

2015
WALDEN
NEW YORK



Shanti Darshanam

Complete Yoga Studies

INFORMATION & ENROLMENT PACK

COURSES

YOGA TEACHER TRAINING

Level 1 Certificate
Deep Hatha Yoga Training
JUNE 29-JULY 24
(200 hrs)

YOGA STUDY PROGRAM

Practical philosophy & practices
of the Yogic Path
JUNE 29-JULY 14

YOGA ALLIANCE
RECOGNISED

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



SHANTI MANDIR
Temple of Peace

2015

WALDEN NEW YORK

Shanti Darshanam

COMPLETE YOGA STUDIES LEVEL 1

JUNE 29-JULY 14

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.

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, foundational meditation practice, 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)

JUNE 29-JULY 24

A rich intensive immersion training for 4 weeks with post intensive practicum, additional online training. 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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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**



Assessment & ACCREDITATION



COMPLETE YOGA STUDIES LEVELS 1

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 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 in pairs

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

Open book exam

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



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.

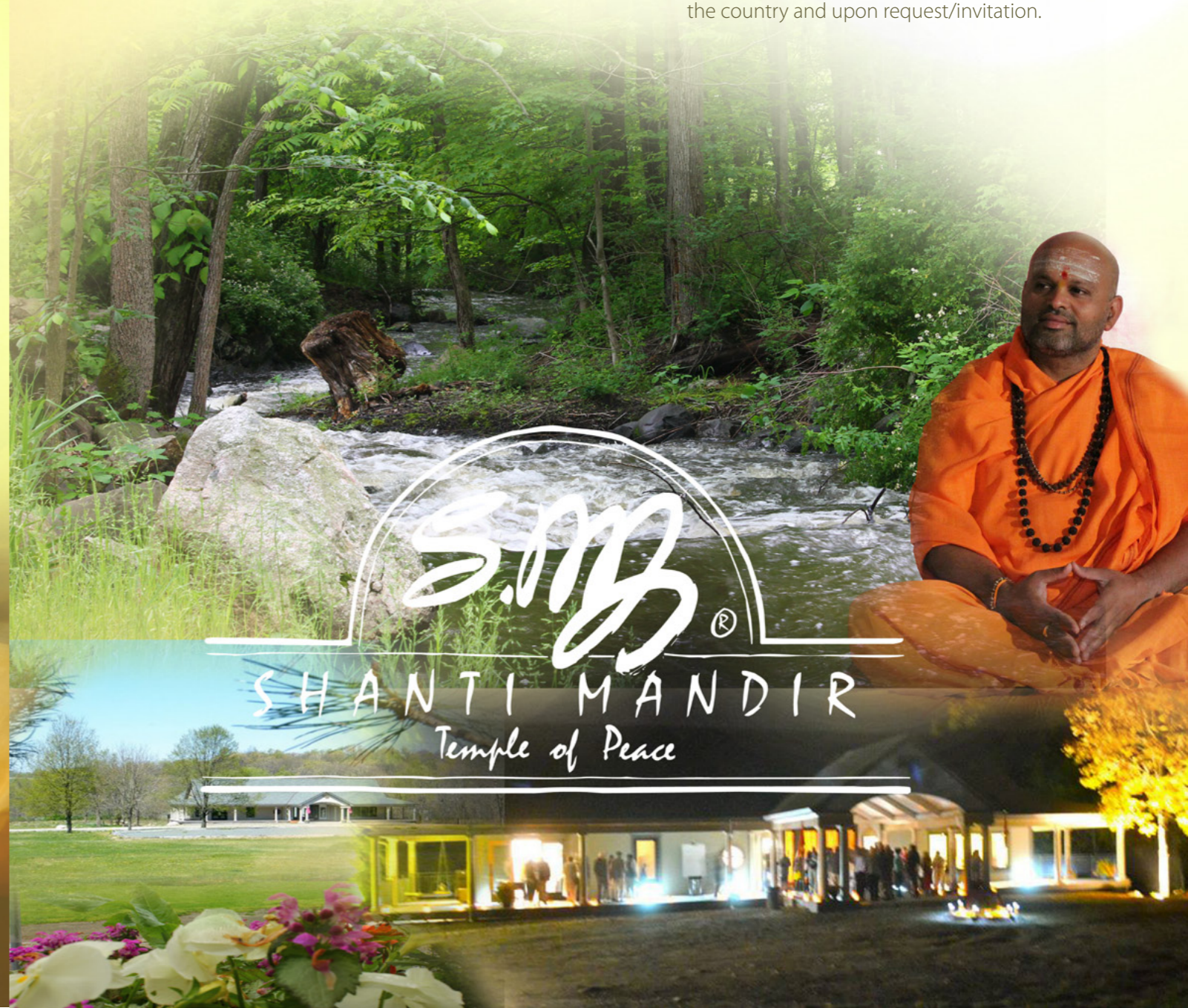
Course Venue

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 2015

Residential and Non Residential Options and Packages

COURSE	RESIDENTIAL	NON-RESIDENTIAL
Level 1 Yoga Studies	\$1750	\$1350
Level 1 Teacher Training	\$3500	\$2700

\$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.

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shantipezet@gmail.com

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Complete Yoga Studies



Enrollment Form

NAME _____

(please check box below)

Yoga Studies Level 1 Residential
 Non-Residential

Teacher Training Level 1 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

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

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

Phone: +1 (845) 778-1008

Shanti Darshanam
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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

