



# Traditional Yoga Immersion Course (YTT 200) Spring 2022

(Feb 19th to June 12th )

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

*“God grant me the serenity to accept things I can not change and the courage to change things I can and the wisdom to know the difference”*

## Introduction

It is time to pause and review our life. Time to make a self audit of our habit patterns. Time to reorient and make life more meaningful and fulfilling. Time to take charge and be responsible for our wellbeing. Time to live mindfully and in awareness. Time to build immunity by enhancing strength and stamina of the body. Time to learn to let go and relax and calm 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.

Driven by the compulsive nature of our habit patterns and entanglements, often, our individual energies are not sufficient to reorient ourselves. It requires a guide or a Guru to show the direction, nurture you and nourish you. We do need a support group. In yogic parlance, we call the support group a **Satsanga**.

Come join the Satsanga. Let us march together towards relaxation, joy, and happiness. Let us face the challenges of life with enthusiasm, confidence, courage and in relaxation. Let us make our lives meaningful, purposeful and enjoyable.

Come Join the The Traditional Yoga Immersion Course (200 Hrs) - 2022 (Spring). It is a life changing intervention. This program enables you to take tangible steps towards your inner

growth. It opens a rare opportunity to experience the depth and dimensions of our existence and the potential for growth.

**Upon successful completion you earn a certificate of YTT - 200 and if you choose to You can register yourself with Yoga Alliance as a RYT 200 Yoga Teacher.**

### **Delivery of the Program -**

Due to the challenges of COVID-19 pandemic initially the program will be delivered on line by making effective use of technology. We are planning to start in-person classes in San Diego (near Miramar Cash and Carry) starting 03/01 and at other centers where at least 10 students are there.

Free Webinar about the course on Feb 12th @ 1. AM PDT:

<https://forms.gle/5KkpKTkAekEYppKz5>

Course Registration Link:

<https://forms.gle/dq4LgFwHXTntGPMD8>

### **Our 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**

"Vivekananda yoga has been a phenomenal life-changing experience. I attended the informational seminar in the winter of 2021 and was on the fence about joining the 200 hour yoga teacher training course. But guruji's energy and passion to teach were very much palpable even through the virtual zoom meeting! I am so glad that I joined the course. Guruji offers a comprehensive multidimensional personal growth experience through physical, mental and spiritual practices. The course extensively covers yoga asanas with emphasis on proper posture, alignment, technique, and teaching skills catered to each participant's unique needs. In

addition, ample time is allocated to theory including scriptures such as Bhagavad gita and patanjali yoga sutras to facilitate a deeper understanding of the concepts and help translate the experience on the mat to real world every day scenarios. Guruji has also established a wonderful satsangha of practitioners that can support you to stay motivated and energized through this journey” **Dr. Jyotsna Reddy, MD**

“I highly recommend Vivekananda Yoga for Guruji’s passion and compassion towards his students. While most schools in the world have the shrewd profit making goals and culturally appropriate yoga, Vivekananda Yoga comes as an oasis to give solace to the traditionalists who are seeking the authentic experience.

Guruji is well versed with the spiritual scriptures, theory of yoga as well as the practice and has tremendous stamina to beat us younger students. His vigor is unparalleled. His chantings are enchanting, mesmerizing and soothing to the soul and like a Pied Piper he leads us down the path while we follow him holding his finger. After attending many contemporary schools i can safely say that Vivekananda Yoga is one of the best schools in the US.

I wish Vivekananda Yoga all the success and the new students all the best wishes. I would love to see a branch in Phoenix.” **Amit Upadhye**

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

### **What to expect in Yoga Teacher Training:**

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 YTT, 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
- Register with Yoga Alliance as RYT - 200 Teacher.

## Certification

- A certificate of Yoga Alliance 200 hour 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:**

- Paul Moore
- Mithun Ranganath
- Dr Vidya
- Dr Neeta Pense
- Dr Jyotsna Reddy
- Amita Advani
- Shubhangi Yogi
- Priyanka Apte

(CV of the trainers provided in the Appendix)

## Course Fee:

**\$ 1,200**

(Can be paid in two installments of \$600 each. First installment payable on registration and 2nd before 19th April 22)

Payment method - Zelle/Venmo - 7603005365

## Methodology

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

In Person – Subject to public health regulations we shall start in person classes at San Diego and other centers where at least 10 students are available. 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 patterns.
- 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 Center

## Venue

Online / Studio near Miramar Cash & Carry, San Diego

## Conclusion

This course is effort elastic. If the participants work enthusiastically, we can explore deeper realms of Yoga. Yoga is an experiential learning process. What we learn we should practice. You will agree, we cannot teach others whatever we are not practicing ourselves.

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

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## Appendix

**Yoga Acharya Subba Rao Nemani**

ERYT - 500

*The Founder & Director - 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 senior faculty at 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.*

*\* Founder Director of Vivekananda Yoga San Diego.*

\*. 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.

\* 25+ Years of Excellence

\* 500+ professionals trained

Thousands of happy Followers

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## **Paul Moore**

### *Yoga Teacher (YTT200)*

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 former board member of USA Yoga, a non-profit dedicated to inspiring yoga practice.

Yoga Alliance profile link: <https://www.yogaalliance.org/TeacherPublicProfile?tid=239763>



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## **Mithun Kumar Ranganath**

### *Yoga Instructor (YTT200)*

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.

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

### *Yoga Instructor (YTT 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.-

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## **Shubhangi Yogi**

### *Yoga Instructor (YTT 200)*

For Shubhangi, the journey of Yoga has been fortuitous to say the least. She dabbled in Yoga on and off but never pursued it consistently. That changed during the pandemic. She was eager to

try something new, to put her athletic abilities to good use. That is when she heard about the Yoga Teacher training with Vivekananda Yoga and joined this rewarding program in June 2020.

Growing up, Shubhangi was an active sportsperson. She even participated in 'Mala-Khamb', an Indian style Aerial Gymnastic arts which needs extreme flexibility. She also served in the youth National Cadet Corps (NCC). The foundational seed to learn Yoga and to become a teacher was sown during those early years.

Under Yoga Acharya Sri Subbarao Nemani's (Guruji) tutelage, Shubhangi has realized the true meaning of Yoga. She believes that Yoga is not just about physical advanced asanas, but it also plays a pivotal role in calming the mind and opening a door towards spiritual knowledge that lifts you away from the mundane things in life. She likes the traditional aspects of Yoga such as Hatha, Pranayama, and Meditation. She wants to follow the footsteps of her Guruji and bring this most authentic and traditional form of Yoga to people all over the world.

In addition to Yoga, Shubhangi enjoys dancing, hiking, and running marathons. She is also a makeup artist/cosmetologist. Shubhangi volunteers at Hindu Swayamsevak Sangh (HSS) and participates in 'Sewa International' non-profit fundraisers.

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## **Amita Advani**

### *Yoga Instructor (YTT 200)*

Amita began her yoga journey in 2015. A few years later she enrolled in Yoga Teacher's Training (YTT) with Vivekananda Yoga in San Diego, with an intention to deepen her personal practice. The most valuable lesson she received from YTT was mindfulness and awareness of the present moment, not only during the yoga practice, but also during her day to day activities. She is currently pursuing YTT 500 as well as Master's of Science in Yoga with emphasis on Yoga Therapy from Vivekananda Yoga University (VAYU) in Los Angeles, California.

Amita loves hiking, being in nature, and spending time with family & friends. She enjoys her daily pranayama and meditation practices, especially the chanting of Omkara. She is an engaging yoga instructor. Every class is a gift - an opportunity to offer others the goodness that she has found in her own yoga practice. She is passionate about uniting the mind - body consciousness, and she would love to join you on your journey!

## **Priyanka Apte**

### *Yoga Instructor (YTT 200)*

Priyanka's yoga journey began from her childhood. Growing up, Priyanka and her grandfather had a regimen of practicing yogasanas and surya namaskars daily. She participated in various yoga and suryanamaskar competitions during her academic years. Along with that she also received a formal training in rope-mallakhamb (Indian Aerial Gymnastics). Her expertise was to perform various asanas including but not limited to Dhanurasana, Paschimottanasana, Tadasana etc. on the rope -mallakhamb. She competed at the State level for mallakhamb and was recognized for performing these unique asanas on the rope with ease.

A couple years ago, Priyanka had a privilege to undergo teacher's training (YTT) under the guidance of Yoga Acharya Sri Subbarao Nemani's (Guruji). She started this training with the intention of deepening her own practice. The most valuable lesson she has learned from YTT is self awareness and being able to connect body/mind via breath.

Along with yoga, Priyanka loves to try out new healthy recipes, explore hiking on different mountains, biking and spending time in nature. She enjoys her "me time" with her daily yoga practice, pranayama and meditation. Priyanka is a scientist in her professional career. With her scientific background she likes to understand the science behind yogic lifestyle.

Priyanka really enjoys teaching yoga! Her skill is to create various flows of asanas that can target specific muscle groups. Priyanka's goal is to spread traditional yoga and help people live healthy lives!