



Satyam Yoga School

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**2012**

**Yoga**

**Teachers Training**

**For**

**Remote Study**



## Remote Teacher Training

Thank you for your recent enquiry requesting a training course to teach Yoga. Swami Yogasagar is recognized by the International Yoga Federation as a Swami who has achieved an advanced knowledge of yoga through personal practice and 30 years of dedication. He is an authority on all aspects of yoga practice and philosophy and well qualified to train teachers in the ancient science of Yoga. Should you decide to accept our proposal please be assured that I will offer our full support for any future activities where you may need my expertise such as. I would also encourage you to attend classes and workshops that we may offer in Johannesburg whenever you may have the opportunity.

**Important:** please request further details by email or make an appointment to call and speak with Swami Yogasagar should you require more detailed information.

**Teacher Training:** I am sure you can appreciate that the training to become a fully qualified yoga teacher requires considerable time and dedication to personal practice. Students who train in Johannesburg complete a 1 year training course that requires them to attend two classes each week and a series of intensive workshops. They also have to complete handouts and a basic study in the theory of yoga.

**Distance Training:** Due to your location, an in depth training course, as highlighted above will not be feasible. All students who wish to complete the Teachers Training with us can now successfully train by fulfilling the following criteria.

- **Residential Intensive:** all trainees must attend a residential yoga retreat together. This retreat will be hosted in Gauteng (Magaliesburg) and we try to book the venue with a public holiday to minimize the need to take leave from work.
- **Local Study:** Once you have completed the residential intensive you will receive a class program each month to practice at home. These class programs are supported with a DVD recording of Swami Yogasagar teaching and the students of the ITY practicing.
- **Teaching Intensives:** You will be required to organize a minimum of 2 workshops in your local area to host Swami Yogasagar. These workshops can be advertised and students who attend will be encouraged to attend your classes. You will receive private guidance on teaching classes for these workshops and support for continuing to teach the classes once Swami Yogasagar has returned to Johannesburg.

*(see next page for guidelines on the teaching intensives)*

# Remote Teacher Training

**Guidelines:** the following suggestions for the Teaching Intensives are intended to promote your own teaching and to raise funds for hosting Swami Yogasagar.

- a) The Teaching intensives can be organized as a weekend residential or as a 7 day program with a series of classes over a weekend and the following week.
- b) The aim is to review the techniques studied on the Residential Intensive you attended in Gauteng and establish your confidence as a teacher.
- c) You must charge students to attend the Teaching Intensives and the funds raised will assist you in the costs of hosting Swami Yogasagar. Your Teachers Training Fees cover your private training however his travel, accommodation and teaching hours on the workshop are not.

**Workshop program:** there are two aspects to the teaching intensives. The method and suggested schedules are provided below.

1. **Students:** the workshops provide an opportunity to attract students to the workshop and encourage them to attend classes with you in the future. Swami Yogasagar will introduce a topic and teach a class to these students to support you. The workshop program will also include classes taught by you.
2. **Teacher Training:** you will receive private guidance and training before and after the workshop.

**Workshop Method:** there are two possible arrangements for hosting the Teaching Intensive.

1. **Residential:** If the workshop is a residential retreat we suggest that you organize a weekend event with students arriving on a Friday evening and returning home on Sunday mid morning. Swami Yogasagar would arrive on the Wednesday prior to the workshop and depart on the Monday after.
2. **Seven Day:** this proposal would require a one day workshop on a Saturday or Sunday (perhaps both if you think there would be a demand). Students who attend the workshop could then attend classes during the week which you would teach with Swami Yogasagar assisting and facilitating.

**Expenses:** The fees charged by you for the Teaching Intensive workshops would be managed by you to cover travel and accommodation for Swami Yogasagar.

- **Teaching Fees:** Swami Yogasagar's fees for teaching and lecturing on the workshops are 60% of the profit margin after travel and accommodation expenses have been paid.
- **Accommodation:** simple privacy is the only requirement. You may host Swami Yogasagar at your home if you have space. Food is simple vegetarian and he is happy to assist with cooking.
- **Travel:** Swami Yogasagar will take the cheapest option of car (his own) or flight