HATHA VINYASA YOGA 200HR RYT CERTIFICATION
RECOGNISED WORLDWIDE BY YOGA ALLIANCE
14 DAY IMMERSION

FOLLOW YOUR HEART
With the assistance of the Yogashala Institute team deepen your knowledge and understanding of yoga and become an inspired and inspiring yoga teacher. We are delighted to accompany you on this journey and we hope you will join us for the 14 day Intensive RYT 200hr Teacher Training this summer.

MEET THE TEAM, MEET THE TEACHERS
Experienced teachers Javier Castro & Tomas Tealdi, the Team of Yogashala Institute together with Nexo Surfhause are very proud to be hosting this event, welcoming you to El Palmar. We provide you a 60 hours online preparatory program developed by Prof. Barbara Ozieblo with educational video material of Javier Castro.

SCHOOLS INSPIRING US
Best of yoga traditions: Ashtanga, Anusara, Iyengar, Rocket, Bowspring & Hatha Vinyasa in a form of a very special YTT. Don’t miss this opportunity to make a big step in your practice and become a skilled yoga teacher.

- **Ashtanga:** The mother of all yoga styles in which Flow or Vinyasa is based, a fluid and conscious series of postures that will teach you to coordinate the asana with the vinyasa breath.
- **Anusara:** Advanced and precise biomechanics of postural yoga delving into a deeper philosophical dimension.
- **Rocket:** Based on the Ashtanga system, this practice teaches the realisation of progressively more complex vinyasas.
- **Iyengar:** A precise and therapeutic methodology with a focus on Pranayama or the ´Art of Breathing´.
- **Bowspring:** Modern postural technology for body mechanics that assist you to improve and recover your physical performance.
- **Hatha Vinyasa:** Create your own choreography, daring, elegant and profound.

We look forward to seeing you!
Full program: [www.yogashalainstitute.com/international](http://www.yogashalainstitute.com/international)
Contact: yogashalainstitute@gmail.com

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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.

MODERN POSTURAL YOGA, THE 11 POSSIBLE GROUPS OF ASANA

- **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 the human body.
- **Pranayama**: Full yogic breath and alternative nostril techniques.
- **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.

### Therapeutical 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’s 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.
- Teaching Inspired Bowspring & Therapeutic classes for 5 years.
- Actively teaching Progressive Ashtanga and Anusara.
- Shiatsu therapist, Tai Chi and Chi Kung teacher.
- About Javier: https://www.facebook.com/franciscojavier.castroalonso

- RYT 500hr, E-RYT 200hr Yoga Alliance Yoga Teacher
- Experienced teacher in Progressive Ashtanga.
- Passionately teaching Rocket Yoga & Ashtanga Yoga.
- Is training with David Kyle for several years.
- Active Practitioner of Vipassana 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. Link: https://www.facebook.com/events/2001031843497032/
A TYPICAL DAY

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<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, Vinyasa Yoga &amp; Bowspring</td>
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<td>09:30 - 10:30</td>
<td>Breakfast</td>
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<td>10:30 - 11:45</td>
<td>Anatomy and Physiology, Yoga Philosophy/Lifestyle Ethics: Theory class: journaling, contemplation and sharing</td>
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<tr>
<td>11:45 - 14:00</td>
<td>Teaching Methodology, Practicum: Therapeutics, pair work &amp; manual adjustments</td>
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<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: Free time: “siesta” &amp; beach time</td>
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<td>18:00 - 20:30</td>
<td>Techniques, Training &amp; Practice, Teaching Methodology: Practice, Q&amp;A with Tomas and Assistant Teachers</td>
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<tr>
<td>21:00 - 22:00</td>
<td>Dinner</td>
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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 Surfhhouse. (Included in the price of the TTC.) Click here to read about it: [http://nexosurfhhouse.com/en/surf-school/](http://nexosurfhhouse.com/en/surf-school/)

USEFUL INFORMATION

**Arrival & Departure**

- **Arrival: Sunday, 17 June** - Check-in starting at 14 pm. We start with Introduction & Dinner.
- **Departure: Sunday, 1 July** - Breakfast & Goodbye. Check out at 12 pm.
TEACHER TRAINING MATERIAL

Required material for all participants:
❤ 1 Yoga mat
❤ 2 Yoga Bricks (we recommend: natural cork material, size: 22cm x 11cm x 7cm)
❤ 1 Yoga belt
❤ Pen, paper

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

Required reading

Suggested reading

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

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.

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TUITION AND ACCOMMODATION FEES

Special prices for Yoga Alliance Teachers: 50% discount

200HR TEACHER TRAINING TUITION & ACCOMMODATION

<table>
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<tr>
<th></th>
<th>200/500hr RYT Yoga Teachers</th>
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<th>Students: early bird Before 1 April</th>
<th>Students After 1 April</th>
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On completing the 14 days program, you will receive a Yoga Alliance 200hr RYT Hatha Vinyasa Yoga certification.

REGISTRATION & DETAILED PAYMENT INFORMATION

Inquiries and application form at: yogashalainstitute@gmail.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 and triple 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.”

Read more about our accommodation: http://nexosurfhouse.com/en/hostel-el-palmar-cadiz/
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. Read more: http://nexosurfhouse.com/en/restaur-ant-el-palmar/

LINKS

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

TTC 200hr Intensive on Facebook
https://www.facebook.com/events/2001031843497032/

About Nexo Surfhouse
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VIDEOS
https://vimeo.com/199054331
https://www.facebook.com/MediterraneanSurfSchool/videos/1748049865247383/?fref=mentions
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❤ Yogashala Institute International Education & Retreats