

SŪSHUMNA



"India is, the cradle of the human race, the birthplace of human speech, the mother of history, the grandmother of legend, and the great grand mother of tradition. Our most valuable and most instructive materials in the history of man are treasured up in India only."

Mark Twain, American author:

Sushumna means the central nadi or energy channel associated with the River Saraswati. This runs from the base of the spine to the top of the head and when activated the kundalini shakti uncoils at the base of the spine and and shoots up to the top of the head through our energy channels or chakras. This represents our evolution from self absorption towards realization of our own innate unlimited potential. We rise beyond the ordinary realm of birth and death to the level of divinity,

YOGA TEACHER TRAINING LEVEL ONE – 300 hours, RYT 200 6th November – 4th December 2011

Sushumna Yoga Teacher Training is fully recognised and accredited by Yoga Alliance USA. And taught by internationally highly respected teachers in their field. If you are earnest about taking on board a methodical journey to becoming a teacher, looking for new ways to enhance your teaching skills or even just wish to develop more of your own personal practice, our teacher training program will provide you with the fundamental tools to go deeper in your practice and teach accurately in your own unique way, both grounded in self-awareness and experiential knowledge.

The course covers Asana, Philosophy, Anatomy and Physiology. Pranayama, Meditation, Japa, Mantra, Kirtan and includes a group mentoring. The eight limbs (asht – anga in Sanskrit) of yoga. Our approach is inclusive and not dogmatic. We encourage all of our students to discover their practice and orientation through their own experience and enquiry. Therefore, we welcome applicants from all



orientations of yoga. During the program, you will study hard, increase your self-awareness, and cultivate friendships and lasting ties with your teachers and fellow students.

COURSE OUTLINE

We train dedicated Yoga Practitioners to teach confidently and safely from their own self-enquiry and experience. We particularly encourage our students to find their own unique teaching style as the course unfolds. Here is the break down of what you will study:

Teacher Training comprises four Key Elements

1. Rigorous development of your own Asana practice including essentials of Pranayama and Meditation.
2. Comprehensive foundation in Yoga Philosophy and a good grounding in Anatomy and Physiology.
3. Teaching expertise including Articulation, Presenting skills and the Art of Adjusting.
4. Essential insight into the Yoga Business and setting up as a Teacher

On graduation you will receive the following certification

1. Certificate of Completion from Sushumna
2. Eligibility for Yoga Alliance (USA, RYT 200) (recognized Internationally)
3. Eligibility for Yoga Alliance International (India based)

What is unique on our course as opposed to other's:

1. Daily Mysore self-practice as taught by Shri K Pattabhi Jois, Mysore, India
2. The course is not integrated with drop-in classes or other students not on the training.
3. Video support to help you improve your teaching skills.
4. Green juice fast days and 70% living food.
5. Working with 4 experienced international and multi-diverse teachers
6. Encouragement in assisting/apprenticing after the course, with experienced teachers.
7. Good, practical knowledge of yoga therapy.



The course will give you:

- * An emboldened, self-aware knowledge that will enable you to teach Level 1, asana classes confidently and competently.
- Awareness of safe practice for both teacher and student, through modification and sequencing of asanas to suit an individual's body,
- Self-confidence and belief in your ability to communicate and demonstrate.
- Understanding of risk assessment.
- A thorough grounding in the history of yoga
- Insightful awareness of your own practice: both an acceptance of its limits and the tools to evolve
- An experiential foundation of yoga philosophy and how to integrate this into your life
- Good knowledge of Anatomy and Physiology and its application in the practice of *asana*
 - An awareness of the issues that can arise for you as a teacher
 - A professional and ethical framework from which to practice

Teaching methods include: Lectures, Experiential classes, small and large group work, led classes, practice teaching time, that will be filmed and constructive criticism given after viewing, exercises for learning and discovery, relevant films and review of homework.

Our Teachers (Please go to our website: <http://www.sushumna.in/our-teachers-0> for more in-depth Bio's)

The YTT will be lead by **Sonja Appel (ERYT 200)** Director of Sushumna. Sonja has a great depth of knowledge in all things yogic and has 15 years of experience teaching and leading workshops in London, India and Nepal

Nana Sun who has taught in China, India and around the world, will assist with the morning Asana Sessions, and teach Hatha Yoga and Pranayama & Meditation.

Leonid Gartenstein, one of the most respected and revered teachers in Russia, will cover Yoga Philosophy, Nutrition, Anatomy & Physiology & Yoga Therapy.



Les Smith, of the Iyenger School, will provide in-sights into other yoga practices and assist with adjustments & teaching methods.

The teachers come from different schools of Yoga to give a broad perspective, within a structured teaching syllabus.

***Sushumna is a Yoga Alliance (USA) registered School.**

***Our teacher training programs are internationally accredited, have exclusive recognition and qualify for 200-hr Yoga Alliance Registration.**

*** Registration through us for Yoga Alliance International (India based)**

The one month intensive includes 24 days of training with one day off per week or 2 half days in a week.

The combination of in-class contact hours together with out-of-class non-contact hours, (prerequisite reading, reports and home play) totals the hours at 316. Yoga Alliance requires 200 hours for basic teacher training registration.

Yoga Alliance is an international governing board for yoga teachers and training programs in the United States and the rest of the world.

Graduates of our program who have demonstrated an understanding of the material and complete all requirements, will be eligible to register as a RYT (Registered Yoga Teacher) with Yoga Alliance and Yoga Alliance International.

Becoming a RYT increases your status, brings you international recognition as a yoga teacher and optimizes your opportunities for employment as a yoga teacher worldwide.

Yoga Alliance International also gives you credibility to teach in UK, Europe, Russia and SE Asia.



Course Content

Our modules cover the following general areas:

- Evolution of your own practice + focus on understanding of what's happening in your body/mind as your foundation to teach.
- * De-construction + analysis of key poses, their core alignment points + how to teach them
- * Common postural problems, modifications, safe practice + preventing injury
- * How to make sensitive adjustments
- * Essential pranayama, breath awareness + restorative (yin) yoga.
- Practical anatomy + physiology, including conditions you may encounter when you teach
- Different approaches to meditation, personal + experiential teaching practice
- The history of yoga
- Foundation in the main yoga philosophy schools including tantra, hatha, vedanta study of key texts including the yoga sutras of patanjali, the yoga upanishads + shiva sutras
- Teaching skills including learning theory, presentation expertise, articulation, class planning + sequencing, correct Sanskrit pronunciation.
- Common issues arising out of a teaching practice such as covering classes, teaching one to one + groups
- Essentials of setting up your own yoga business
- Chanting
- Ethical practice

Assessment + Graduation

The level one teacher training is a combination of continuous assessment, and a written test. During the course, reading and small amounts of written work are set. Graduation from the training is not a given. All areas must be complete and passed before certificates are issued.

And finally...

We firmly believe we are now able to offer one of the most comprehensive and thorough YTT programs available today.

We look forward to receiving your application or answering any further questions you may have.



Curriculum – Total 316 hours

Techniques of Yoga – 141.5 hours

Kriya Yoga, Pranayama, Teaching/practicing meditation, Sequencing, Restorative Yoga and props, Surya Namaskar, Standing poses, Forward bends, Twists, Backbends, Inversions, Balances, Satsang, Chanting, Kirtan. How to teach and adjust Ashtanga – Mysore self-practice, Hatha and Iyenger.

Teaching Methodology – 51 hours

Sushumna Yoga teaching method, adjustments and assists for Surya Namaskar, standing poses, forward bends, twists, backbends, inversions, balances and Savasana. Advice on teaching privately, and special needs, including pregnancy modifications.

Anatomy and Physiology – 30 hours

Basics of skeletal, muscular, respiratory, cardiovascular systems, anatomy, injury and recovery, esoteric anatomy including chakras, nadis, prana, and bandha, anatomy of adjustments.

Yogic Scripture, Philosophy, Ethics, & Lifestyle - 46 hours

Basic yoga philosophy, Yoga Sutra of Patanjali, Bhagavad Gita, Hatha Yoga Pradipika, Advaita Vedanta/non-dualism, living in the moment, Gunas, Awareness, Enlightenment, the pitfalls and ethics of being a yoga teacher.

Group Practicum and Presentation Skills – 47.5 hours

Includes student teaching in small and large groups as well as observing and assisting. Compilation of class transcriptions - focusing on sequencing, theme, and music.

Yogic language skills and elocution. Practice teaching in a group, that will be filmed with all students and assessment given after, with constructive criticism to add depth to personal confidence.



Sample Daily Schedule

This intensive course is four weeks total; The following is the basic Schedule which varies slightly as benefits the group.

6:00am – 8:00am	Lunch/Break
Mysore self practice	
	4:30pm – 6:30pm
8:00am – 9:00am	Lecture, discussion, techniques, practicum, asana.
Meditation and Pranayama	
	6:30pm – 7:30pm
9:00am – 10:30am	Dinner
Breakfast /showers	
	7:30pm – 9:00pm
10:30am – 1:30pm	Most evenings - Satsang and special activities (guest lecture, film, kirtan)
Lecture, discussion, techniques. Group classes	
1:30pm – 4:30pm	

Course Structure

The course lasts 316 hours. It is an immersion and therefore intense but utilizes your time constructively and gives you enough free time to process what you are learning. Many of your pre-requisite reading books will be available to borrow on site, but we do suggest you try and read as many of them before arrival as only one copy will be available at a time.

There are non-contact hours included on this course. Most of these hours must be completed as pre-homework which consists of reading and report writing as well as some practical exercises to give you a good preparation and a look at what we will be working on.

Teaching yoga and maintaining a practice involves a lot of hard work and discipline and this course is designed to give you a foundation reflecting that. It is important you understand this is not a “yoga holiday” or a “retreat” and that regularly taking classes or your own self-practice is necessary before you apply.



Together we create the definitive Yogic environment for learning and remembering that we have all come from a place of enlightenment, we are a community of like-minded individuals from around the world that support one another in living our truest potential.

Every detail and component is great quality, including the expertise of the guest faculty, the natural beauty, and heart of India, where else to learn yoga, than in the land that gave birth to it!

There is an abundance of greenery and we are surrounded by fields and hills adjoining Sushumna. It is only a 3 minute walk to the beach and we provide a healthy, tasty and balanced menu of 70% living food nutrition, ayurvedic inspired Indian dishes, green juice fasting, silence time and so much more.

Prerequisite Reading and Reports

English language proficiency a must, however some script can be in Russian on 2 of the books.

If you are doing this then it should be sent to Nana Sun:
nana8sun@gmail.com

All written English sent to Sonja: info@sushumna.in

Reading and Reports

Read the 4 books listed below prior to the training and write your thoughts on

- (a) What is your personal response of each
- (b) The most valuable lessons for you
- (c) Detail on how this material is useful for a yoga teacher.

Send reports (350 words each book report, Microsoft Word document) to info@sushumna.in

(This can be handed in by the end of the course if time prevents you doing this sooner, however it is a pre-req,uisite for graduation)

1. The Tree of Yoga by BKS Iyengar
2. Jivamukti Yoga, by Sharon Gannon and David Life
3. Ashtanga Yoga by John Scott



4. Yogabody: Anatomy, Kinesiology, and Asana by Judith Hanson Lasater Ph.D

Recommended (Optional) reading:

- *The Power of Now by Eckhart Tolle
- Yoga: The Spirit and Practice of Moving Into Stillness, by Erich Schiffmann
- Hathayogapradipika, The Bihar School of Yoga
- Light on Yoga, by BKS Iyengar
- Textbook of Yoga Psychology, R. Mishra, Brahmananda Sarasvati
- Light on the yoga of sutras of Patanjali by B.K.S Iyengar
- * The Heart of Yoga: Developing a Personal Practice, by T. K. V. Desikachar
- * Loving What Is, by Byron Katie (recommend audio book)
- * Anatomy for Yoga with Paul Grilley (dvd)
- * The Raw Transformation: Energizing Your Life with Living Foods by Wendy Rudell
- * Autobiography of a Yogi, by Paramhansa Yogananda * Yoga Mala by Shri K Pattabhi Jois (contact <http://kpjayi.org> for this book)
- * Creative Visualization by Shakti Gawain
- * Bringing Yoga to Life by Donna Farhi

Do fill out the Application form and send it to us without delay.

We will then contact you if you have passed this stage and relay when to submit your reading reports.

