranah (yogic definition of mind)- Practices for release of tendencies, habits, and patterns, instinctual nature, purification of the mind. Karma-seeds of mental conditioning

Counter -Posing the Nine Obstacles on the path

Conscious Human Relationships

Ahamkara 'I maker' – understanding the egoic nature

Human Evolution -Aspects of personal-transpersonal development

Spectrum of Consciousness, the four states: waking, dreaming, deep sleep, turiya and samadhi states

Koshas and the Vital Force: Integration of physical, vital, mental, intuitional intelligence and pure feeling levels of being, Breath as the bridge.

Cultivation of Lucid Awareness and Sattvic Mind - the gunas(qualities) and the mind.

Meditation- cultivating the state, refining the practice. Revealing profound stillness, silence and eternal wakefulness. Establishing the seat, asana, for practice. Guiding Meditation for others

Aestheticism (cultivation of Beauty) v's asceticism (tapsya)

The Ecstasy of Everyday Life



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## Assessment & ACCREDITATION

### COMPLETE YOGA STUDIES LEVELS 1 & 2

There are no assessment requirements for the Study Programs. The study courses encourage and assist positive life changes through the exploration of yoga. Focussed study and practice in the energized residential format enable deepening and consolidation of understanding. A certificate of completion is awarded, stipulating contact hours accumulated for those wanting to claim professional development training.

### YOGA TEACHER TRAINING LEVEL 1 CERTIFICATE (200 hours)

95% attendance required.

Completion of assignments including: online training, external practicum and 8 week beginners course design.

Delivery of one assessment class

Delivery of smaller sections of a class sequence will occur throughout training.

Open book exam

Accessing ongoing mentorship over 11 months

Keeping a class participation log and practice journal over 12 months.

### YOGA TEACHER TRAINING LEVEL 2 CERTIFICATE (300 hours)

Prerequisite for Level 2 is the completion of a 200 hour Yoga Alliance recognized course and a recorded 100 hours of teaching

95% attendance required.

Completion of assignments including: external practicum which includes recording and evaluation of progress with three private students (case studies), with written presentation of research.

Facilitation of therapeutic applications of practice (group case studies) during intensive training segments.

Completion and evidence of online training components

Keeping a class participation log, teaching and personal practice journal over 12 months.

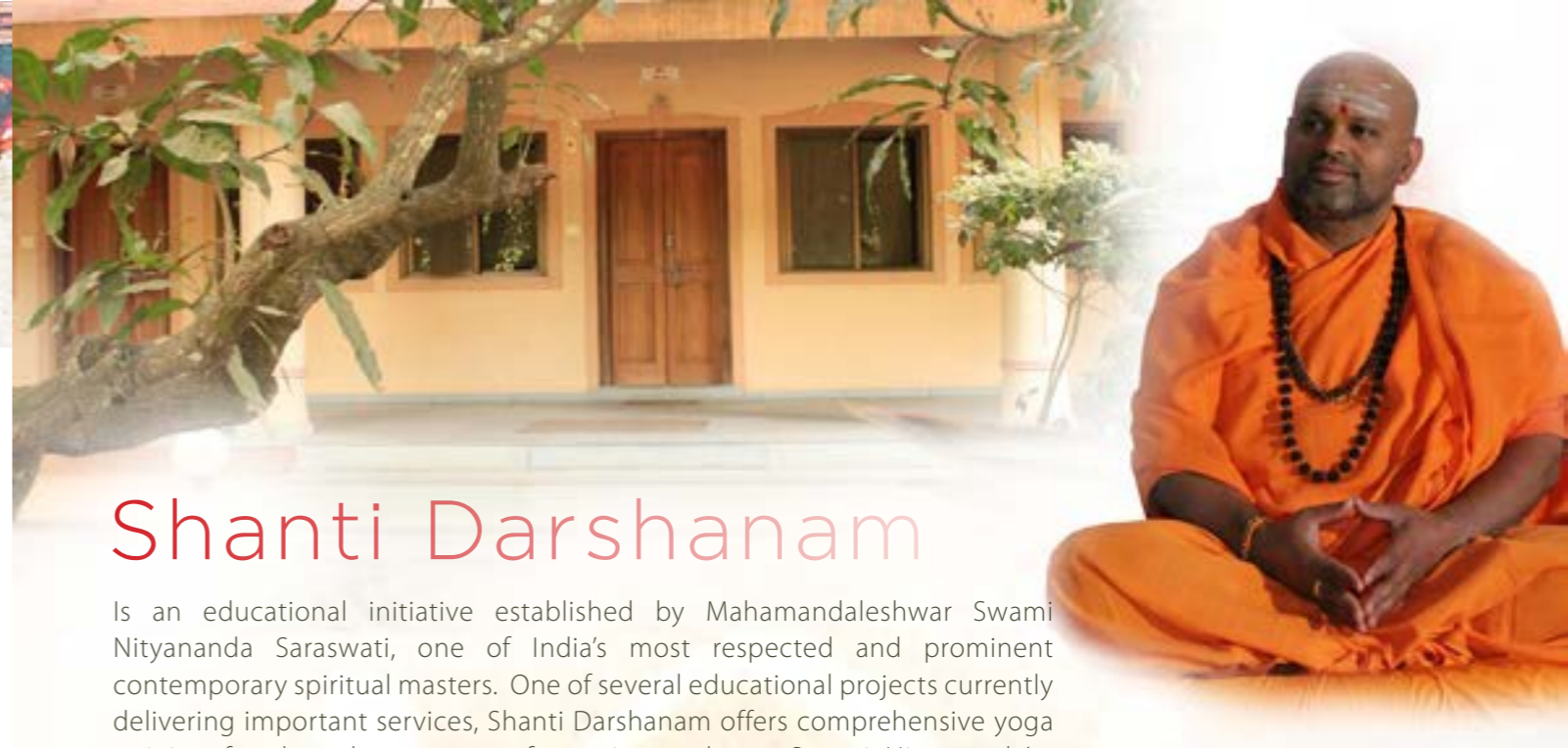
Completion of all the requirements of Level 1 and 2 provides 500 hours of completed training the highest standard recognised by Yoga Alliance for teacher registration

### YOGA PSYCHOLOGY AND MEDITATION LEVEL 3 CERTIFICATE

Full participation. Keeping a meditation journal of 12 months ongoing practice.

A Practicum delivering a voluntary 6 session meditation program to a small group.

A written essay.



## Shanti Darshanam

Is an educational initiative established by Mahamandaleshwar Swami Nityananda Saraswati, one of India's most respected and prominent contemporary spiritual masters. One of several educational projects currently delivering important services, Shanti Darshanam offers comprehensive yoga training for the advancement of genuine seekers. Swami Nityananda's intention is to contribute to the efforts underway to preserve the ancient and authentic gnosis that has guided and inspired countless generations of genuine seekers for millennia.

## Course

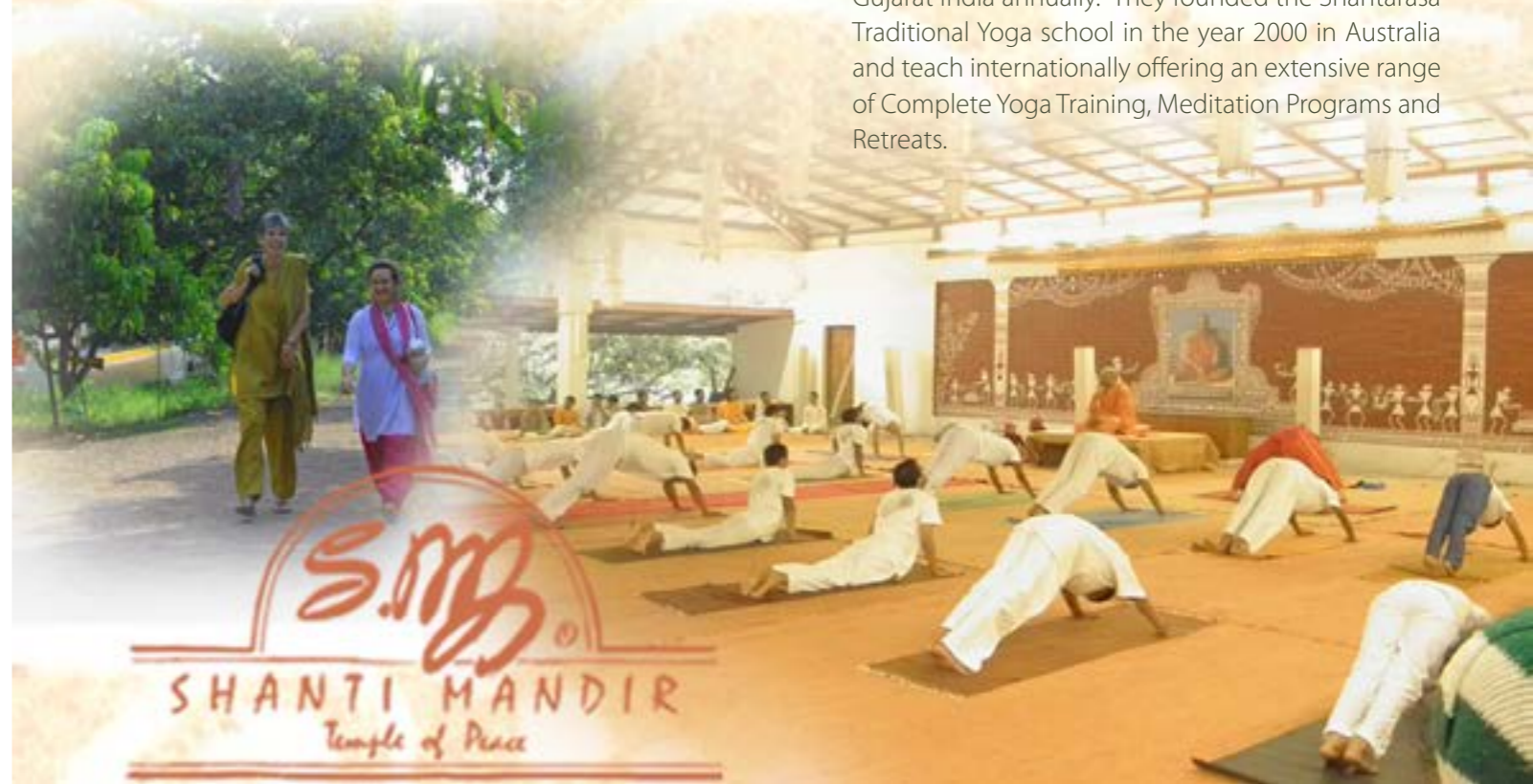
### FACILITATORS

Keval and Sadhana Pezet have dedicated all of their adult lives to the practice and instruction of yoga, having first commenced their study of this ancient path of renewal and transformation in the mid 1970's. They have been affiliated with Mahamandaleshwar Swami Nityananda for the last 30 years. Currently Keval and Sadhana offer this yoga training program at Shanti Mandir's upstate New York facility and in Gujarat India annually. They founded the Shantarasa Traditional Yoga school in the year 2000 in Australia and teach internationally offering an extensive range of Complete Yoga Training, Meditation Programs and Retreats.

## Course Venue

### Shanti Mandir at Village Magod in Gujarat

This beautiful ashram is a sanctuary where the traditions that infuse "Yoga" with its essence are alive. Amidst hundreds of mango trees and in the shared environment of a Vedic school the study of yoga is a living experience. People come together here from all over the world and find what is rare anywhere else.





# Course Fees

## RESIDENTIAL PACKAGES

COURSE	TYPE 1 (SSR)	TYPE 2 (DKSK)
Level 1 Yoga Teacher Training	\$ 2475	\$ 2245
Resit Level 1 Yoga Teacher Training	\$ 2045	\$ 1860
Level 1 Yoga Studies	\$ 1860	\$ 1740
Resit Level 1 Yoga Studies	\$ 1600	\$ 1455
Level 2 Yoga Teacher Training	\$ 2025	\$ 1845
Resit Level 2 Yoga Teacher Training	\$ 1680	\$ 1540
Level 2 Yoga Studies	\$ 1515	\$ 1395
Resit Level 2 Yoga Studies	\$ 1275	\$ 1190
Level 3 Yoga Psychology & Meditation	\$ 1535	\$ 1400
multiple course enrolment discounts available		

- \$600 DEPOSIT SECURES A PLACE IN ALL COURSES
- Balance due 21 Days prior to course commencement
- All notes for courses will be given electronically
- Printed asana manual additional cost of \$20 .
- Above course packages include accommodation and meals and transport to and from the airport to ashram; (accommodation is usually two persons per room with bathroom).
- You will receive additional travel and course information upon enrolment

CONTACT SHANTARASA TRADITIONAL YOGA  
Student Services+61 412614717  
tanya@shantarasa.com  
www.shantimandir.com

# Enrolment Form

SEND ALL ENROLMENT  
FORMS BY EMAIL TO:  
tanya@shantarasa.com

NAME \_\_\_\_\_

## PLEASE CHOOSE YOUR COURSE (IF RESITTING A COURSE CHOOSE THIS OPTION)

COURSE	TYPE 1 (SSR)	TYPE 2 (DKSK)
Level 1 Yoga Teacher Training	\$ 2475 <input type="checkbox"/>	\$ 2245 <input type="checkbox"/>
Level 1 Yoga Teacher Training Resit	\$ 2045 <input type="checkbox"/>	\$ 1860 <input type="checkbox"/>
Level 1 Yoga Studies	\$ 1860 <input type="checkbox"/>	\$ 1740 <input type="checkbox"/>
Level 1 Yoga Studies Resit	\$ 1600 <input type="checkbox"/>	\$ 1455 <input type="checkbox"/>
Level 2 Yoga Teacher Training	\$ 2025 <input type="checkbox"/>	\$ 1845 <input type="checkbox"/>
Level 2 Yoga Teacher Training Resit	\$ 1680 <input type="checkbox"/>	\$ 1540 <input type="checkbox"/>
Level 2 Yoga Studies	\$ 1515 <input type="checkbox"/>	\$ 1395 <input type="checkbox"/>
Level 2 Yoga Studies Resit	\$ 1275 <input type="checkbox"/>	\$ 1190 <input type="checkbox"/>
Level 3 Yoga Psychology & Meditation	\$ 1535 <input type="checkbox"/>	\$ 1400 <input type="checkbox"/>

## CONTACT DETAILS

ADDRESS \_\_\_\_\_

\_\_\_\_\_  
POST OR ZIP CODE \_\_\_\_\_

EMAIL \_\_\_\_\_

MOBILE \_\_\_\_\_ PHONE \_\_\_\_\_

OCCUPATION \_\_\_\_\_ AGE \_\_\_\_\_

## HOW DID YOU HEAR ABOUT THE COURSES?

INTERNET (WHERE) \_\_\_\_\_ POSTER/FLIER (WHERE) \_\_\_\_\_

NEWSLETTER \_\_\_\_\_ FRIEND \_\_\_\_\_

CLASSES \_\_\_\_\_ OTHER (WHERE) \_\_\_\_\_

*Enrolment Form* continued

**PLEASE PROVIDE THE FOLLOWING INFORMATION**

Describe previous yoga practice experience: \_\_\_\_\_

Do you have other qualifications in the health and fitness modalities? \_\_\_\_\_

Is your intention for studying the Yoga Teacher Training:

- 1. To teach? \_\_\_\_\_
- 2. To deepen personal practice and understanding? \_\_\_\_\_
- 3. For professional development? \_\_\_\_\_

Do you have a regular meditation practice? \_\_\_\_\_

Do you have injuries or structural difficulties at present? \_\_\_\_\_

Have you had any medical procedures performed in the last 5 years? \_\_\_\_\_

Do you have any medically diagnosed conditions? \_\_\_\_\_

Have you experienced a diagnosed condition of depression / anxiety in the past 7 years? \_\_\_\_\_

How would you describe your present level of health? \_\_\_\_\_

How would you describe your present level of fitness? \_\_\_\_\_

Is there anything else we need to know to guide you safely in your yoga-training program? \_\_\_\_\_

**PAYMENT METHOD**

PAYMENT IN FULL WITH ENROLMENT  AMOUNT \$ \_\_\_\_\_

DEPOSIT PAYMENT \$600 WITH ENROLMENT

BALANCE DUE 21 DAYS PRIOR TO COURSE COMMENCEMENT AMOUNT \$ \_\_\_\_\_

**PAYMENT IN AUSTRALIAN CURRENCY (AUSTRALIA AND NEW ZEALAND ENROLLEES)**

**DIRECT DEPOSIT (Preferred)**

ACCOUNT NAME: SHANTI MANDIR INC  
COMMONWEALTH BANK AUSTRALIA  
BRANCH: ALBERT PARK (3206)  
BSB: 063 100  
ACCOUNT NUMBER: 1006 3885  
*\*Register your name as the reference*

**CREDIT CARD**

TYPE OF CARD \_\_\_\_\_

NAME ON CARD \_\_\_\_\_

CARD NUMBER \_\_\_\_\_

EXPIRY DATE M \_\_\_\_ / Y \_\_\_\_

CVN 3 DIGIT NO (BACK OF CARD) \_\_\_\_\_

**PAYMENT IN US CURRENCY (US, EUROPE & SOUTH AMERICA ENROLLEES)**

**DIRECT DEPOSIT (Preferred)**

SHANTI MANDIR  
ACCOUNT 6800033622  
ABA INCOMING 021000021  
SWIFT CHASUS33  
*\*Register your name as the reference*

**CREDIT CARD**

TYPE OF CARD \_\_\_\_\_

NAME ON CARD \_\_\_\_\_

CARD NUMBER \_\_\_\_\_

EXPIRY DATE M \_\_\_\_ / Y \_\_\_\_

CVN 3 DIGIT NO (BACK OF CARD) \_\_\_\_\_

**ARRIVAL & DEPARTURE DETAILS**

ARRIVAL DATE \_\_\_\_\_

REQUIRE PICK-UP FROM MUMBAI AIRPORT

AIRLINE \_\_\_\_\_

FLIGHT NO \_\_\_\_\_

ARRIVAL TIME \_\_\_\_\_

DEPARTURE DATE \_\_\_\_\_

REQUIRE DROP OFF AT MUMBAI AIRPORT

AIRLINE \_\_\_\_\_

FLIGHT NO \_\_\_\_\_

DEPARTURE TIME \_\_\_\_\_

**NOTE: UPON ENROLMENT AN INFORMATION DOC WILL BE SENT WITH DETAILS FOR YOUR TRIP, THE COURES AND YOUR STAY IN THE ASHRAM**



## Testimonials

*"If you want to give yourself one of the greatest gifts of your lifetime, I would encourage you to enrol in the The Living Path of Yoga Study program. The program was much more than I ever could have imagined or anticipated. We were equal parts challenged and nurtured every step of the way. Every aspect of the program: from the Asana practice, to the well thought out lessons, selections of reading materials and audio visual supplements was done with great care. I read and re-read my notebooks from our study sessions on a daily basis. It would not be an understatement to say The Living Path of Yoga has been a once in a lifetime experience that I will strive to carry deeply within and throughout every aspect of my life."*

*Marianne Murray, New Paltz, New York*

*The effort I've put into yoga in the passed 3 years has transformed my life. However the work I've done with Sadhana and Keval in the passed year has deepened my practice to a level I didn't foresee reaching in this stage. The knowledge they put forth is coming from 2 lifetimes of direct experience and gives you a comprehensive understanding of not just yoga, but yourself.*

*Danielle Martino, Brooklyn, New York*

*This course covered the breadth of the ancient practice of YOGA. Interesting to the beginner and to the longtime yogi or yogini. We learned of the sacredness of this tradition, the various limbs of Yoga and its vast influence on other traditions throughout time.*

*During these weeks, we fully immersed ourselves in the study of philosophy and the practices of chanting, meditation and hatha yoga. I found the hatha yoga to be especially helpful. Even though I was in the modified posture class, there were benefits like a sense of physical 'well being' and inner 'rest'.*

*As we surrendered to the daily rhythm of the routine, an inner transformation occurred. This seemed to be personally tailored to each of our own needs. Individually, we received just what was called for at this point in our life, even if we didn't know what that should be. It was truly an experience of the 'restorative and life balancing' aspects of Yoga and Grace.*

*If you want to take some time for yourself, to step out of daily 'doing' and into daily 'being' -this is the course for you!! If you want to spend some time to focus on such questions as, "Who am I? Why am I really here?"-this is the course for you! If you want to experience inner harmony-this is the course for you!*

*Nandita , Walden New York*

*"There are few experiences in our life that we can truly pin-point as life changing. I chose to seek out a yoga instructors course in the hope of getting some direction in my life but what I received from the Shanti Darshanam course held at Shanti Mandir in India is truly impossible to put into words. I am so grateful to have been involved in such a traditional and holistic training program full of integrity and authenticity. It is saddening to see the way Western society has appropriated yoga from the East, so much of the philosophy and meaning behind this ancient tradition has been left behind. Participation in this course in Australia, the US and India will open your body, mind and soul to the intended experience of yoga in its entirety and completeness and help you to become not only the best teacher you can be but also the best person. The experience of the course at the ashram in India is unparalleled to anything I have experienced before, an experience that would be impossible to regret!"*

*Hanna Bevan, Adelaide Australia*

*"This study course gives such a deep and rich living experience of the Yogic philosophical content. The feeling and insight is profound and I am so thankful to have found myself being awakened to that place of natural inner stillness and joy again and again and again."*

*Chamunda Greenberg, Adelaide Australia*



2017 MAGOD, INDIA

All General Inquiries to

Shantarasa Traditional Yoga

Student Services +(61)412614717

tanya@shantarasa.com

www.shantarasa.com