

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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Complete Yoga Studies

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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**

