

# SUSHUMNA YOGA TEACHER TRAINING

## LEVEL 1 - 200 Hours

26<sup>th</sup> March to 16<sup>th</sup> April 2017

*"A path on the way to rediscovering that we come from Enlightenment"*



*"India is the cradle of the human race, the birthplace of human speech, the mother of history, the grandmother of legend, and the great grandmother of tradition. Our most valuable and most instructive materials in the history of man are treasured up in India only." (Mark Twain, American author).*

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***"Remember this Dear Ones: that before you arrived here there was a planning session, where you planned appropriate Life and appropriate Death. What you see as horrible, tragic or negative things are planned by yourself.***

***This includes accidental death, even of children. You see when you are not here, the planning sessions are done with Honor and Love and the wisdom of God consciousness. A child may agree to come in, and remain a child, only to be terminated, appropriately, for the parents' karma. You see there is much of this that takes place. Therefore there are no accidents, and all death..... even that of groups is appropriate.....known by yourselves and your Higher Selves, especially."***

***[Channeled writings of Kryon]***

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 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.

Sushumna Yoga Teacher Training is fully recognized and accredited by Yoga Alliance USA, 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 breakdown 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 pertaining to yoga.
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)

*\*if you pass successfully all the steps of the training - (practice + reading + non-contact hours)*



## What is unique on our course as opposed to others?

1. Daily Mysore self -practice as taught by late Shri K Pattabhi Jois, Mysore, India and Sushumna Vinyasa Flow classes.
2. A small group so more individual attention.
3. Video support to help you improve your teaching skills.
4. Green juice fast days once a week and 70% living food.
5. Working with 5 experienced international and multi-diverse teachers
6. Encouragement in assisting/apprenticing after the course, with the lead teacher.
7. A good basis in Hatha Yoga.
8. A good practical knowledge foundation of the therapeutic benefits of yoga & body cleansing through ayurveda & kriyas.

## 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 good 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/teacher-training-teaching-faculty.php> for more in-depth Bio's)

The YTT will be led by **Sonja Appel (ERYT 200)** Director of Sushumna. Sonja has great depth of knowledge in all things yogic and has 20 years of experience teaching and leading workshops in London, India and Nepal

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

**Dr. Abhay Keste**, a disciple of BKS Iyengar, qualified from the BKS Iyengar Institute and has a degree in Homeopathic medicine. He has two Yoga centers now in India. He uses his own self made equipment to enable complete remedial therapy through Iyengar. Dr. Keste will be teaching the Anatomy & Iyengar modules on the YTT.

**Amrit Nam Kaur**, has her own Kundalini Studio in Delhi and will provide insights into Kundalini Yoga and healing.

**Archarya Anand Samalty** is a very experienced philosopher and astrologist and Pandit from the Shiva School of Kashmir, who will teach yoga philosophy, mantras and kriyas, he is the head of the Vedic Valley Institute in Goa.

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



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## 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.

### **The 21 day intensive includes 20 days of training with one half day off per 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 200. 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. <http://www.yogaalliance.org>

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

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.

## 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, Hatha Yoga Pradipka, Gheranda Samhita, Kundalini Tantra.
- 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/Kirtan
- 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 – 100 hours (3 non-contact 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 in Vinyasa Flow, primarily and touching on Ashtanga – Mysore self-practice, Hatha and Iyengar.

### Teaching Methodology – 30 hours (2 non-contact 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, people with special needs, including pregnancy modifications. Touching on NGO'S, Teen & Childrens Yoga, disadvantaged groups.

### Anatomy and Physiology – 20 hours (10 non-contact hours)

Basics of skeletal, muscular, respiratory, cardiovascular systems, anatomy, injury and recovery, esoteric anatomy including chakras, nadis, prana, and bandha, anatomy of adjustments. Correct props to aid physical illness and the benefits of the asanas on the body.

### Yogic Scripture, Philosophy, Ethics, & Lifestyle - 20 hours (10 non-contact hours)

Basic yoga philosophy, Yoga Sutras 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 – 10 hours

Includes student teaching in small and large groups as well as observing and assisting. Compiling class transcriptions - focusing on sequencing, theme, and music. Yogic language skills + elocution. Practice teaching in groups large & small that will be filmed and assessed, with constructive criticism given after, to add depth to personal confidence.

### Sample Daily Schedule

This intensive course is three weeks total. This is the basic schedule which varies slightly, as benefits the group.

**6:00am – 8:00am:** Mysore self-practice / Sushumna Vinyasa Flow

**8:00am – 9:00am:** Meditation and Pranayama

**9:00am – 10:30am:** Breakfast /showers

**10:30am – 1:30pm:** Lectures, discussion, techniques. Group classes

**1:30pm – 4:30pm:** Lunch/Break

**4:30pm – 6:30pm:** Lecture, discussion, techniques, practicum, asana.

**6:30pm – 7:30pm:** Dinner

**7:30pm – 9:00pm:** Most evenings - Satsang and special activities (guest lectures, film, kirtan/Aarti)

### Course Structure

The course lasts 180 hours. It is a complete immersion and therefore intense but utilizes your time constructively and gives you enough free time to process what you are learning. Your pre-requisite reading books are imperative to be familiar with, we do suggest you try to read as many of them before arrival.

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, attending classes or doing a **self-practice 6 times a week** is advisable before embarking on the course, this is all good preparation and a **must** to help you get the most out of this course.

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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 that this is not a “yoga holiday” or a “retreat” and that just because you pay your investment this automatically entitles you to certification.**

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 to our truest and highest 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 that surrounds the Sushumna Studio. It is only a 10 minute scooter ride away from the beach and we provide a healthy, tasty and balanced menu of 70% living food nutrition, ayurvedic inspired Indian dishes, green juice fasting, silence days and so much more.

## PREREQUISITE READING AND REPORTS

### English language proficiency a must

All written English sent to Sonja: [info@sushumna.in](mailto:info@sushumna.in)

**Before the course starts!**

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

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

Send reports (**300 words each book report, Microsoft Word document**)

- The Tree of Yoga by BKS Iyengar
- Jivamukti Yoga, by Sharon Gannon and David Life
- Ashtanga Yoga by John Scott
- Yogabody: Anatomy, Kinesiology, and Asana by Judith Hanson Lasater Ph.D

### **Recommended Pre-requisite reading: Read as many of these books as possible before the course.**

- 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
- Creative Visualization by Shakti Gawain
- Bringing Yoga to Life by Donna Farhi
- The Spiritual Teachings of Yoga by Mark Forstater & Jo Manuel
- Krishnamacharya, his life and teachings by A.G. Mohan



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- Applied Anatomy & Physiology of Yoga by Simon Borg-Olivier & Bianca Machliss
- Yoga for your Type by David Frawley & Sandra Summerfield Kozak
- Yoga Teachers Toolbox by Joseph & Lillian Le Plage

**All these books can be obtained through Amazon or Flipkart. Or try Kindle.**

**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.**

Namaste

