



**Vivekananda Yoga**

• Health • Happiness • Harmony

[www.vivekanandayoga.us](http://www.vivekanandayoga.us)



# Traditional Yoga Immersion Course (200 Hrs.) Spring 2021

Eligible to Register with Yoga Alliance as Yoga Teacher – RYT 200  
(March 27<sup>th</sup>, 2021 – 31<sup>st</sup> July 2021)

---

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

## Introduction

These are the times to pause and to review life and take charge of it. Time to reorient and make life more meaningful and fulfilling. Time to live mindfully in awareness. Time to build immunity by enhancing strength and stamina of the body and by relaxing and calming down the mind. To develop coping mechanisms to manage the stresses and strains of modern life. Time to change our lifestyle and make life Healthy, Happy and Harmonious.

Traditional Yoga Immersion Course (200 Hrs.) by Vivekananda Yoga is a life changing intervention towards that goal. Come join the Sprint 2021 batch. In last couple of year around 200 students have done the 200 Hrs. course with us. Let us march together towards relaxation, joy, and happiness. Please note that upon successful completion one may register with Yoga Alliance as a RYT 200 Yoga Teacher.

**There are challenges of COVID– 19 pandemic and in-person classes are not safe and possible. We have made effective use of technology and are able to deliver the program online. In person classes will resume based on state/county regulations and it is reasonably safe to do.**

This program allows individuals to take tangible steps towards their inner growth. It opens a rare opportunity to experience the depth and dimensions of our existence and the potential for growth.

Free Webinar about course on 13<sup>th</sup> March @ 11am PDT:

<https://forms.gle/NHQ4kWgsm2NG3T1s5>

Course Registration Link:

<https://forms.gle/UWg2tkWxB4iUCj8x9>

## **Yoga Teacher Training in our students' words:**

"I lack words to express the profound gratitude I feel. I thank my stars that I got an opportunity to get involved in this course. This is going to be the beginning of a better life." - Dr. Amruta Vadnerkar MD

"The course has been wonderfully comprehensive and more than I had hoped to get from it and has increased my desire to learn and practice all aspects of yoga . I feel blessed to have had the opportunity" - Dr. Rashmi Vaidya, MBBS, MS, MD, FACS

"The biggest difference I see between you and the other teachers is how much you care about your students! You have a big heart pouring out love. You took personal interest in all the students and pushed them when you saw the potential in them." - Dr Smita Kitturi, Neurologist

More feedback can we found at: <https://www.facebook.com/VivekanandaYogaSD/reviews/>

What to expect:

1. Inspires, stokes, leads and guides participants to take tangible steps towards their inner growth through the system of authentic and traditional Yoga
2. Opens a rare opportunity to experience the depth and dimensions of our existence and the potential for growth.
3. Imparts the knowledge and skills for practicing and teaching yoga to attain the aforementioned objectives.

## **Deliverables**

After completing course, the students 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
- Reorient their lifestyles and live mindfully in awareness. Experience 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 200hour teacher training will be awarded to all the participants who successfully complete the course, enabling them to register with Yoga Alliance as RYT 200.

## **Faculty**

**Lead trainer – Yoga Acharya Subba Rao Nemani**

### **Other Trainers**

- 1. Paul Moore**
- 2. Subha Ekambaram**
- 3. Ashwini Oke**
- 4. Dr. Rashmi Pradhan Vaidya**
- 5. Mithun Ranganath**
- 6. Dr. Vidya Raman**

**(CV of the trainers provided in the Appendix)**

## **Course Fee**

**\$ 1,200**

## Methodology

**Online – In the first phase we will start online theory and practice sessions.**

**In Person – We shall start in person classes at San Diego, Phoenix and Bay Area or any other place where more than 6 participants have joined, when it is safe and public health regulations permit. Timings and Dates will be finalized in consultation with participants.**

## Course Design

### ● Techniques, Training and Practice: 100 Hours

- Minimum Contact Hours: 75 hours
- 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 (Subtle 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.
- Mindfulness Meditation

### ● 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).

## ● **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.

## ● **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.

## ● **Practicum: 10 Hour**

- Practice teaching as the lead instructor
- Receiving and providing feedback
- Observing others teaching
- Assisting students while someone else is teaching

## ● **Karma Yoga, Report writing 15 Hours**

### **Course Material**

- Asana, Pranayama, Mudras and Bandhas by Swami Satyananda Saraswati Bihar School of Yoga.
- notes and PP periodically
- Bhagavad Gita
- Patanjali Yoga Sutras
- YOGA your home practice companion - Sivananda Yoga Vedanta Centre

## Venue

On line. In person as when applicable - To be determined.

## Conclusion

This course is effort elastic. If the participants work enthusiastically, we can explore deeper aspects of Yoga. The course is primarily steeped in immersive learning. We cannot teach or instruct anything that we are not practicing ourselves.

Finally, a prompt registration will enable us to organize better. Please respond via registration link.

Free Webinar about course on March 13<sup>th</sup> @ 11am PDT:

<https://forms.gle/NHQ4kWgsm2NG3T1s5>

Course Registration Link:

<https://forms.gle/VK8EexaxFQHzwvCf9>

-----00000000-----

## Appendix

### Yoga Acharya Subba Rao Nemani

#### *Lead Yoga Teacher*

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

\* ERYT 500 certified by Yoga Alliance.

\* A Certified Yoga Therapist by Vyasa (A prominent Yoga University), Bengaluru, India.

\* 4000 hours of training at top class yoga institutions of repute in India like Divine Life Society - Rishikesh (Shivananda Ashram), SVYASA, Dayananda Ashram – Rishikesh, Bihar School of Yoga.

\*. Besides conducting yoga instructor's Course and yoga classes in San Diego, he is conducting Stop Diabetes Movement and stress management programs all over USA, in collaboration with SEWA international,

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

Designer and conductor of youth development programs at reputed institutions like Vivekananda Institute of Human excellence, Ramakrishna Mission and Vivekananda Kendra, Kanyakumari.

\* 20+ Years of Excellence

\* 500+ professionals trained

Thousands of happy Followers

---

## **Paul Moore**

### *Yoga Teacher (RYT200)*

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 competitions. 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.

---

## **Subha Ekambaram**

### *Yoga Teacher (RYT 200)*

Subha has been a student of yoga for over 20 years. She likes to incorporate aspects of body awareness, use yoga/pranayama as effective tools to journey into contemplative states of being. Mindfulness, mental health and mental hygiene are some of the areas she loves to bring to students in her class. She likes traditional yoga which includes ample practices for regulating breath, healing chants, paying homage to the teacher lineage, including the entire universe within the sphere of wellness, setting intentions and raising one's vibration. She is actively involved in the Phoenix yoga community - with daily online classes for women, coordinating a community yoga class in the park (a Sewa project). She also helps with organizing the international yoga day celebrations with Dharma focused organizations (HSS, Sewa). She is especially passionate about bringing yoga to children, having written a story about a playful monkey Manas (a metaphor for mind), who performs asanas and pranayama, and ends up finding the calmness that was always within him. Having grown up in close proximity to the Chennai Ramakrishna Math, and influenced by the Vedanta teachings of Swami Vivekananda from childhood, along with those like J Krishnamoorthy, Ramana Maharshi – she considers hatha yoga, pranayama as one of the door ways for softly treading into the realms of peace and tranquility, in the path of self-enquiry.

She strives to create, and be a part of a community of yoga practitioners who engage in service, grow in presence, and are deeply rooted in the 'being' mode within.

---

## **Mithun Kumar Ranganath**

### *Yoga Instructor (RYT200)*

Mithun first started practicing yoga in 1999 at the age of 12. Since then, he has remained a yoga enthusiast culminating with taking the Yoga Instructor Course in 2017 with Vivekananda Yoga (RYS 200). Taking the Instructor Course marked the point at which Yoga became his passion rather than just being enthusiastic about it. Mithun is passionately interested in the traditional and holistic forms of yoga. Most of his practice centers on the traditions of hatha yoga, pranayama and meditation.

Mithun practices a primarily Sattvic lifestyle - one that is governed by spiritual principles and harmony. He believes in the healing power of Omkara - the primordial sound.

Mithun practices Surya Namaskar and finds that a few quick rounds of Surya Namaskar is very effective at providing a burst of energy that can power the day ahead.



In addition to practicing Yoga, Mithun engages in various sporting activities like volleyball, badminton, tennis, marathon running etc. Through it all, he believes that Yoga is the glue between the mind-body complex and external activities.

Mithun volunteers in leading regular weekly yoga classes at his workplace; he also participates in various volunteering activities in support of Vivekananda Yoga.

Yoga Alliance profile link : <https://www.yogaalliance.org/TeacherPublicProfile?tid=240159>

### **Dr. Rashmi Pradhan Vaidya, MD, MS, FACS**

#### *Yoga Instructor (RYT 200)*

Rashmi is a surgeon trained in India, US and Japan and currently practices Breast Surgical Oncology i.e surgical treatment of breast cancer patients to remove cancer in their breast and lymph nodes. She charts the cancer care of her patients in collaboration with her team of medical and radiation oncologists, nutritionists, geneticists and yoga therapists to provide Comprehensive Cancer Care in Phoenix Arizona.

Rashmi had been seeking a gentler yet wholesome way of exercise after repeated knee injuries and considers herself fortunate to have been serendipitously introduced to Vivekananda Yoga teacher training in December 2019. Having had no prior yoga experience, she surprised herself with how much she enjoyed the training itself and how much she learnt of yoga in the holistic sense. Besides recovering from her knee pain, she was able to perform asanas she had never done before, all within the 6 months of the yoga teacher training.

Rashmi continues to practice yoga on a regular basis and volunteers to teach Yoga with the non-profit Sewa organization in Phoenix. She is also working on bringing yoga to her patients early during the active part of their treatment due to its myriad proven benefits for both mind and body. She looks forward to sharing her unique vision of yoga, culled from the amalgamation of the modern science perspective and the study of yoga as an ancient and enduring way of life.

### **Dr. Vidya Raman, MD**

#### *Yoga Instructor (RYT 200)*

Dr. Vidya Raman is a physician in Internal Medicine. She graduated from KEM hospital in Mumbai and has been practicing in Phoenix for the last 20 years.

She completed the teacher's training program with Vivekananda Yoga, San Diego in November 2020. She is interested in applying principles of yoga towards a healthy lifestyle.