

## 200 hours Yoga and Meditation Teacher Training Program Rishikesh – India

February 26<sup>th</sup> – March 26<sup>th</sup> 2016

November 8<sup>th</sup> – December 8<sup>th</sup> 2016

**Nada Yoga School and Naturality (Yoga Teacher Training and Meditation Schools with CANADIAN YOGA ALLIANCE)** offer a comprehensive and unique 200 hour Certification Yoga and Meditation Teacher Training Program in the holy city of Rishikesh on the banks of the sacred river Ganga, surrounded by the foothills of the Himalayas. This program will provide training in both the art and science of Yoga and Meditation.

Yoga and Meditation combined with Pranayama form a complete spiritual practice, a path to healing, peace and freedom from fear and sufferings. In Patanjali's Yoga, meditation is the seventh limb which leads to Samadhi. In Vedanta and Buddhism, meditation also forms an important component of the path. Serious students of Yoga require a solid grounding in both the theory and practice of yoga poses, pranayama and meditation.

Whether you are already a practitioner of yoga and meditation or if you are still a beginner, this program will deepen your own practice, and will also enable you to teach a combination of yoga and meditation to individuals and groups.

### What you will learn?

In this 200-hour yoga and meditation teacher training course, we focus on theory and practical, so that you achieve mastery in the practice of yoga and become a professional yoga and meditation teacher.

#### **Theory:**

In this section of yoga you will be taught:

1. **Yoga Philosophy:** Yoga philosophy is the study of raja yoga, jnana yoga, bhakti yoga, karma yoga, hatha yoga, etc.
2. **Meditation:** Meditation is the art and science of relaxation, awareness and expansion of awareness. It's the tool to transcend thoughts and restless mind resulting in Samadhi, enlightenment and Nirvana.
3. **Shatkarma:** Shatkarma is a practice or an art of cleaning or detoxifying our body and mind naturally. In the theory section, you will be taught – what are the different types of shatkarmas, their benefits, precautions, etc.
4. **Naturality:** Naturality is living according to the nature. In Naturality, you will be taught how to live a happy and prosperous life according your nature.

5. **Yoga Anatomy & Physiology:** Yoga Anatomy is the study of how your body works. In your anatomy and physiology lectures/classes, you will be provided with knowledge about the musculo-skeletal system, nervous system, as well as a detailed study on your spine, joints, etc. This will allow you to understand which muscle to stretch, rotate, etc. while working on yoga pose alignments.

### **Practical:**

In this section of yoga study, you will be given practical instruction on yoga asanas, shatkarma, etc. So, let's look what you will be taught:

1. **Yoga Asanas:** Asanas help a practitioner to become more aware of their body, mind, and environment. You will be taught from very basic to advanced yoga poses and will be taught the alignment of each asana you will be practicing. Also, you will be taught the benefits of each pose, as well as precautions to take while practicing or teaching others.
2. **Shatkarma:** As already mentioned above, shatkarma is a practice of making your body disease-free naturally. In the practical section, you will be taught how Shatkarmas are done. Examples as Jalaneti (a practice you clean or detoxify your head part by the mixture of warm water and salt), Shankprakshalana (a practice to completely clean your digestive tract), etc.
3. **Meditation:** You will learn the theory and practice a variety of meditations, including mindfulness, expansiveness, guided imagery, self-love, chakara, who am I and dream-sleep meditation. You will also explore the effects of meditation on body, emotions, thoughts and how various mind-body health problems can be relieved by meditation practice. Meditation can become holistic medicine without side-effects.
4. **Pranayama:** Pranayama is a technique to control your breath while doing asanas, sleeping or doing any work. The different types of pranayamas you will be taught will include – Anuloma-Viloma, Ujjayi, Kapalabhati, Bhastrika.
5. **Music/Nada Yoga:** Besides learning how to chant and do sound meditation, students who are interested in learning music will be given lessons of Indian classical music by our team of best nada-yoga teachers.
6. **Knowledge of basic Marma or acupuncture points for healing**

That's not all. You will also be given workshops on the theory of teaching, as well as lessons on how to teach students with different medical conditions such as knee or back pain, etc.. Special instructions for yoga in pregnancy, and yoga for the elderly or for the very young, etc will also be given.

### **Overview: Yoga & Meditation Teacher Training Course (YMTTC) in Rishikesh**

1. In this YMTTC, you will be immersed in the deep knowledge of Yoga and Meditation.
2. The Course will be taught by talented and notable yogis and remarkable Yoga masters who have abundant experience in Yoga and Meditation.
3. The course fee is all-inclusive.
4. 3 to 5 hours of asana practice.
5. You will be given daily homework assignments.
6. A final written exam is taken at the end of the course.
7. After the completion of the yoga course you will be certified with a Yoga Alliance Certificate.
8. Every week there will be an Indian Classical music concert, with kirtans and bhajans.
9. You will be taken for local sightseeing on Sundays.
10. Our School is situated in Rishikesh (also known as the world capital of Yoga), right on the sandy banks of river Ganga.

### Teachers

1. Dr. Jivasu (Pradeep Kumar) (CANADIAN YOGA ALLIANCE)
2. Yogacharya Kamal Bhatt
3. Yogacharya Bhuwan Chandra
4. Dr. Usha Vaishanava
5. Yogi Buddhi Prakash
6. Yogacharya Naveen Joshi
7. Swami Atma Jnananda Giri
8. Yogacharya Mohan Panwar
9. Swami Yogananda Maharaj ji (the oldest yogi in Rishikesh, India)

### Schedule – Yoga and Meditation Teacher Training in India

1. 07:00 am – 8:00 am : Pranayama and Shatkarma
2. 08:00 am – 8:30 am : Yoga Asana
3. 08:30 am – 9:30 am : Breakfast
4. 9:30 am – 10:00 am : Free time
5. 10:00 am – 12:00 Noon : Yoga and Meditation: Philosophy and Practice
6. 12:00 noon – 1:00 pm : Lunch
7. 02:00 pm – 3:00 pm : Yoga and Meditation: Philosophy and Practice
8. 3:00 pm – 4:00 pm : Free time
9. 04:00 pm – 5:30 pm : Yoga Asanas
10. 5:30 pm – 6:00 pm : Free time
11. 06:00 pm – 7:30 pm : Dinner
12. 07:30 pm – 8:30 pm : Satsang with music and sound meditation (Nada Yoga or yoga of sound)

### **Sunday is off or used for extracurricular activities**

**Note:** The Schedule is subject to change.

### **Yoga Course Fee**

The fee for yoga and meditation teacher training course is US \$1550. This includes lifetime free membership as a registered yoga teacher with CANADIAN YOGA ALLIANCE and one year professional liability insurance for residents of Canada. To confirm your registration please complete the application found on the [CYAYTTPROGRAM.COM](http://CYAYTTPROGRAM.COM) site.

Fee includes

1. Textbooks, Manual and other printed course materials
2. Lessons from 8 professional yoga teachers and guest lecturers
3. Use of yoga props during the course
4. Vegetarian meals (3 times a day)
5. Comfortable accommodation in the first established ashram in Rishikesh – Swargashram
6. Local sightseeing
7. Wireless Internet Connectivity

### **Travel Services**

1. Pre-arranged taxi pick-up from Delhi Airport to Nada Yoga School – US \$70
2. Pre-arranged taxi pick-up from Jolly Grant Airport, Dehradun to Nada Yoga School – US \$15

### **Food and Accommodation**

1. In our attempt to promote a yogic lifestyle, vegetarian meals and herbal teas are served 3 times daily (breakfast/lunch/dinner) and prepared in our own equipped kitchen, using filtered water. Please inform us of any dietary restrictions. Filtered water is available at all times during your stay at Nada Yoga School.
2. **Shared room with one other are provided to each student** with attached bath (cold/hot water) and ceiling fans. Bed linen, a towel and a door lock are provided, however, residents are responsible for those items as well as laundering their sheets and cleaning their room.

**Note:** To create a positive atmosphere conducive to learning and continued personal development, drugs, alcohol and all other intoxicating substances are strictly prohibited for the entire duration of the course.



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Extracurricular activities included in fee

1. Sunday Music Concerts, Indian Classical Music Lessons, Kirtans, etc.
2. Visit to mountaintop Kunjapuri temple
3. Visit to Vashisht meditation cave in mountains
4. Visit to Beatle's Ashram (Maharishi Mahesh Yogi Ashram)
5. Sunday movie nights
6. and Deewali **(the festival of colors) celebration**
7. Free participation in International Yoga and Music Festival from Nov. 1-7 organized by NadYoga with nominal accomodation fee of \$30 US/night ( subject to availability).

**For more information on NadaYoga & Naturality visit – [www.naturalitypath.com](http://www.naturalitypath.com) and <http://www.nadyoga.org/yoga-meditation-teacher-training-india-rishikesh/>**

**\* Please note that CYA's tuition of \$1550 includes lifetime membership with CANADIAN YOGA ALLIANCE (\$79/YEAR) with first year professional liability insurance (\$150/MILLION LIABILITY)**