

# Yoga Instructors' Course (YIC) Oct 2019

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*“How deeply you touch another life, is how rich your life is” - Sadhguru*

## Introduction

Vivekananda Yoga, San Diego ([www.vivekanandayoga.us](http://www.vivekanandayoga.us)) a Registered Yoga School (RYS 200) Yoga Alliance ID: 184429, with a mission to inspire, awaken and lead people to a healthy, happy and harmonious life by adopting Yoga and mindfulness as a way of life.

## Objectives of YIC at San Diego

- This Yoga Teacher Training, inspires, stokes, leads and guides participants to take tangible steps towards their inner growth through the system of authentic and traditional Yoga.
- It opens a rare opportunity to experience the depth and dimensions of our existence and the potential for growth.
- Imparts the knowledge, skills and attitudes for practicing and teaching yoga to attain the aforementioned objectives.

## Course Fee:

\$ 1,200 (Option to pay in instalments of \$600 on registration and \$300 each in monthly instalments)

## Deliverables

After completion of the YIC, participants will be able to –

- practice and teach yoga in its traditional and authentic form and adopt Yoga as a way of life as postulated in the authentic and traditional texts, as evidenced and manifested in Health, Happiness and Harmony;
- inspire, nurture, encourage and help themselves and others to realize their potential and attain higher possibilities we as human beings are endowed with;

## Certification

- A certificate of Yoga Alliance 200 hour teacher training will be awarded to all the participants who successfully completed the course, enabling them to register with Yoga Alliance as RYT 200.

## Faculty

### Lead trainer -

**Yoga Acharya Subba Rao Nemani, ERYT 200, RYT 500, YACEP;**

\* A senior yoga teacher certified so, by Quality Council of India -sponsored by the Government of India.

\* A senior faculty at Vyasa ( A Yoga University), Bengaluru, India with 4000 hours of training at top class yoga institutions of repute in India like Divine Life Society - Rishikesh (Shivandanda Ashram), Svyasa, Dayananda Ashram - Rishikesh

\* Trained about 400 Yoga Teachers.

\* Founder and Director of Vivekananda Yoga San Diego.

Lecturer in yoga philosophy, Patanjali Yoga Sutras, Vedanta, Karma Yoga, Raja Yoga, Bhakti Yoga, Jnana Yoga etc.

## Other Faculty

### Paul Moore

#### *Yoga Teacher*

The 2016 senior men's international champion has been practicing for nine years.

He began practicing at age 57 as therapy to relieve knee pain. Two weeks of practice made a big difference. More importantly, Paul began to notice positive mental changes: greater calmness, better reaction to stress, and more patience. From that point on, it only seemed natural to stop and take a yoga class on the drive home from work.

"I'm amazed at the power of yoga to transform your body and mind. The knee pain that drove me to begin practicing was a blessing."

The first international yoga championship that he watched inspired him to practice even more. One day a teacher showed him a couple of advanced postures, suitable for use in

the competition. Since then he has been in six regional, five national and one international competition. He says that "Preparing for the competitions transformed my practice."

In 2016 he attended an international yoga festival in Rishikesh India, becoming more aware of a wider range of yoga practices.

His positive experiences in the Vivekananda 2018 Yoga Instructors' Course reinforces the yogic saying, "When the student is ready, the teacher appears."

Paul enjoys inspiring others to practice yoga and to improve their physical and mental health. Paul is also a board member of USA Yoga, a non-profit dedicated to inspiring yoga practice.

## Course Design

### 1. Techniques, Training and Practice: 100 Hours

Minimum Contact Hours: 75 hour

- Introduction to Yoga
  - Goal of life, Happiness analysis (Ananda Mimamsa), Shreyas (Wellbeing Vs Preyas (Sensual pleasures)
  - Definition and History of Yoga
  - Four streams of Yoga
  - Ashtanga Yoga and Hatha Yoga
  - Yoga as a way of life and Wellness
  - Yoga and Stress
  - Pancha Kosha Viveka (Five Sheaths of existence).
- Sukshma Vyayama (Sbtle exercises)
- Physical Exercises Vs Yoga
- Loosening exercises for Strength, stamina and flexibility
- Asanas with limitations, benefits, subtle points, breathing pattern.
- Breath, Breathing exercises, Prana and Pranayama and energy anatomy.
- Mudras and Bandhas.
- Shat Kriyas
- Yoga Nidra, guided meditation.

### 2. Teaching Methodology: 25 Hours

- Concept of teacher and Guru. Becoming a Yoga Guru
- Communication skills such as group dynamics, time management, and the establishment of priorities and boundaries.

- How to address the specific needs of individuals and special populations, to the degree possible in a group setting.
- Principles of demonstration, observation, assisting and correcting.
- Teaching styles.
- Qualities of a teacher.
- The student learning process.
- Business aspects of teaching yoga\* (including marketing and legal).

### **3. Anatomy and Physiology: 20 Hours\***

- Human physical anatomy and physiology (bodily systems, organs, etc.)
- Psychic physiology of Yoga (energy anatomy - chakras, nadis, etc.).
- Application of anatomy and physiology principles to yoga.

### **4. Yoga Philosophy, Lifestyle and Ethics for Yoga Teachers: 30 hours**

- Philosophy of Yoga
  1. Origin of yoga, Vedas, Upanishads.
  2. Shad Darshanas with special focus on Samkhya and Yoga.
  3. Patanjali yoga Sutras
  4. Bhagavad Gita
  5. Hatha yoga Theory
- Four streams of Yoga
  1. Raja yoga
  2. Bhakti yoga
  3. Karma yoga
  4. Jnana yoga
- Chanting of Mantras, Bhajans and Sutras.

### **5. Practicum: 20 Hours**

- Practice teaching as the lead instructor
- Receiving and giving feedback.
- Observing others teaching.\*\*
- Assisting students while someone else is teaching

#### **Course Material:**

- Integrated Approach to Yoga Therapy for Promotion of Positive Health  
By Dr R Nagaratna and Dr H. R. Nagendra a publication of SVYASA.
- Asana, Pranayama, Mudras and Bandhas by Swamis Satyananda Saraswati  
Bihar School of Yoga.

- Bhagavad Gita
- Patanjali Yoga Sutras

**Venue /Contact Info :**

**Vivekananda Yoga**

**9285, Carrol Center Rd San Diego, CA 92126**

**[myyogabyasa@gmail.com](mailto:myyogabyasa@gmail.com)    Mobile - [\(858\) 284-0458](tel:(858)284-0458)**

**Conclusion:**

This course is effort elastic. If the participants work enthusiastically and studiously, we can explore into the deeper aspects of Yoga. This course is experiential learning. We cannot teach or instruct anything, we are not practicing ourselves. The goal is to adopt Yoga as a way of life and make others do it.

Finally an early registration will enable us to organize better. Respond quickly.