



YOGA SCHOOL

Intensive Teacher Training



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Satyam Yoga School ---- (081) 360 0679 ---- satyam@yoga.co.za

Intensive Teachers Training

Course Overview: The summary below is intended as a quick reference of the structure of the **ITT Course** and the essential requirements of the course.

- **Certification:** this course complies with the international standards of certification. This means that you will complete a minimum of 200 hours training. You will be issued with a diploma once you have complete your exams and you will also receive a letter of completion that states in detail the content of the course and the hours attended. This *Letter of Completion* will enable you to register as a teacher with any international body.
- **Training Hours:** the following components of training illustrate the hours required to fulfill the international standards. A total of more than 225 hours is achieved.

a) Residential Intensive	70 hours
b) One Day Intensives	40 hours
c) ITY workshops	32 hours
d) Classes:	60 hours (you may attend many more hours than this)
e) Homework:	20 hours (based on 4 modules requiring 5 hours each)
f) Exams:	5 hours (based on previous trainees)
- **Workshops:** the following retreats and workshops are obligatory.
 - a) **Residential Intensive:** all trainees must attend a residential yoga retreat together. This retreat will be hosted in Magaliesburg and we try to book the venue with a public holiday to minimize the need to take leave from work.
 - b) **One day Intensives:** a series of 5 one day intensives will be hosted at the satyam yoga school to review the content studied at the residential. Each year the groups of trainees negotiate with Swami Yogasagar to establish the dates of these intensives.
 - c) **ITY Workshops:** the ITY Course includes a 4 hour workshop on the first Saturday of each month. These workshops will provide an opportunity for trainees to gain valuable teaching experience and strengthen their understanding of the theory and philosophy of yoga.
- **Classes:** trainees must attend regular classes at the school. All trainees are required to attend the ITY class on a Tuesday evening and may also attend any other class of their choice.
- **Teaching Experience:** all trainees will be offered opportunities to teach classes to gain experience.
- **Homework:** all homework is to be completed on a word doc and emailed to Swami who will mark and return by email
- **Exams:** there is a written and a practical exam.
- **Completion:** Once fees have been paid you can complete the course as many times as you want free of charge. If you are unable to attend all modules of the training you will be able to complete them at a later stage.
- **Fees:** the fee includes a one year membership to all classes at the school. All one day intensives and ITY workshops complete with handouts and manuals are included. The residential Intensive will require an additional fee for accommodation which is charged at cost only.

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Yoga Vision: If you are serious about teaching yoga and want to train with an accomplished teacher you have come to the right place however it is important to understand that this course is comprehensive and will be suitable for students who are interested in a holistic and integrated approach to yoga. Teachers who train with Swami Yogasagar are skilled in all aspects of yoga teaching and they are able to create class programs to suit all levels of practice. We suggest that you should first attend a class at the school that is taught by Swami Yogasagar and experience the range of yoga techniques that are integrated into our classes. If you choose to train as a teacher it will be essential that you attend regular classes and workshops that belong to the **ITY Course:** (Introduction to Yoga). The **ITY Course** is where you will learn the techniques of yoga practice and become familiar with the teaching style. The **ITT Course:** (Intensive Teachers Training) provides training in the method of teaching and the theory that will enable you to create your own comprehensive classes to suit a variety of applications. This introduction contains a detailed review of the **ITT Course**.

Many schools offer intensive teacher training where the trainee is taught a sequence of postures but they are not trained to adapt their sequence nor are they taught the importance of teaching different techniques for a specific application to suit people who require an alternative approach. Our suggestion is that after you have read this email you first attend a class with swami Yogasagar and if you enjoy the class you can then discuss the teacher training course with him after the class. Read this document carefully because the basic information regarding the Teacher Training is provided below.

Teacher: Swami Yogasagar is well respected in the yoga community as having trained in India for 12 years and is one of the very few teachers who has direct experience of the higher states of yoga. We have many courses and classes to support your training in yoga practice and as a teacher. We invite you to please visit the school for a free class to meet with swami and experience the teaching style before making a commitment to this course.

The teaching style at this school is based on the international system known as Satyananda yoga. This is an integral yoga that combines all of the systems of yoga and classes offer a blend of Hatha Yoga techniques combined with Raja yoga techniques of meditation and relaxation. This style of yoga is very integrated and based on a holistic approach to yoga as a meditative practice. There is a strong emphasis on internalized awareness. The aim is to practice all the yoga techniques with a meditative awareness.

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<p>Intensive Yoga Teacher Training Course</p>	<p>The Intensive Teacher Training is designed to empower you with the skills to teach a complex range of yoga techniques. The course is based on the teachings of Swami Satyananda and his publications on tantra and yoga. Swami Yogasagar has evolved his own wisdom and understanding of yoga and will impart many variations and adaptations to the various asana and other yoga techniques that are complimentary to the Satyananda tradition of yoga</p> <p>Satyananda Yoga: The techniques of Hatha Yoga and Raja Yoga are integrated into unique and powerful combinations that can be modified to suit the class and experience of the students. This course will train you in the techniques of asana, pranayama, mudra, bandha, pratyahara and dharana. Once certified you will be fully capable of teaching a variety of techniques that will allow you to train students who are absolute beginners until they are comfortable with an intermediate level of practice.</p>
<p>Schedule:</p>	<p>The training intensives will cover the theory of yoga and the method of teaching the techniques. These lessons will be taught with a series of discussions (satsang), practical interactive training programs and short questioners (mini exams). Your own personal practice of the techniques and an opportunity to gain valuable teaching experience will be provided in the ITY yoga classes on a Tuesday and the ITY workshops.</p> <ul style="list-style-type: none"> ● Residential Intensive: this intensive is an opportune Ity to live and breathe yoga. The daily schedule will begin with a class at 5:00 am followed by a comprehensive study throughout the day. The evening will end with satsang and a meditation. The essential content of the course will be presented at this retreat. ● One day Intensives: these will be hosted at the satyam yoga school in Melrose (Johannesburg). The intention of these intensives is to ensure that each trainees fully understands all of the components of the course and is fully prepared for their teaching experience and examination. ● ITY Workshops: knowledge of yoga can only be gained by direct experience through personal practice. These workshops are an extension of the Teachers Training and all trainees must attend. They will be hosted on the first Saturday of each month between 8 am to 12 noon. ● Revision Workshop: This will be an opportunity to revise the content that you should expect in the written exam and an opportunity to review your own practical exam. The dates for this will be decided by the students attending the course and should be hosted asap in May 2011. A total of 4 -6 hours will be allocated for this workshop. ● Exams: The dates will be set to suit the trainees and will include a two hour written exam and a two hour practical. Total allocation of 4 hours <p>Note: In the meantime I do recommend that you attend some classes at the school to meet with me and experience the teaching style so you can be sure that you want to commit to the course.</p>

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Course Plan	<p>There are 4 modules and the aim is to enable trainees to qualify in each module so they can begin teaching as soon as they feel confident enough to do so. The Yoga Instructors Course consists of four modules all of which can be completed within 4 months however most trainees require a year to feel confident enough to sit their exams.</p> <p>Each module is designed to train the student to teach a group of techniques suitable for a complete course of yoga. Once a module is completed the trainee will be able to create a series of classes to teach with a definite aim and purpose to the series. The Satyam Yoga School will make every effort to provide teaching opportunities within the school and once the trainee has completed and qualified in a module they will be able to teach as a representative of the school.</p>
Modules:	<p>The first module provides an in depth study of the essential basics of yoga practice and the techniques applicable to beginners. Each of the other modules will introduce progressive levels of practice and teaching. All of the modules include the study of yoga philosophy directly related to the teaching of yoga techniques. The full course consists of the following modules.</p> <hr/> <p>Beginners: The content of this module will include the principles and foundations for teaching asanas and exercises that will be suitable for anyone regardless of age, health or experience. The Pranayama will include the basics of breath relaxation, Ujjai breathing, and developing the full yogic breath. You will also learn the deep relaxation technique of Yoga Nidra.</p> <hr/> <p>Progressive: This module will introduce asanas that require a little more effort but will be manageable for most new students. They include Surya Namaskara. The pranayama will be basic elements of Nadi Shodhana and Bhramari. Mudras will be introduced and Yoga Nidra will continue to be developed.</p> <hr/> <p>Intermediate: The classical asanas will be introduced with variations for students who may not feel comfortable in the deeper stretches. Pranayama will include Kumbhaka and Kapalabhati and Bhastrika. Dharana is the yogic technique of concentration to develop the meditative state of Dhyana. This module will begin with the basics of Dharana practice.</p> <hr/> <p>Accomplished: This module will focus on the extended holding of asanas and some of the challenges in practicing advanced asana. The pranayama of Bhastrika and other advanced pranayama will be introduced. The bandhas and mudras will also be introduced with suggestions for combining the bandhas and mudras with pranayama and the practice of Dharana. An introduction to the chakras and advanced Dharana Techniques will be discussed.</p>

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Qualifications	This course will comply with the international standards of a 200 hundred hour intensive training and will begin in February 2011. Graduates will receive a diploma and a letter stating the hours of attendance and the topic covered.
Total Hours:	The schedule above requires a total commitment of 200 hours which is the international standard.
Fees: R 12000	<p>The course fee includes a one year subscription (normally R450 per month reduced to R300) to unlimited classes at the school and all intensive training sessions.</p> <ul style="list-style-type: none"> • One Year Subscription to unlimited classes. R 3600 • Intensive Training all text books and manuals plus exams. R 8000 <p>NOTE: During the course you will be expected to attend the Colon Detox retreat which introduces the Shatkarma Cleansing Kriya techniques of Hatha Yoga and the basic Kundalini Kriya techniques. This retreat is not included in the cost and is usually hosted in Magaliesburg over a long weekend. Teacher Trainees pay for actual accommodation costs only which is usually in the region of R800.</p>
Residential Retreat	The intensive retreat will be hosted over 7 days in Magaliesburg and the fees charged are the actual cost for accommodation and food only. The Melody Yoga Retreat centre is a wonderful venue with shared accommodation and the rates will vary according to the size of the group. You can expect to pay between 4 and 500 rand per night all inclusive food and accommodation. <i>Allow R 3500</i>
Enrolment	We highly recommend that you attend classes at the school before enrolment to be sure you are comfortable with the teaching style and the teacher Swami Yogasagar. Once you are ready for enrolment you can secure your place with a deposit of R 4000 and the balance can be paid by arrangement. We do offer an alternative payment option for the balance to be deducted in monthly payments from your bank account.
Important:	<i>We do prefer students to have some experience with yoga and wish to advise you that the more classes you attend the easier it will be for you to develop a familiar understanding of the techniques. Please don't be disheartened by the commitment required to teach good yoga. You first have to feel that the style of yoga I teach is the style you want to learn and you must also feel you can build a relationship with me as your teacher. Please come to a class and we will chat further on your options after the class.</i>