

2014  
WALDEN  
NEW YORK



# Shanti Darshanam

Complete Yoga Studies

## INFORMATION & ENROLMENT PACK COURSES

### LEVEL 1

Yoga Study Course  
Yoga Teacher Training Certificate (200 hrs)

### LEVEL 2

Yoga Study Course  
Yoga Teacher Training Certificate (300 hrs)

Contact Shanti Mandir (845)778-1008  
shantipezet@gmail.com  
www.shantimandir.com  
51 Muktananda Marg, Walden, New York, 12586



SHANTI MANDIR  
Temple of Peace

# 2014

WALDEN NEW YORK

## Shanti Darshanam Complete Yoga Studies



### COMPLETE YOGA STUDIES LEVEL 1 . MAY 20 - 30

Immerse yourself in the transformational benefits of the yogic path. Meet it's 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)

### YOGA TEACHER TRAINING CERTIFICATE LEVEL 1 (200 hrs) . MAY 20 -JUNE13

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 over 11 months. 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. (Prerequisite - some prior practice of asana)

Yoga Alliance Registered course.





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### COMPLETE YOGA STUDIES LEVEL 2 . JUNE 23 - JULY 2

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 and skilfully apply their contents to amplify insight and transform 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)

### YOGA TEACHER TRAINING CERTIFICATE LEVEL 2 (300 hrs) . JUNE 23 - JULY 11

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



# Curriculum

## 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, Vedanta; an introduction
- **Branches of Yoga:** 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
- **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**



# Curriculum

## 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.

### 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**



# 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. Focused study and practice in the energized residential format enable deeping 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

Accessing ongoing mentorship over 11 months

Keeping a class participation log, teaching and personal practice journal

# 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.

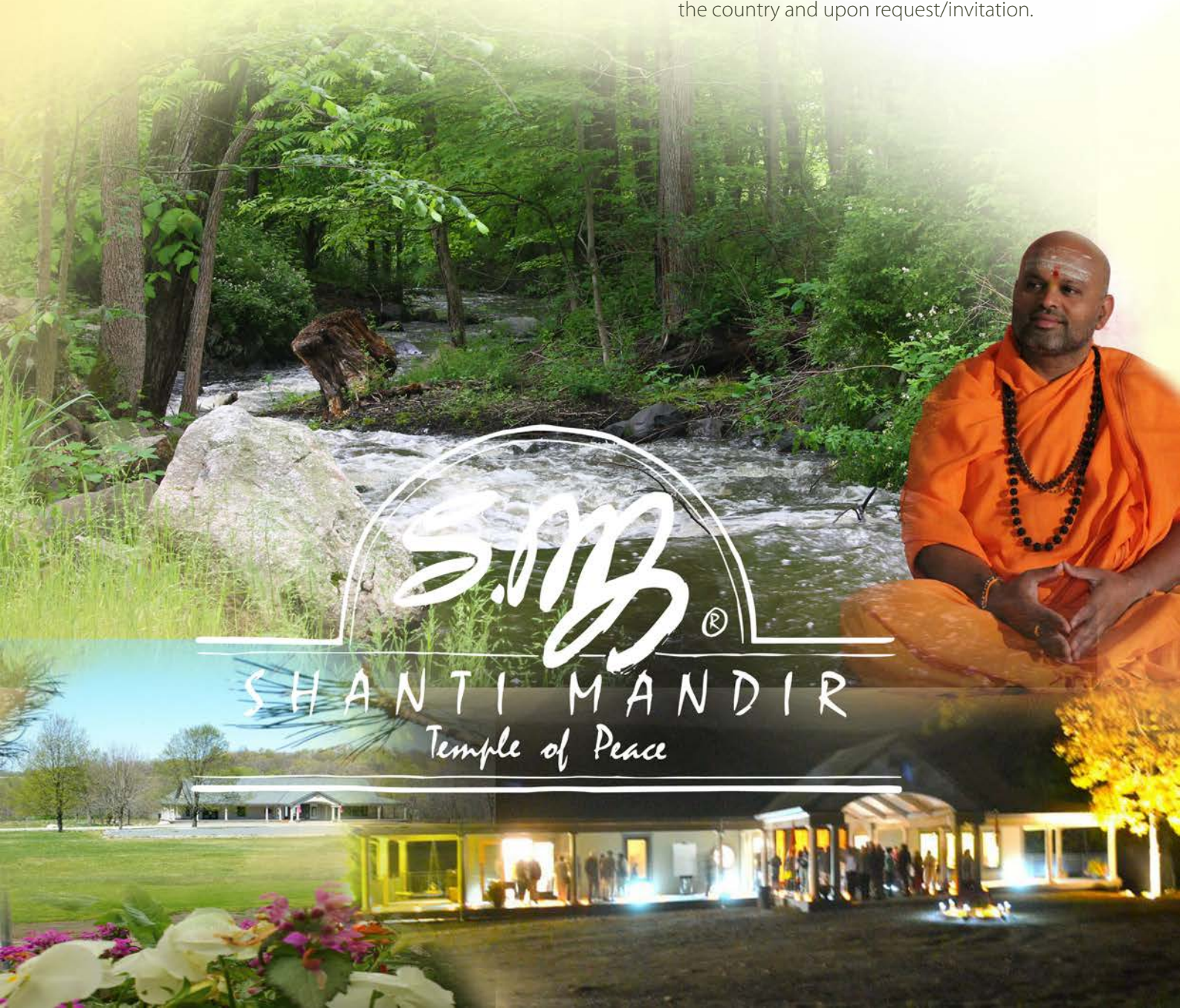
## Course Venue

Shanti Mandir at Walden, New York

Is a beautiful ashram or spiritual community set on 300 acres of gently rolling virgin forest and meadows. People from all over the world come to this sanctuary for renewal.

## 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 teach in Australia offering an extensive range of Yoga Training and Meditation Programs around the country and upon request/invitation.





# Course Fees

## 2014

Residential and Non Residential Options and Packages

COURSE	RESIDENTIAL	NON-RESIDENTIAL
Level 1 Yoga Studies	\$1750	\$1350
Level 1 Teacher Training	\$3500	\$2700
Level 2 Yoga Studies	\$1600	\$1200
Level 2 Teacher Training	\$3200	\$2400

\$500 DEPOSIT SECURES A PLACE IN ALL COURSES

Balance due at course commencement

To re-sit sections/full courses the rate is \$300 per week of study.

All notes for courses will be given electronically.

Printed handbooks can also be arranged at an additional cost.

Contact Shanti Mandir (845)778-1008

[shantipezet@gmail.com](mailto:shantipezet@gmail.com)

[www.shantimandir.com](http://www.shantimandir.com)

51 Muktananda Marg, Walden, New York, 12586

Shanti Darshanam  
Complete Yoga Studies







# Enrollment Form

NAME \_\_\_\_\_

(please check box below)

Yoga Studies Level 1  Residential  
 Non-Residential

Teacher Training Level 1  Residential  
 Non-Residential

Yoga Studies Level 2  Residential  
 Non-Residential

Teacher Training Level 2  Residential  
 Non-Residential

Deposit Payment \$500   
or Full Fee Payment (amount) \$ \_\_\_\_\_

## CONTACT DETAILS

Address \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Email \_\_\_\_\_

Confirm  
Email \_\_\_\_\_

Home Phone \_\_\_\_\_

Cell/Mobile \_\_\_\_\_

Work Phone \_\_\_\_\_

How did you hear about the courses?  
\_\_\_\_\_

## DATES

Please inform us of your arrival dates to and from the  
Ashram and your flight details

Arrival date \_\_\_\_\_

Flight \_\_\_\_\_

Arrival Time \_\_\_\_\_

Ashram Arrival \_\_\_\_\_

Departure date \_\_\_\_\_

Flight \_\_\_\_\_

Departure date \_\_\_\_\_

Ashram Departure \_\_\_\_\_

Shanti Darshanam  
Complete Yoga Studies





# Payment Details

SEND ALL ENROLMENT FORMS TO:

By Post: Shanti Mandir  
51 Muktananda Marg  
Walden NY 12586  
By Email: [shantipezet@gmail.com](mailto:shantipezet@gmail.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

**LATIN AMERICA**

All applicants in Mexico, Central and South America please contact: [nityeshwari@shantimandir.com](mailto:nityeshwari@shantimandir.com)

PAYMENT OPTIONS:

**USA / EUROPE / UK**

**By Direct Deposit**

Shanti Mandir  
Account 6800033622  
ABA incoming 021000021  
Swift CHASUS33  
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 and post to  
Shanti Mandir Walden  
51 Muktananda Marg  
Walden, NY 12586, USA

**All General Inquiries to Shanti Mandir**

**Email: [shantipezet@gmail.com](mailto:shantipezet@gmail.com)**

**Phone: +1 (845) 778-1008**



# 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*

