



AyurYoga Eco-Ashram

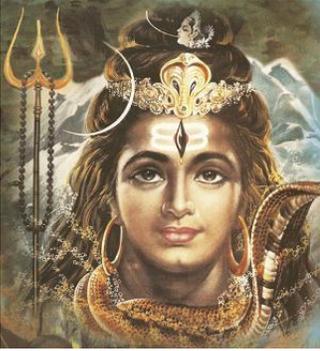
Spiritual Retreats for Wisdom-Peace-Bliss

ORIENTATION GUIDE

For Advanced Yoga Teacher Training

Village JP Hundi, Kannenur Post
Hullahalli Hobli, Mysore District
Karnataka 570016 INDIA
Phone: +91 9986699849 / +91 9567668817
Email: info@hathayoga-meditation.com
www.hathayoga-meditation.com

Foreword



Supreme Yogi Lord Shiva

Dear Students,

Thank you for choosing AyurYoga Eco-Ashram for your spiritual Retreat.

We are a group of spiritual teachers and practitioners coming together, to pass on the traditional wisdom of Indian yogis that we are very fortunate to receive from our venerable Gurus.

The age-old Indian wisdom of Yoga has been passed on from generation to generation through Guru-Disciple lineage – after going through rigorous ashram life for decades. But nowadays, the times are changing and the sacred wisdom is disappearing even from its motherland! Moreover it has been misinterpreted and reduced to few fitness practices and new age techniques for so many silly reasons.

What is available in the present day spiritual market is good and helpful for many people. But there is a small section of seekers who wants to explore yoga in its original form. For such seekers, it is not easy to find the genuine Gurus who are inevitable bridges unto that supreme Wisdom - Consciousness - Bliss - Peace, which yoga promises.

Although we are not such great gurus to give you these elevated mystical experiences, we can at least be guides in leading you further on this pathless path. At the same time, fulfilling your professional and practical requirements.

What we do is, present you the path of yoga in a Big Picture. Instead of teaching the one or two forms of yoga, we want to take you to the source and principles of yoga, that have inspired thousands of seekers for thousands of years. Once you know the principles, we expect you to design your own style of yoga as per your needs and creativity.

More than what we teach you, the actual experience of being together in an international community of seekers, and going through intensive spiritual training itself is a life transforming step.

We look forward to receive you here and giving you our best.

Namaste!

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Getting Ready



PASSPORT

Make sure your passport is valid for six months at least, from the landing date in India. If not, consult the nearest Indian embassy or consulate.

Please bring three photocopies of passport and Visa along with you and keep one with your family, in case if you loose the passport on the way.

VISA

An Indian Visa is necessary for all foreigners to enter into India. Please google for your local Indian Embassy website to find out how many days it takes to get an Indian Visa. Sending your passport to embassy or visa office by post can take a week or two. In some countries, you can walk in personally and get the Visa on the same day.

'*Tourist Visa*' is easy to get, inexpensive, and doesn't need much paper work. Please note you can't get *Student visa*, for doing a month long yoga course in an ashram. Student Visas are only for long-term academic courses in University/colleges. While filling in the Tourist Visa application, write the reason for travel as '*Vacation*'.

Please be on time in applying for visa. Sometimes, we have students compelled to cancel the trip due to the delays in getting visa, after buying flight tickets and paying deposits.



INSURANCE

If you are a first timer to India, it is better to get some sort of Insurance that covers your travel and health together.

Wikipedia has a useful page, and Google gives you loads of pages on *travel insurance*: http://en.wikipedia.org/wiki/Travel_insurance

VACCINATION



Please check with your personal doctor and also the Visa authorities. For some nationalities, it is mandatory to take the Yellow Fever Vaccination to land in India. Rules may change from time to time.

Our street wisdom says, Mysore is one of the healthiest places in India and doesn't require any vaccination, as long as you are careful with drinking water and eating food at right places.

Malaria Vaccination is not necessary if you are coming only to our ashram – we rarely see any mosquitoes here. You can also buy Malaria tablets, anti-mosquito creams, and lemon-grass oils, which are available in India.

If you would like to read more: [Health Advice for India](#)

INCREDIBLE INDIA



India is a complex thing to understand, like the Indians you might have seen! Here you will find a hotchpotch of everything that a human mind could ever conceive - from the most sublime thoughts of 'I am God' to Charvaka idea of Beg-Borrow-Steal to enjoy the life!

The variety of phenomena and cultural contrast you can see here is mind-blowing! The smells and sounds could be tantalizing in the beginning and no-sense of time in India could be testing your patience. But once you get to see the heart of the oldest country on this earth - you can't but fall in love with Indian style of living a life.

When you are in India, don't try to compare anything with the West. Just enjoy the good side of India as it is.

Good to know more:

[Wiki's first door to India](#)

[About Karnataka](#)

[About Kerala](#)

[Lonely Souls are most Welcome here](#)

If you would like to travel before or after the course, we will be happy to put you in touch with our travel partners who can organize safe taxis/tours around India.



Flying to India

FLYING FIRST TIME?



If you are taking an international flight for the first time, or if you haven't flown for a long time, you might like these smart tips:

[Travel is Fun - Take it Easy](#)

WHEN TO ARRIVE?

It takes at least one/two days to get used to Indian weather, water, food – unless you are an 'outdoor' personality by nature! The body might feel run down in the first week – due new food and new water. So, our street wisdom says, if you have enough time, it is better to come early and chill out for a few days and lighten your heart – before you start feeling the effects of rigorous schedule starting with a 5.30 am wake-up!

If your life is racing with time and can't come to India early - then please arrive on the day before the course starts. You got to rest after a long flight and get orientated to the place.

The course officially begins with 7 am silent meditation and initiation puja (ritual) and presenting the manuals and schedules to students on the start date. On the same day, there will be an Orientation Talk to prepare you mentally and leave the afternoon free if you need to do any shopping and to complete application and payments etc... There will be an optional yoga class on the evening of the same day. The full schedule will come into effect from the next day.

WHEN TO DEPART?

We end the course with certification ceremony and a farewell lunch and cultural program by 2 pm on the last date of the course. You are free to go on the same night, if you have a flight to catch. Otherwise, your accommodation charges include the night of the last day also. You can also stay for one or two days extra after the course by paying \$20/day/private room, \$10/day/twin-share for each extra day.

SEARCHING FOR FLIGHT TICKETS



Momondo is a search engine for flights. You help you find and compare fares from 400+ travel sites. We are not a travel agency, and we don't sell flight tickets. You are always in control of your booking. We are recommended by the fine people at: TIME, CNN.com, MSNBC, Frodo.com, DuJour.

Please note flight rates are not same for all the airlines, or routes, and there could be a difference in price for weekdays and weekends. You might get a cheaper ticket by adjusting your dates a day or two...

Our favourite sites are:

<http://www.momondo.com/>

<http://www.ixigo.com>

<http://www.skyscanner.in/> has the option to search from country to country and compare the fares to the nearby airports.

If you need a travel agent to help you with flights, we have an associate travel agent in Dubai who can help you with finding right flights at better rates than websites.

WHICH AIRPORT TO LAND?

- 1) Bangalore (BLR), Karnataka – is four hour drive to Mysore.
- 2) Calicut (CCJ), Kerala – is five hours drive to Mysore through forest.

Bangalore is well connected with all cities in all the continents.

Calicut (also known as Kozhikode) is connected mostly with airports in the Gulf Countries like Dubai, Doha, Abu Dhabi which are major connecting hubs to Europe, USA/Canada and Africa.

Estimation of Airport Transport Costs:

From	To Mysore	Driving	Cost in INR	Est. USD	Est. Euro
Bangalore	180 Km.	4 hours	Rs. 4000	\$65	€45
Calicut	200 Km.	5 hours	Rs. 5000	\$80	€58
Mysore	40 Km.	1 hour	Rs. 1200	\$20	€15

Please check: www.xe.com for current exchange rates.

Mysore Airport

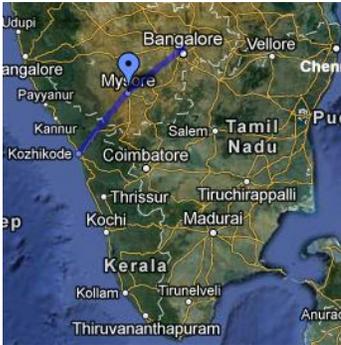
There is one small domestic airport in Mysore connecting with flights from Bangalore and Chennai – thrice a week.

But their timings in the afternoon may not be suiting most of you arriving at early morning or late nights.

Most of the students arrive one/two days before and it is possible to share a taxi and fare with one/two more students. Majority of the students arrive between 3 am to 8 am time slots. It is also possible to share taxi while departing from the ashram to Bangalore airport.

If you are getting a cheaper ticket, you can also land in Delhi, Mumbai, or Chennai and then take a connecting domestic flight to Bangalore / Mysore.

AIRPORT PICK UP AND DROP BACK



[Click on this Google Map to see other places close to Mysore](#)

We organize to pick you up and also drop you back at either Bangalore or Calicut or Mysore as per the above listed costs, which can be shared with other students. Most of the students arrive one/two days before the course start dates.

You will have to send us your confirmed e-ticket as we need to know the flight number, airlines and from which airport, besides arrival/departure timings. We will confirm you the booking of taxi by email and also one/two weeks before the course start date, we will send you a PDF file where you can double check your flight details.

Our person will be standing at the Arrivals gate with a placard: AyurYoga Eco-Ashram, Mysore. Also we will give you at least four phone numbers to reach us in case of any difficulty in locating our person.

We don't mind picking you up at anytime of the day/night.

Arriving by Bus/Train

From Bangalore Airport:



There are two Buses from Bangalore Airport to Mysore non-stop. It takes about four hours and costs about Rs.800. Then, we can organize to pick you up from Mysore Taxi from the bus station to the ashram – another one hour drive, costs Rs.1200.

This particular tourist bus departs from Bangalore airport everyday at 10.30 am and again at 03.00 pm. You need to reserve a ticket online in advance from here: <http://www.ksrtc.in/site/>

You can also find Bangalore – Mysore Volvo buses from Suburban station outside Bangalore City, which is connected with special Airport buses that run every 30 minutes to the city.

There are buses and trains available to Mysore from other parts of South India. If you can email us from where you want to come we can suggest you the best way to reach us.

For trains: www.indiarailinfo.com

For Buses: www.redbus.in

Travelling before/after the course?



There are innumerable places to explore all around Mysore.

Kerala is famous for beaches in Varakala (South), Kannur (North) backwaters in Allepy, tea plantations in Munnar, forests and mountains in Wayanad, which are two/three hours drive from our ashram.

Tamil Nadu is famous for its hills stations of Kodai Kanal, Ooty which are just two/three hours drive from Mysore. Huge temples from Madurai to Chennai via Thirucharapalli, Tanjavur are great attractions. Thiruvannamalai and Auroville near Chennai are two other great places.

Karntaka is famous for Nature and Wild life closer to Mysore. Two hours west of Mysore one can visit the Tibetan settlements in Bylakuppe in the region of Coorg, which is famous for Coffee plantations.

Belur, three hours North of Mysore is famous for its ancient intricate temple architecture and Jain Temples.

Hampi, on the way to Goa is a 12 hours night drive, is a popular hang out for western back-packers! Gokarna on the coast is further 10 hour drive, is just before entering the state of Goa is another beach hang-out for travelers.

Mangalore is the nearest coastal town on the west from Mysore is a major connecting hub to go down towards Kerala or go up towards Goa and Mumbai.

Here are some popular tourist paths of South India nearer to Mysore:

- 1) Mumbai-Goa-Gokarna-Hampi-Belur-Bylakuppe-Mysore
- 2) Mysore-Wayanad Wild-Life/mountains – Kannur Beach / Calicut-Cochin-Allepy Backwaters & Amma's ashram – Varkala – Trivandrum
- 3) Mysore- Ooty – Coimbatore-Kodaikanal - Madurai-Kanyakumari-Trivandrum
- 4) Mysore-Ooty-Coimbatore-Kodiakanal-Chidambaram/Tanjavore – Thiruvannamalai-Mahabalipuram-Auroville-Chennai

Normally we have students travelling before/after the course, if you would like to have some company. We have a facebook group for each course where students can find each other before/after the course.

We are also associated with a few travel companies in South India and can help you in organizing the taxis/tours with safe drivers/guides.





If you are travelling in India on a longer train journey, we recommend to reserve the tickets in advance in Air-con coaches known AC-3 tier, AC-2 tier classes. The Sleeper class is okay for a short journey – but crowded and may not be as clean and comfortable like AC coaches. AC-1st class is also not safe for single women as they contain the rooms with four berths and you might be locked up in a room with a stranger.

For more information about interesting places to explore and other practical information related to travel, stay, food etc. please check:

[http://wikitravel.org/en/Southern India](http://wikitravel.org/en/Southern_India)

[Lonley Planet PDF on South India](#)

<http://wikitravel.org/en/Mysore>

Day-Trips on Days-off during the course



During the course we will have days-off, one after each six days. On these days, we organize some of these tours:

- 1) Mysore Town (Chamundi Temple, Mysore Palace, Lunch, Bazars etc.)
- 2) Bylakuppe Tibetan settlements/ Coorg plantations / Elephant Safari
- 2) Forest and Mountains of Tamilnadu – Ooty
- 3) Wild Life in Kerala and Wayanad hills and forests
- 4) Somanathapuram temple / Waterfalls out of Mysore

It is not necessary the entire group to go to one place at a time. We can organize small taxis for 3 to 7 people to choose different destination.

Estimation of costs?

It depends on the number of students and type of vehicle.

For trips within and closer to Mysore budget at least \$10 to \$20.

For trips outside Mysore but within Karnataka at least \$20.

For trips to Tamilnadu/Kerala (three hours drive) about \$30.

Ideally you can budget at least \$50 to \$100 for sightseeing and another \$100 to \$200 for minimum shopping you may feel tempted for yourself and gifts for your family and friends.

US\$300 spare money above course costs is good enough!

You are also free to have your own plans or rest in the ashram on the day-off . Food and drinks on days-off are provided without any extra charges.



Mysore

Where East meets West



The town of Mysore is well known for its ancient heritage and great seat of education , arts, food, festivals, ancient temples, green ecology with 186 parks and best weather in South India throughout the year.

Nowadays it is also called as the Yoga Capital of South India, as many international students live here for long stay to learn yoga, arts, music etc. It is a perfectly safe place to explore the ancient culture of South India.



Until 1947, when India was unified after Independence, Mysore was ruled for several centuries by the Royal families of Wadiyars who never lost the battles with any foreign powers and ran the country as the one of the most prosperous and developed kingdoms of pre-independent India. That's why, you can still smell that ancient Hindu Cultural vibes all around, intact from the continuity of at least two thousand years of ancient civilization based on Vedas.

Today, Mysore is a strange mix of India's ancient past and Modern India in rush of development of fancy glitters of the West. It's a place where several foreign tourist stay for a long time to learn India's past while Indians trying to imitate the West ;)

Touristy Attractions of Mysore



Mysore Palace
Chamundi Hills
Jayalakshmi Vilas Mansion / Lalita Mahal Palace

Art Gallery at Jagmohan Palace
National Museum on Natural History
Folk Art Muesuem, Mysore University
Melody World, wax museum of musicians and musical instruments



Karanji Kere – Nature park / Bird Sanctuary / Butterfly Park
Mysore Zoo (Estd. 1892 – 245 acres)

K.R. Market / Devraj Urs Road – for shopping
Cauvery Arts and Crafts Emporium, Sayyaji Road
Gokulam / Kalidasa Road – famous for Yoga students / Shopping

AyurYoga Eco-Ashram



Ashram is a place where people can recharge their spiritual batteries, away from all the distractions of the busy and materialistic world. A secluded space and energy of like minded people in an ashram helps us to take a time off from these compulsive behaviours, attitudes, habits, schedules, obligations of the society and challenge our own beliefs and values that guide our lifestyle. Here, we dare to ask: What am I doing with my life? Why? What do I want? What is the purpose of Life? And each one of us has to find the answers from within.

Our Location:

AyurYoga Eco-ashram is an 18 acres organic farm under development on the banks of River Kabini, with panoramic views of the valleys and hills all around. Situated far away from any hustle and bustle of modern world and surround with agriculture fields for several miles all around – which makes it very scenic with changing colours every month as farmers growing and harvesting varieties of crops one after another.

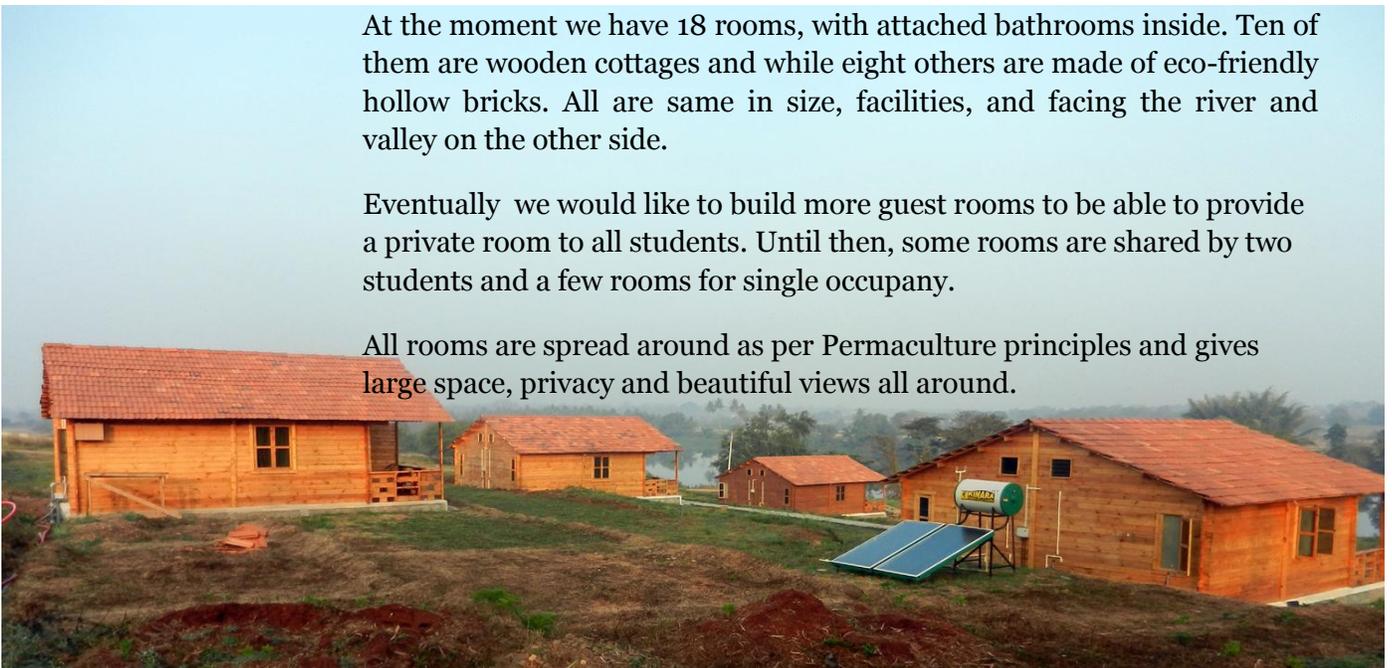
Though geographically located in the state of Karnataka, the borders of Kerala and Tamilanadu Forest Reserves are less than two hours drive from the ashram.

Accommodation:

At the moment we have 18 rooms, with attached bathrooms inside. Ten of them are wooden cottages and while eight others are made of eco-friendly hollow bricks. All are same in size, facilities, and facing the river and valley on the other side.

Eventually we would like to build more guest rooms to be able to provide a private room to all students. Until then, some rooms are shared by two students and a few rooms for single occupancy.

All rooms are spread around as per Permaculture principles and gives large space, privacy and beautiful views all around.





- ✓ All beds have spring mattress, pillows, quilts, blankets etc
- ✓ Clean bed-sheets and towels are changed regularly
- ✓ Reading table and chair, wardrobe with safe keeping lockers
- ✓ Wastebin, Brooms/brushes/cleaning supplies for self-cleaning
- ✓ Balcony facing river, with easy chairs and coffee tables
- ✓ Mosquito nets for all three windows – no need of a separate net
- ✓ Bathrooms with western toilets, showers, sinks, mirrors etc.
- ✓ Solar Hot water to keep you warm
- ✓ A small pantry area with a sink and counter
- ✓ Toilet paper is sold at nominal cost
- ✓ 24/7 power supply with voltage control and back up generator
- ✓ Universal plug points in rooms – suitable for charging any gadget
- ✓ Wi-Fi access with a nominal charge
- ✓ Laundry in modern washing machine with a nominal charge



PHONES

Most of the mobile phones from other countries also work here, on extra roaming charges. You can also rent a pre-paid SIM card from us for \$20/month which is good enough to receive phone calls for free. If you need to make phone calls or send text messages you can recharge the Sim with extra charge of \$10 to \$50 – as per your needs.

INTERNET

Wi-Fi access at nominal cost is available if you have a computer/device. If not, you can use the computers in our office at a nominal cost.

Forbidden Items

It is strictly forbidden to use Alcohol, drugs or any type of mind-changing substances, meat products in our ashram, to respect the local culture here and to have a clean body-mind in the ashram. For tobacco smokers it is a great opportunity to quit, but if you can't do that you will have to restrict your smoking within your room, away from other students/staff who may not appreciate seeing a yoga student smoking.



FOOD & DRINKS



Our Dining Hall

We provide healthy, nutritious and tasty vegetarian meals, suitable for western yoga students, with a taste of India. We avoid the foods which are not conducive for the intense practice of yoga you will be going through. Meat and Fish products are not provided in our campus.

If the Indian food doesn't suite you, we can provide you porridge, corn flakes, etc as alternative. For gluten-free students, you can easily manage with our food as we always have salad and two vegetable dishes, other than rice dishes.

All meals are served in buffet style – you are welcome to eat as much as you like.

Timings:

07.00 am: Hot Lemon Ginger / Herbal Drink, before Yoga

9.30 am: Salad, Vegetable dishes, Rice, Chapatis (Indian bread), Tea etc.

2.00 pm: Fruit bowl with Juice/Herbal Drink/Tea

7.00 pm: Indian Breakfast items like Idly, Dosa, Upma etc., Lentils, Vegetable Dish, Salad, Herbal Hot Drinks and occasional Desserts

Brunch: 9.30 to 10.30 am (After Yoga)

You are waking up early around 5 am and also doing a two hour yoga session – so you will need more than a normal breakfast! It is going to be your main meal and feel free to eat as much as you can digest. At this time, we serve rice varieties, chapatti (Indian bread), lentils (Dal/Sambar), salad, vegetable curries, and a dessert occasionally.

No Lunch and it should be fine. If you are eating heavy brunch around 9.30 am, you will not feel hungry for lunch. A light stomach is also required for our afternoon theory and practice classes. But if the rats are running in your tummy we don't expect you to starve. We can arrange for you to eat something. Just feel free to talk to our techers.

Still Starving?

Mysore is notoriously famous for its snacks, bakeries, sweets, chats and coconuts on the streets. Whenever you go out to the town you can also buy dry fruits and other healthy foods from local stores and bakeries.

Drinking Water

We provide filtered water for drinking purpose. Bring a water Bottle.



MONEY MATTERS



The currency in India is Rupees (INR) which you can get from many money exchange banks/agencies/agents in Mysore. Our official money agents will also come to our campus for one or two days at the start of the course to enable you to change money. Please avoid changing money from any Indian airports as they give very low rates, after deducting taxes.

For paying the course fees, room and food charges to us, we accept cash in Euros, Australian/US Dollars, GBP, Indian Rupees or any major currency as per the current exchange rates on www.xe.com. Please check with us if you are not sure about your currency, before bringing here.

If you don't feel comfortable with carrying cash, you can bring Travellers Checks which can be encashed with money agents coming to our campus.

You can also pay us or get cash for yourself, from your Credit/Debit card through the money agents coming to our campus – it is same like drawing from ATM – but with 4% extra commission that agents would charge for processing and carrying cash here. If you want to use this option, please check with your credit/debit about fees they might apply for “Cash Advances Abroad” – tell them it is not ‘purchase’ but ‘cash advance’. Also please make double sure of the restrictions and daily limits.



Plenty of ATMs (Cash Machines) exist all over India – but the amount of money you can withdraw at one time is only Rs. 10,000 (\$160) per transaction. You can use multiple ATMs for multiple transactions.

The Visa/Master pre-paid or gift Credit/Debit cards are other options!

<http://www.westernunion.com/> and www.moneygram.com/ are two popular International Money transfer services – either you or your family/friends can send over money anywhere in the world within minutes literally.

Bank Transfers and Paypal is the last option when all other options fail, as you will have to bear extra cost of 10% to 20% to cover transaction, exchange fees and other taxes for inward remittances in India.

WHAT TO BRING?

Photocopies: Please bring three copies each of your passport main page (the inside cover which has the passport number and photo) and the page that has the India Visa. Also leave one set at home with your family or friends or else you can scan it and keep in your emails as spare copy to print whenever you need. You need copies for 1) our records 2) Police 3) Money exchange etc.

Photo: Please bring two passport-size photos showing your smiling face close-up to attach with the application and another for certificate (for teacher training students).

Yoga Wear: At least three pairs of loose fitting clothes for yoga class, as you are going to sweat during yoga and need to change the clothes often. Cotton garments are ideal for this weather... Silk and synthetic materials or tight fitting yoga wear are not comfortable for tropical weathers here. You can also buy Yoga pants or tops in Mysore for about \$10/pair.

Only for Meditation: We recommend the students to come for morning meditation in fresh clothes after a shower. Wearing fresh white clothes for meditation is helpful, but not mandatory. Otherwise you can keep one pair of clothes just for morning meditation.

Cultural Sensitivities: We request the students to respect the local culture and sensitivities by dressing modestly – covering shoulders, knees and mid-riff and avoiding cleavage at all times in India. It makes a huge impact on how you will be treated/respected by Indians.

Except on the Beach and tourist areas, shorts, mini-skirts, sleeveless tops or displaying your cleavage or belly-button would be attracting unwanted attention and comments. Having a scarf handy is always useful.

Warm Clothes: Please bring a light woolen sweater and a few pairs of socks, as our ashram can be chilly in the nights and early mornings.

Towels & Bedding: You will get bed-sheets, pillows and light blankets from the rooms here. Towels are also provided and changed on demand – though you may bring your own towel for your own comfort.

Toiletries: You can buy the basic toiletries like soap, toothpaste, tooth brush, toilet paper etc.. from local shops. However, the quality of these

products in India may not be up to western standards. Better to bring your own cosmetics or sun creams etc.

For Women: Sanitary pads are available in India - but we hear our students talking something like “not good and not right sizes” etc...
Tampons are NOT available in India.



Yoga Mat: A new yoga mat is provided for all four week courses. And our yoga halls already have plenty of yoga mats. Also possible to buy new mats in our ashram for less than \$10.

Electricity: If you are bringing any electronic equipment or chargers, you may also need a [Universal Plug adapter](#) as your plugs may not fit in India.

JUST TO REMIND YOU!

- ✓ Pad-Lock for your room (preferably a Number lock)
- ✓ Notebook and Pens
- ✓ Flash Light
- ✓ Alarm Clock
- ✓ First-Aid Medicine
- ✓ Sun-glasses / Sun-Screen / Sun-Hat
- ✓ Insect Repellent (preferably non-chemical)
- ✓ Water Bottle
- ✓ Sandals for room / campus



A Beginner, Intermediate and Advanced yogis (from left to right) ☺

Preparations

Advanced Yoga Teacher Training is a professional course with standards to be met by both students and teachers. We have to assess the student's attendance, participation and knowledge and skills of teaching, before certifying a student as a professional yoga teacher.

This course is intensive and quite demanding both physically and mentally. You need to have prior training of your body to handle two yoga classes – each one lasting for two hours yoga, followed with 30 minutes of pranayamas.

You will be sitting up for 30 minutes stillness meditation in the morning, 30 minutes each in every yoga class for Pranayamas, 90 minutes of two theory classes a day and also few classes/video shows after dinner on alternative nights. If you have any difficulty in sitting this long, you are welcome to sit on a chair.

One of the common complaint we hear from students is their bodies and mind are getting tired easily with this kind of intensive schedule... Actually it is a psychological reaction, rather than a physical tiredness. Most of us hate discipline and being watched and judged. Then our mind reacts in negativity – which can result in frustration and comparing with other students and thinking that teachers are too harsh etc.

If you are coming for Advanced Teacher Training we assume that you:

- ✓ Completed 200 hours Yoga Teacher Training.
- ✓ Advanced enough to hold poses for a minimum of 1 - 2 minutes
- ✓ Healthy joints to practice 30 to 50 rounds of Sun Salutations
- ✓ Core Strength enough to do 20 double leg lifts at one go
- ✓ Lung Capacity to sustain one hour of pranayamas a day, 30 mins. each
- ✓ Basic knowledge of Anatomy
- ✓ Fit enough to handle the intensity of 10 hours/day schedule
- ✓ Used to light Vegetarian meals twice a day and fruit Lunch
- ✓ Willing to practice silence from 10 pm - 10 am



To be able to enjoy Advanced Teacher Training, we recommend you to prepare your body-breath-mind with below given regular self-practice of at least four weeks before arriving here:



Yoga Practice

- 1) 20 to 30 rounds of Sun Salutations
- 2) Double leg lifts - 20 times

Practice one minute holding of all the Asanas you learned/practiced during 200 hours Teacher Training. A PDF copy of the Asana sheet can be downloaded from 'Files' section, in our Yoga Vidya Teachers group on Facebook. Or contact us to send you a copy by email.

Yoga Nidra: Relaxing the body consciously

Lie down in Corpse position for at least 10 minutes after yoga. Feel different body parts, starting from feet upto the head. Auto-suggest each part to Relaaaaaaxxxx..... Relaxation is the key to hold poses longer comfortably.

Pranayamas: Breathing Practices



Kapalabhati: 3 minutes each x 2 rounds.
Internal Holding of 1 minute after each round

Bhastrika: 2 minutes x 2 rounds
External Holding of 30 sec. – 1 minute after each round

Anuloma-Viloma: 4:16:8 x 10 rounds
During the AYT course we will be practicing the same but with external holding: 4:16:8:16 (Inhale: Internal Holding: Exhale: External Holding). Also we want to eventually intensify to 5:20:10:20 rounds.

We recommend you to practice 10 rounds of Bhramari to cool down the brain after pranayamas. Please note when we practice 1 hours pranayamas a day, there can be some reactions in digestive system, sleep, dreams etc.. We assume you understand and prepared to stick with suitable diet we provide you here.

Please note we are doing this course during monsoon season, which is most suitable for any kind of intensive training/pranayamas that can heat up the body and mind. So, please wear a few warm clothes and socks if your body tend to feel more chill during pranayamas.

The monsoon here is one of the best seasons to experience the nature here – you don't need to be scared of being wet all the time as the rains here are lights and lasting 30 minutes to one hour – not all day raining!

Meditation: 15 minutes



*It is a rare photo of a real yogi
lost in his meditation*

If you are already practising any particular technique, continue with that. For non-regular meditators, follow the following simple steps on an empty stomach.

- 1) Sit in any comfortable position, with the spine upright.
- 2) Relax the body part by part – with auto-suggestions.
- 3) Deep and slow Abdominal breathing, till you can exhale at least 10 numbers without a break or jerk.
- 4) Count the number of breaths upto 50 and back to 1.
- 5) Do nothing – just feel your body and watch out thoughts – without judgments or analysis...
- 6) Peace vibrations – either through words or visualizations.
- 7) Fill yourself with the feeling of Peace, Presence, and Contentment.
- 8) Finally, offer the benefit of your practice for the good of the universe.

SUGGESTED READINGS

Our first suggested reading is, read yourself. Listen to your body, watch your thoughts, feel your emotions, and feel the life around you. All this needs to be done dispassionately, without analyzing and comparing it with your past knowledge gained by senses, society, or books... By this practice if you gain even a single second of insight... it is more worthy than all the books on yoga in this world.

When you arrive here we will give you one Bhagavad Gita book, a note book with a pen, a new yoga mat and Neti Pots. You will have to bring the following two books that we study in Anatomy, but can't be provided by us, they are not published within India:

1. [Yoga Anatomy by Leslie Kaminoff](#)
2. [Teaching Yoga by Mark Stephens](#)
3. [Yoga Sequencing by Mark Stephens](#)

Please click on the link to see the book on Amazon.

Teaching Practice:

Group will be divided into two/three small groups and doing teaching practice every afternoon for 90 minutes, starting from the very first week with intermediate Class that you taught in 200 hours – so please be prepared to teach in the first week. For the next three weeks, we will give you different teaching assignments to develop your teaching skills further.

ASHRAM GUIDELINES

We expect all our students are matured adults and coming to this retreat with spiritual inclinations. Thereby ready to deal with *any* challenges, as an opportunity to grow in wisdom. Though we don't like to impose any rules and regulations, we still would like to remind you the following things, for the sake of making you stay focused and committed to the purpose of your stay here.

- 1) All classes are mandatory and you are expected to complete at least 200 hours of attendance to be eligible for a certification. If you are not feeling well, please inform the course coordinator.
- 2) Drinking alcohol or eating meat or taking any mind-altering substances in our campus or coming to our campus in intoxicated state is not accepted.
- 3) Silence Hours from 10 pm to 10 am is strictly observed throughout the campus. Absolute Silence needs to be maintained in the yoga hall at all times, except for talking to the teacher and subject related discussions during the class.
- 4) A prior permission from the teacher is required for using any electronic gadgets like computers in the classroom. Mobiles are strictly off the limits from the class room and dining hall.
- 5) Please don't take the cups, bowls, plates, spoons etc. from Dining hall to your rooms. It is considered disrespectful to eat or drink tea etc in the Yoga Hall.
- 6) Any damage to fittings and furniture caused by you will be charged.
- 7) Any recordings of photo, videos, audio of this training and place are subject to approval of permission from the Director of Ashram. One is allowed to record only with the condition that you are ready to share the originals with the Ashram and delete from public domain, if the ashram deems it objectionable.
- 8) Internet lines in ashram have a limited bandwidth per month. We request guests to use it for minimum emails and communication and avoid upload/download activity.
- 9) We reserve the right to dismiss the student from the course or to deny the certificate, for the following reasons: violent behaviour, sexual misbehaviour, disrespect to the teachers, not showing interest in the program, taking drugs or alcohol, disregard to the silence rule etc.
- 10) If any student leaves the course before completion, he/she will not be refunded. In case of personal or health emergencies we may consider the situation on individual basis.

Please read this page carefull as you will have to sign on this, along with the appliation on the day-one after arriving here.

Looking forward to see you here soon.

NAMASTE