BE INSPIRED

Follow your heart and with the assistance of the Yogashala Institute team deepen your knowledge and understanding of yoga and become an inspired and inspiring yoga teacher. We will be delighted to accompany you on your journey and, from our hearts, we hope you will join us for the 14 day Intensive RYT 200hr Teacher Training this summer.

TRADITIONS INSPIRING US

The unity of different paths of yoga: teachers from many different lineages all sharing the same passion, softness, subtleness and firmness. Let this unity and diversity reveal hidden aspects of yourself and guide your approach to the teachings of yoga.

Ashtanga: The mother of all yoga styles which today go by the name of Flow or Vinyasa, a fluid and conscious series of postures that will teach you to coordinate the asana with the vinyasa breath.

Anusara: Offers an understanding of the most advanced and precise biomechanics of corporal positioning delving into a deeper philosophical dimension.

Iyengar: A precise and therapeutic postural methodology with a focus on Pranayama or the ‘Art of Breathing’.

Rocket: Based on the Ashtanga system, this practice teaches the realisation of progressively more complex vinyasas.

Hatha Vinyasa: Create your own choreography, daring, elegant and profound.

We look forward to seeing you!

Full program: www.yogashalainstitute.com/international
Contact: international@yogashalainstitute.com
MODULE 1: PROGRESSIVE VINYASA

- **Ashtanga and Rocket Yoga School**: Study the first and second sequences, focusing on safe transitions.
- **Anusara School**: 108 asanas in 3 modules. Inspired by the elegant approach of this school, the program includes: warm-ups; Sun Salutations A & B; standing, seated, and floor asanas.
- **Iyengar School**: A finishing sequence with therapeutic variations, inspired by the technical biomechanics taught by B. K. S: Iyengar.

A SET OF 108 POSES IN 3 MODULES: a) beginners, b) intermediate, c) advanced.
- **Suryanamaskar variations**: shine like the sun, flow, sweat and breathe.
- **Standing Poses**: root yourself into the earth, warriors, triconas and parsvakonas.
- **Dynamic Balances**: grow like a tree, connect with the center, reach for the sky.
- **Tone up your centre**: abdominals of deep action in your core, hypopresive abs.
- **Hand balances**: floating like a cloud; acrobatics.
- **Hip Openers**: open your hips, expand your boundaries.
- **Back Bends**: flexible like a bamboo, open your heart beyond fear.
- **Forward Bends and Twists**: restore your resolutions with life.
- **Head Stands and Shoulder Stands**: look at the world from a new perspective.
- **Recovery Asanas**: honoring limitations, therapeutic asanas, use of props, blankets, blocks etc.
- **Yin Yoga**: slow yoga with beginners in mind.

MODULE 2: BODYMECHANICS & ANATOMY

- **Biomechanics**: Physics and alignment.
- **The heart of each Asana**: a sacred geometry of life.
- **Pranayama**: Learn to coordinate each action with its corresponding breathing sequence.
- **Chakras** and the flow of subtle energy.
- **Recovery** and therapeutics.

Choreography in asanas
- Template of a well-rounded yoga class in 21 steps.
- The stages of the class: why, how and when to teach.
- Hands on: the art of manual adjustment.

The Science of Breathing
- Education of the pneumo-thoracic function. Levelling and breathing pranayamas.
- The use of ujjayi, bandha and dristhi in asanas.

The Teacher’s Seat
- The teacher’s attitude: rules of behaviour and respect for the student.
MODULE 3: THE ART OF TEACHING

- Sequencing and organisation of your class outline.
- Learn the choreography of a well-rounded yoga class.
- Vinyasa: a safe and intelligent sequence.
- Manual adjustments specific to each asana.
- Breath and asana: the art of breathing.

Alignment Principles:
- The 5 Principles of the Anusara Method.
- Structural alignment of the Iyengar School.
- Bandhas, Pranayama and Drishtis from the Ashtanga School.

Structural Biomechanics of anatomy and physiology:
- Biomechanics of the asana. Endurance, heart recovery, muscle development, elasticity.
- Chakras, Prana and Asana in the body.
- The hip and shoulder loops, the spine, muscle chains, fascia and tendon response.

Therapeutic Recovery:
- Use of props for students with special needs.
- Restorative classes: Yin Yoga.
- Program, intensity, assimilation.

MODULE 4: YOGA PHILOSOPHY

- Yoga traditions from the Vedas, the Yoga Sutras & the Gita; the study of Classical Yoga from the perspective of Kashmir Shaivism, the most refined expression of Indian thought.
- Meditation: Set the foundations to connect with your inner world; learn potent tools and how to teach them to others.

Pre-Classic Yoga, the Vedas:
- The knowledge of the ancient sages.

The Upanishads:
- The vision quest of the forest dwellers.

The Holy Gita:
- The four classical paths of yoga.

Classic Yoga, Ashtanga:
- The eight-fold path and the limbs of yoga.

The art of meditation
- Practice and learn how to teach meditation.
- Deep relaxation techniques.
OUR TEACHERS

Javier has been practicing and teaching for more than 30 years. His team of experienced guest teachers, are an inspiration to yoga communities and individuals alike.

- E-RYT 500hr Yoga Alliance Senior Yoga Teacher
- Director of the Yogashala Institute professional program.
- Advanced Studies in Philosophy & Meditation, India 1987-93.
- Trained in Ashtanga Vinyasa with Pattabhi Jois, India in 1999.
- Anusara teacher, has been training with John Friend since 2001.
- Is registered with the iyengar Association for 14 years.
- Sridaiva Bow Spring teacher.
- Actively teaching Progressive Ashtanga, Anusara, Therapeutics.
- Shiatsu therapist, Tai Chi and Chi Kung teacher.

- RYT 500hr Yoga Alliance Yoga Teacher
- Experienced teacher in Progressive Ashtanga.
- Passionately teaching Rocket Yoga & Ashtanga Yoga.
- Active Practitioner of Vippasana meditation.
- Yogashala Institute Senior teacher.
- Expert in Kung Fu, Tai Chi and Chi Kung
- About Tomas: https://www.facebook.com/tomas.tealdi.7

Follow the TTC event on Facebook for more info about our Assistant Teachers. Link: https://www.facebook.com/events/1645458985763841/
**A TYPICAL DAY**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
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<tbody>
<tr>
<td><strong>Morning</strong></td>
<td></td>
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<tr>
<td>07:30 - 09:30</td>
<td>Techniques, Training &amp; Practice: Master Class with Javier Castro &amp; Tomas Tealdi. Anusara, Ashtanga, Rocket, Power Flow &amp; Vinyasa Yoga.</td>
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<tr>
<td>09:30 - 10:30</td>
<td>Breakfast</td>
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<tr>
<td>10:30 - 11:45</td>
<td>Anatomy and Physiology, Yoga Philosophy/Lifestyle Ethics</td>
</tr>
<tr>
<td>11:45 - 14:00</td>
<td>Teaching Methodology, Practicum: Therapeutics, pair work &amp; manual adjustments</td>
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<tr>
<td><strong>Midday</strong></td>
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<tr>
<td>14:00 - 15:00</td>
<td>Lunch</td>
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<tr>
<td>15:00 - 18:00</td>
<td>Study, reflexion and homework</td>
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<tr>
<td><strong>Evening</strong></td>
<td></td>
</tr>
<tr>
<td>18:00 - 20:00</td>
<td>Techniques, Training &amp; Practice, Teaching Methodology: Practice</td>
</tr>
<tr>
<td>20:00 - 22:00</td>
<td>Dinner</td>
</tr>
</tbody>
</table>

*We will have two free afternoons to enjoy the beaches of El Palmar and to learn to surf with the official surf teachers of Nexo Surfhouse. (Included in the price of the TTC.) Click here to read about it: [http://nexosurfhouse.com/surf-school/](http://nexosurfhouse.com/surf-school/)*

**USEFUL INFORMATION**

**Arrival & Departure**

- **Arrival: Sunday, 18 June** - Check-in starting at 14 pm.
- **Departure: Sunday, 2 July** - Full morning schedule with practice, breakfast and certification ceremony. Check out at 12 am.
TEACHER TRAINING MATERIAL

Required material for all participants:
❤ 1 Yoga mat
❤ 2 Bricks
❤ 1 Yoga belt
❤ Pen, paper

Some of the following books can be downloaded, or they can be bought through amazon.com.

Required reading
Your TT will be supplemented by printed documentation specially prepared for the course.

Suggested reading

Online preparation and study:
❤ 50 Videos to Support your studies (Basics, Asanas, Advanced, Vinyasa, Therapeutic, Assistance and Philosophy).
❤ Learning material for four Yoga Alliance Educational Categories: Techniques, Training and Practice, Teaching Methodology, Anatomy and Physiology, Yoga Philosophy, Lifestyle and Ethics for Yoga Teachers.
❤ Homework in the above Educational Categories.

Barbara Ozieblo has prepared preparatory material which is of great help in your learning process. Enrollment for the full program will give you immediate access to 60 hours of online study material. About Basia: http://www.yogashalainstitute.com/our-team/prof-barbara-ozieblo/

Examinations
Examination is an on-going process through evaluation of your participation, motivation, group study and individual performance. Essays, homework, tests, observing classes, teaching and final exam that includes a written essay.
TUITION AND ACCOMMODATION FEES

200HR TEACHER TRAINING TUITION & ACCOMMODATION

<table>
<thead>
<tr>
<th></th>
<th>200/500hr RYT Yoga Teachers 50% off</th>
<th>Non RYT Yoga Teachers 30% off</th>
<th>Students: early bird Before 1 April 10% off</th>
<th>Students After 1 April</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuition fees</td>
<td>€600</td>
<td>€840</td>
<td>€1080</td>
<td>€1200</td>
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<tr>
<td>Shared Room/person</td>
<td>€1050</td>
<td>€1050</td>
<td>€1050</td>
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<tr>
<td><strong>TOTAL</strong></td>
<td><strong>€1650</strong></td>
<td><strong>€1890</strong></td>
<td><strong>€2130</strong></td>
<td><strong>€2250</strong></td>
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Special prices for Yoga Alliance Teachers: 50% discount

On Completing the 15 days program, you will receive a Yoga Alliance 200hr RYT Hatha Vinyasa Yoga certification.

REGISTRATION & DETAILED PAYMENT INFORMATION

Inquiries and application form at: international@yogashalainstitute.com
EL PALMAR, ANDALUCIA, SPAIN

El Palmar

El Palmar is the Surf capital of Andalucia and is popular for its laid-back atmosphere and unspoiled landscape. The dunes and foliage are being carefully preserved with elegant solid wooden walkways leading to the beach. The sand is golden. The 5km stretch of white sand, backed by a strip of grass, consists of two areas separated by a tower, Torre Nueva, which is also where the main access road arrives. On warm summer evenings young people in the bars on the roadside and the surfers in the water are waiting for the best waves.

ACCOMMODATION

Nexo Surfhouse

We offer accommodation in a comfortable Surf House situated just 350 meters away from the amazing beach of El Palmar.

“We welcome you to the Nexo Surfhouse situated in the Surf Mecca El Palmar in Costa de la Luz, Andalusia, the sunny South of Spain. We invite you to enjoy unforgettable holidays full of surfing, good vibes, new friendships, beach time, excellent food and a lot of relaxation in our Surf House.

Stay in our comfortable Surf House just a few meters from the amazing sandbeach of El Palmar. We offer you accommodation in our Surf House in fully equipped double rooms. Live the surfing way of live! Enjoy the beaches, nature and the unique and familiar atmosphere of El Palmar, meet new friends, learn how to surf, or improve your surfing and relax yourself far away from the city stress.”

OUR MENU

Restaurant and BBQ Nexo Surf House

We offer a full menu which includes breakfast, lunch and dinner. We provide unlimited tea, fruit and water throughout the day. Dinner will be served at the BBQ area of the Surfhouse.

“Local products, rich and healthy food are the essence of our kitchen...Paellas and fried seafood are our sign of quality without forgetting dishes of international flair with an exotic touch, fruit of the many years our chef travelled and worked all around the globe in the best kitchens, which makes our project unique in the region.”

Please let us know if you are on a vegetarian, vegan, lactose free or gluten free etc. diet so we can prepare in advance for your special needs.
LINKS

About Yogashala Institute
http://yogashalainstitute.com/
http://yogashalainstitute.com/international
https://www.yogaalliance.org/SchoolPublicProfile?sid=856&lid=6543
https://www.facebook.com/pages/Yogashala-Institute/171804719671068

TTC 200hr Intensive on Facebook
https://www.facebook.com/events/1645458985763841/

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https://www.facebook.com/nexosurfhouse/

VIDEOS
https://vimeo.com/176588557
https://vimeo.com/199054331

❤ Yogashala Institute International Education & Retreats