

Your journey starts here

200-hour Hatha and Ashtanga Yoga Teacher Training



“Yoga is the journey of the self,
through the self, to the self”

Bhagavad Gita



Should I do it?

Should I dive into a Yoga Teacher Training in India is a question that might be around your head for a couple of days or even months by now.

We don't have an answer but here are some points that have helped others make their minds.

Practice level

Our course is designed for beginner and intermediate students. It is perfectly fine if you can't do advanced postures or you are new to Yoga. Yoga is much more than asanas!

What is vital is your curiosity and desire to explore the Yogic way.

Yoga style

You know what your favorite yoga style is? Go for it.

If you haven't figured it out, we recommend this course that mixes Hatha Yoga and Ashtanga Vinyasa and covers many aspects such as meditation, philosophy, and more.

About teaching

If you are planning to become a teacher great, if not it is perfectly fine. So why learn to teach? Because teaching is the best way to learn!

Transformation

You should be eager to change. Transformation will happen in many dimensions: internally, spiritually, professionally and even with your relationships. After this period, you will encounter with a new version of you. It is never too late to change

Our favorite: The Calling

Sometimes we can't point out the exact reason of why, but we feel it inside us. Plain and simple: you just know it. If this is the case, don't hesitate and come by. We are waiting for you!



Our School



"We believe in a world where each individual is at peace and living cheerfully"

Our founder couple Pramod and Sona wanted to actively work for this dream and decided to open a school where friendship and love were plentiful.

"Even though our dream seems impossible we go one student at a time."

By now more than **321 students** from over **55 countries** have passed through our Yoga hall. Only imagine that each one of those seekers impacted 5 more. **This turns into 1605 human beings** (and the chain could go on!). 1605 is not enough, but at least it makes us sleep with a **smile on our face**. And yes, we do the math at least one a week =)

We are a small school with a big heart.

Sona and Pramod will be pleased to have you with them and will be honored that you accept this quest of love.

Our Course

For 4 weeks you will discover the **true way** of the ancient art of Yoga with passionate teachers in a **warm and cozy** Yoga School, along with like – minded **seekers** of spiritual growth.

This course is designed to provide a thorough experience on Yoga through a mix of **Hatha Yoga and Ashtanga Vinyasa**.



A glimpse on Hatha

The syllable 'ha' stands for the vital force that governs the physical body and 'tha' denotes the mental force. In other words, Hatha Yoga can be defined as the **Yoga of the Body and Mind Purification**.

Specially in the West, Hatha Yoga has been commonly understood as just a set of different asanas and it is deeply associated only in the physical way. Nevertheless, Hatha Yoga in its true form contemplates this union with the body and mind through asanas, purification techniques, pranayama, Mudras, Bandhas and meditation.

Our classes focus on **developing deep meditative states** with the aid of different asanas and other techniques to attain a higher state of awareness.



A glimpse on Ashtanga

Ashtanga Vinyasa is an ancient system of Hatha Yoga that unfolds in a highly **structured class** where the asanas flow in sequence. Asanas are performed in a specific order, whereby each pose prepares the body for the next.

The different movements demand a high degree of effort, focus and concentration that generates an internal heat that cleanses and purifies mind and soul bringing clarity to the mind.

The system has 3 series. We focus on the primary series always with an instructor to lead you finally to your own practice.



How your day will look like:

06:30 - 08:15 Hatha Yoga

Begin your day fresh with classical postures in an intimate and meditative way.

08:30 - 09:30: Breakfast is coming!

After a physical yoga class, this breakfast tastes like glory.

10:00-11:00: Anatomy and relaxation

Understand the anatomy and therapeutic effects of the yoga practice.

12:00 - 13:00: Pranayama

Breathing is fundamental in Yoga. You will experience different techniques to control the vital energy through breathing.

13:00 - 14:00: Delicious Indian lunch

By now your senses are very sharp. Take your time and enjoy your meal in silence.

14:30 - 15:30: Meditation relaxation

Learn to meditate correctly to attain the highest goal of any soul (fingers crossed) and potentiate your beloved Shavasana.

16:00 - 17:00: Philosophy

The Yoga Sutras, the Eightfold Yoga Path, Hatha Yoga Pradipika and more will complement your practice.

17:30 - 19:00: Ashtanga

End your practice with the flow. Alignment, timing and breathing are the key.

19:00: Enjoy your dinner, study by yourself and rest

Bye bye, see you tomorrow.





Weekly Breakdown

Week 1: Foundation

The first week is the most difficult of all as your **mind and body experience an abrupt change**. It is also the most **exciting** as the Yoga universe is displayed in its true form for the first time to many. This week is all about learning the basics of each discipline.

By the end of the week:

- ॐ You will discover the art of **meditative asanas**.
- ॐ Ashtanga Vinyasa **rhythm** is sticking to you. You already feeling the sun salutation A and B.
- ॐ You will learn the basics of Yoga **Philosophy**.
- ॐ Simple **breathing** and **relaxation** techniques are becoming handy.
- ॐ You start to understand what you got yourself into!





Week 2: Feeling it

After an intense week your body is getting used to the course. The practice will **grow**, and you will start to feel more confident. It will be time to **realize what you have learned**.

By the end of the week:

- ॐ You will experience **teaching** individual asanas to your classmates.
- ॐ Sun salutations move **swiftly** as well as the standing series, 20 asanas have being discovered.
- ॐ An increase in **awareness** is clear as you progress in meditation.
- ॐ You will learn about **Yoga Sutras** and Hatha **Yoga Pradipika**.
- ॐ You have probably **slept** at least once during the relaxation classes.
- ॐ Your fellow classmates and teachers will start look strangely **familiar** =).

Week 3: Transformation

By now you have gone through a lot! **Strong feelings** emanate as you go deeper and deeper in your practice. You will continue building on what you have learned, and the course will introduce teaching techniques more formally.

By the end of the week:

- ॐ You will **assist** a teacher on a yoga class and learn to plan and give one by yourself.
- ॐ An increase in physical flexibility is evident and it starts to **pour into your mind**.
- ॐ You have already learned about **30** different asanas and standing series have summed up in Ashtanga.
- ॐ The **eightfold path of Yoga** will be as familiar as counting to ten.
- ॐ Indian English accent starts to **sound cozy**.
- ॐ You have asked the cooks when **your favorite Indian dish** is going to be served (at least twice).



Week 4: The final touch

By now, Yoga is **flowing through your veins**. Week 4 is about integrating everything you have learned so far, **apply it to your daily life** and be able to **share** it with the world.

By the end of the week:

- ॐ You will know how to plan and **give a Yoga class**.
- ॐ You and your new friend will plan a class and impart it to the group.
- ॐ You will understand how wholesome Yoga really is.
- ॐ Primary, secondary series and 40 different asanas will **be part of you**.
- ॐ A 200-hour Yoga Teacher Training certificate will be in your backpack!
- ॐ You will forge everlasting **friends**.
- ॐ You are ready to spread the **message of love**.
- ॐ A **new version** of you is ready to continue the journey.



Are you ready to spread the message?



Welcome home

Hari Om Yoga Vidya School
www.hoyogaschool.com

