

# **Yoga Vidya**

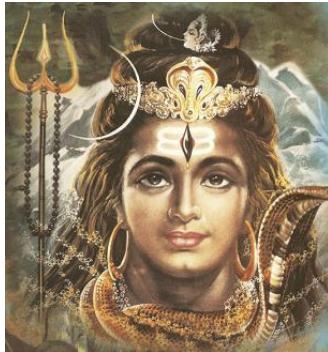
***Yoga for flowing with Life in Harmony***

## **ORIENTATION GUIDE FOR YOGA TEACHER TRAINING RETREATS in KERALA**

### **YOGA VIDYA RETREATS**

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## Foreword



Supreme Yogi Lord Shiva  
The originator of Yoga

Dear Students,

Thank you for choosing Yoga Vidya Retreats for your training.

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, to 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 two 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. If you mention about doing a yoga course, they might ask you to apply for a *Student visa*, which requires a lot of paper work from our side also and takes weeks to months of time. 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*.

## 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.

If you are taking any vaccination you have to start it 4 to 6 weeks before leaving for India. Our street wisdom says, Kerala is one of the healthiest places in India and doesn't require any vaccination, as you are careful with drinking water and eating food at right places.

There are mosquitoes in Kerala and generally they come out during the dawn and dusk times. You need anti-mosquito creams or Lemon grass oil which are available here.

Some travelers get sick in the first week of arrival in India as they are not used to the weather, food and water...

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 the 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 this 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](#)

[All official from Govt. of India](#)

[Lonely Souls are most Welcome here](#)

# 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 two/three days to get used to Indian weather, water, food – unless you are an 'outdoor' personality by nature! The body might get sick 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 complete the signatures and final payments for the course on the day before.

The evening before the course starting date, we give our welcome dinner and gossip officially! The course begins with 7 am silent meditation and initiation puja (ritual) and presenting the manuals and schedules to students.

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 day two.

## 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 30 nights 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 a flat 500 rupees extra per each additional day – includes the food & drinks.

## SEARCHING FOR FLIGHT TICKETS

Google: 'flights to Cochin' or 'flights to Kerala'.

Check the web sites from your country, without tax on tickets.



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... Some sites like Makemytrip.com and Yatra.com will show you the rates for the entire month.

Our other favourite sites are:

<http://www.ixigo.com>

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

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

## WHICH AIRPORT TO LAND?



**Cochin (KOC)** – also known with other spellings: Cochi, Kochi, Kochin.

Our Campus is just 12 kilometers away from Cochin Airport and airport transfers are included in your fees. If you send us your flight itinerary or a copy of your ticket in PDF we will arrange to pick you up from the airport at anytime of the day and night. Also we will drop you back at this airport with no extra charges.

Cochin Airport website: <http://www.cial.aero> where you can see the direct flights arriving into this airport.

### Direct Flights to Cochin are available from:

**Far East Asia:** Kuala Lumpur (Malaysia), Singapore

**Gulf Countries:** Dubai, Kuwait, Dammam, Riyadh, Abu Dhabi, Bahrain, Doha, Muscat and Sharjah

**Sub-continent:** Sri Lanka, Male (Maldives)

**London:** During October-March season, You might get some charter flight from London to Cochin.

### Connecting Flights

#### Flying from East coast of USA/Canada:

- 1) Connecting flights from one of the Gulf cities mentioned above.
- 2) Direct flight to Delhi/Mumbai/Bangalore/Chennai/Hyderabad and then a domestic flight to Cochin.

### **Flying from or via Europe :**

London, Paris, Frankfurt, Brussels are the main hubs to catch flights to any Indian city or to any one of the Gulf cities from where you can take a connecting flight to Trivandrum.

### **Flying from West coast of USA/Canada, Australia, Japan....**

Find the Connecting flights through Singapore or Kaula Lumpur (Malaysia). Or else, take a direct flight to Chennai, Bangalore or Hyderabad and then a domestic flight to Cochin.

### **Travelling before the course?**

If you are arriving in India early and travelling around, please plan to book a train ticket in advance. The nearest railway station to our campus is *Aluva (AWY)*, which is a suburban station in Cochin and just 20 kilometers from our campus.



If you are arriving into this station we will pick you up at anytime of day and night. It is also included in your fees and you don't need to pay anything extra, unless the train is delayed and we have to pay additional charges to the driver for waiting and parking.

Some trains stop at *Ernakulam Junction*, which is about 35 kilometers from our campus. We can also pick you up from there, with an extra charges of 200 to 400 rupees – depends on taxi fares at that time.

You can find the list of trains and availability of tickets from this website: <http://indiarailinfo.com/>

For booking a train ticket, there are many websites you can find from Google. We suggest [www.cleartrip.in](http://www.cleartrip.in) which accepts International cards.



For a longer train journey, we recommend the students to travel 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 classes. Please avoid Second Class (II) as they are generally very crowded and you may not get the place to sit sometimes.

AC-1<sup>st</sup> 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.

If you are arriving from Trivandrum, Varkala, or Backwater, you can buy the 'Sleeper Class' train tickets directly from the station without reservation.

## **Travel by Local Buses**



If you are arriving in Cochin during day time, you have the option of using the local buses also – you have to come to ‘Athani’ and then a different bus to Moozhikkulam.

## **Directions to our place**

Our place known as Jaiva Campus in the Village Moozhikulam, which is about 25 kilometers from Aluva and 50 kilometers from the middle of Cochin City.

If you are taking a bus or taxi, you have to come through Aluva and then towards Angamaly or Athani. The nearest well known place is Kurumassery.

In case if you have any problem in finding our place please call us on this number: +91 9567442239 or +91 9495981246.

Enjoy your travels and we will see you here soon!

## Our Retreat Location

Situated in the middle of Kerala's tourist attractions of Backwaters, beaches, tea and spice gardens, mountains, and at the same time closer the modern metro city of Cochin, this place and village is special in many ways.

Moozhikulam is an Arts village famous since 8th century for its cultural and traditional university sanctified by the presence of Shankara Acharya, whose birthplace is just 15 kilometers from here.

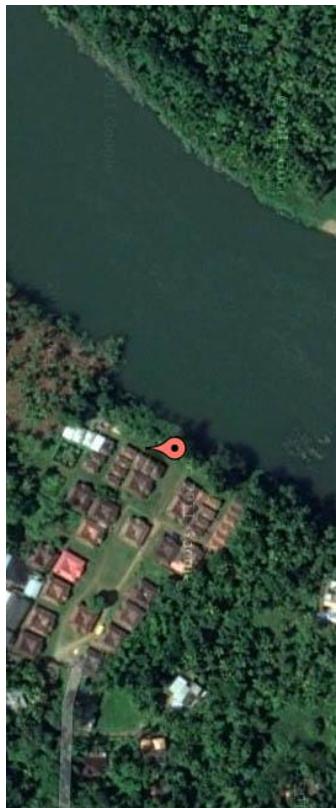
Though this university doesn't exist anymore, there are still ancient art schools here teaching the traditional Indian dance, drama and music. One of the old Dance & Drama school here is considered as an authentic place for Koodiyattam, which is Kerala's traditional Dance + Drama performance. They also teach many other styles of traditional Indian dances like Bharatanatyam, Kathkali, Kuchupudi etc.

Another old music school called Koothambalam still exists and one can learn the traditional music – both vocal and many Indian instruments like violin, flute, mridangam, veena etc...

This tiny village is also famous for traditional ayurveda families, one ancient Hindu temple and another Christian church – both with a history of more than one thousand years.

Today Moozhikkulam is a small idyllic village with all the basic facilities of a little town. The village square, at 10 minutes walking distance from our Jaiva Campus, has Post Office, Bank, shops, local restaurant, ATM centre, Foreign Exchange center, Nature Cure centre, a Homeopathy Clinic, Telephone Exchange, Milk Diary, medical shops, etc – more than what we can ask for any Indian village!

The international airport is just 12 kilometers from here. From the village square, one can also get public buses or taxis at anytime to go to Cochin, the biggest and cleanest city of Kerala, with all the amenities and fancies of modern India. And all the tourist destinations of Kerala are within hours away.



## **JAIVA CAMPUS**



Right on the bank of Chalakkudy River, Jaiva campus is a three acre area, with 22 Eco houses and 29 single room cottages. All the buildings in this campus are made by Eco-friendly materials and a minimum of cement is used - known as Laurie Baker's model. The Eco-houses are designed in the traditional Kerala's rural architecture which allows plenty of air and light into each room.

Please note a few families already own and living in a few cottages here and students needs to be sensitive to Hindu culture, customs and ecology of this small village, which is not used to see any westerners before. No doubt that it a wonderful experience to get exposed and to interact with local culture and people. At the same time, we are strict about not disturbing the socio-economic and ecological balance that is caused by tourism in many other parts of India.

## **FACILITIES:**

### **Two Yoga Halls**

We have two yoga halls – one large one (3000 sq. feet) for main yoga classes and another riverside hall (1000 sq feet) which can be used for theory classes and yoga for smaller groups and also for weekly cultural programs.

### **Private Rooms for all:**

All students will be staying in Eco-friendly private rooms with attached bathrooms, with showers and western toilet commodes.

### **Reception Cottage:**

An exclusive Reception cottage is open 24/7 for any assistance. The same cottage also houses Internet café, International Phone calling facilities, a travel desk to book taxis, train and flight tickets.

### **Boutique**

You can buy basic toiletries, towels, yoga clothes, books, music, neti pots etc. in our campus



### **Laundry:**

We have a person employed for washing and ironing the clothes of our students. It will cost 10 rupees for big pieces of clothes and 5 rupees for small pieces and 50 rupees for one tub.

**Drinking Water:**

We will provide clean filtered water for drinking at all times and also boiled water at the time of meals.

**Kitchen and open Dining Hall:**

We have an exclusive kitchen to cook the food conducive for yoga practice. Dining hall is on open platform facing the river and vacant fields around. Watch out for the starry nights and bright full moons.

**Swimming:**

It is possible to go for swimming in the river from the property besides us. We have to request the girls not to wear bikinis for swimming as it can attract the crowds from the local village. We might lose the privacy and respect from the simple minded local villagers. Shorts and T-shirts should be okay.

The Cherai Beach is 40 minutes drive from our place and can be visited on days-off.

**Security Guard:**

The campus is guarded with a security guard at night times.

**Cultural Weekends:**

There will be occasional cultural nights within our campus to showcase the traditional Dance, drama, music, martial arts of Kerala – that are related to yoga. These programs are part of yoga curriculum hours and included in your course fee. Occasionally, we will also take out the students to local festivals in the temples.

**Local Sightseeing:**

On the Orientation Day 1 we will give you a tour of the village. We also organize day-trips on days-off – which are on the 7th day of each scheduled course week.

**Free Airport Transfers**

When your flight tickets are already please send us a copy of your tickets. We need to see the flight number, airlines and from which airport it is coming – so that we can organize a pick up for you from the Airport. You don't need to pay anything extra for both airport pick-up and departure drop.

**Internet & Wi-Fi**

At the present there is one internet connection at reception and two computers for our students. We are supposed to get a faster DSL internet connection by November. When it starts it is also possible to access net on your own computer or mobile.



### Ayurveda Doctor and Facilities:

We have ayurveda therapy rooms and medicines are prepared from fresh herbs right here in the campus and all other oils and medicines are locally made. Both male and female therapists can be called as per the requirements of the students. An ayurveda Doctor will be visiting our campus for daily consultations.

Allopathic doctor is also available on call. The village also has a homeopathy clinic and another Naturopathy Hospital.



### PHONE & INTERNET

Most of the mobile phones from other countries also work here, on extra roaming charges – which can be expensive. Otherwise, you can easily get a Pre-paid SIM card for your phones for less than a dollar, by submitting a copy of your passport, visa, and photo. The best place to get them is inside the Cochin Airport as soon as you land.

The telephone charges from a mobile phones are very cheap in India. You can talk to US, Canada, UK and a few other countries for about 45 cents a minute and *you don't pay anything for receiving calls*, if your SIM card is from Kerala. You can also access net and send text messages from the same sim cards.

If your phone is locked, you can buy a basic phone here for less than \$30 from the phone shop in our local village.



We have one PC in the reception for the use of our students. It will cost you 1 rupees per 1 minute – which you can pay at the end of the course.

If you are bringing your own computer, we will give you the username and password for wi-fi network which is accessible in our yoga halls and some of the rooms also get the wi-fi signal.

Though we understand the students' necessity of having mobile phones or Computers – we don't like to see them in open and certainly you cannot bring them to class rooms or dining area. Please try to use them in your personal rooms and make sure other students are not getting disturbed while you are talking on the phone, especially at night time.

## ACCOMMODATION



All students in this campus will be staying in private rooms, with an attached bathroom. We do not have any twin-share or dormitory in this campus as the rooms are small and will not be comfortable to have two separate beds. For couples we have deluxe rooms with larger beds.



### Type A: Eco-House Private rooms: €150/30 nights.

It is a traditional Kerala house with three bed rooms (with private closet for each), one large kitchen (but no stove and cooking facilities) and storage room, sitting area, and two porches within the house. Please note one of the three bedrooms in this house has an Indian squatting toilet and one of you may have to adjust to that – we will inform you at the time of booking.

### Type B: Riverside Single Room Cottages: \$300/30 nights.

These are eco-cottages of a single room with a private closet (western toilet and showers) and a small pantry with a stony table, a sink and chair, which you can also use for reading, writing or computer work. These are cottages right on the bank of the river and you can have your own hammock on your private balcony or sit on the benches or lawns closer to water.



### Type C: Deluxe Eco-House Rooms: €300/30 nights.

These are like other Eco-houses but with white tiled flooring, better interiors and more furniture. The rooms in this cottage are equipped with air-conditioners. The spacious kitchen is provided with stove and utensils for making tea or basic cooking. And also hot-water is available in the bathrooms – while there is no hot water in all other rooms. It is suitable for elderly people, couples or those who can't bear the heat of Kerala – which can go up to 30 to 35 degrees (86 to 96 Fahrenheit) on some days during November to February and all days during March and April.



## FOOD & DRINKS



Cooking and Catering for our students is organized by the Jaiva Campus Management on a contract basis per person per month. So it costs a flat rate of 200 US Dollars for all students – irrespective of what you eat and don't eat.

What we provide for the group is healthy, nutritious and tasty vegetarian meals. 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 anybody feels low in energy we can provide boiled eggs as a nutritional supplement.

### Timings:

- 05.30 am: Hot Lemon Ginger Drink or Tea.
- 09.00 am: Brunch (Indian Breakfasts, with salad and Tea).
- 02.00 pm: Fruit bowl with Tea
- 07.00 pm: Rice, Chapatis (Indian bread), 2 Vegetable curries, Lentils/Soup and occasional desserts.

### Brunch: 9.00 to 10.00 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! At this time, we serve Indian breakfasts like Idly, Dosa, Upma, Poha, Rice noodles, Paratha, Chapati etc... along with fruits and a hot drink – either tea. We will arrange for bread / toast – though the quality of bread in India is not so great.

**No Lunch** and it should be fine. If you are eating an Indian breakfast 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 at our center.

### Fruits and Healthy Drinks / Tea: 2 pm

### Dinner: 6.30 to 7.30 pm

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, chapatti, lentils (Dal/Sambar), salad, vegetable curries, and a dessert, occasionally.



## **Extra Food?**



If the Indian food doesn't suit your stomach, we can provide bread, toast, porridge, Corn-flakes with milk etc. as substitute for Indian food. We are flexible to talk and arrange the food that is good for your stomach.

## **Still Starving?**

No worries. Kerala is famous for bakeries and snack shops, and dry fruits like cashews and almonds are very natural and home-grown here. There are one or two bakeries in the village – though they don't have fresh stock all the time. However, if you can take a rickshaw to next junction within 10 minutes drive you can find more shops, bakeries etc...

## **Drinking Water**

At Javia Campus, we double filter the water from the river for drinking purpose. We also provide boiled water at the time of meals.

However, if you want mineral bottled water – they can be made available from the Boutique in the reception cottage. Please think of environmental pollution with plastic bottles before buying them.

## **MONEY MATTERS**



The currency in India is Rupees (INR) which you can get from a money exchange place in our village – 10 minutes walking distance from our campus. Please avoid changing money from any Indian airport as they give terribly low rates, after deducting many taxes.

For paying the course fees, room and food charges to us, we accept cash in Euros, US Dollars, GBP, Indian Rupees or any major currency as per the current exchange rates on [www.xe.com](http://www.xe.com).

If you don't feel comfortable with carrying cash with you, you can bring Travellers Checks which you can encash into Indian Rupees from the local money agent and then pay us in Indian Rupees.

You can also get cash advance in Indian Rupees from your Credit/Debit card from an authorized money agents coming to our campus. Normally the fees are very high for cash advances – check the fees with your bank.

There are ATMs in the village and towns nearby – but the amount of money you can draw in one day is limited. You may have to withdraw in three/four days to get Indian Rupees equal to 1000 euros.

## **DAYS OFF AND LOCAL TOURS**



Course is taught on six days a week and the seventh day is a day-off, except the last week. So, you will have three days-off during the course.

We are planning to organize a group tour on these days to three different places: 1) Sight Seeing in Cochin City and Fort Cochi touristy area and Cherai Beach 2) Backwaters boat trip from our campus to see some interesting villages and cultural exposition 3) Towards the mountains to see the tea and spice gardens and more cultural exposition.

These tours can cost between \$20 to \$30 – depending on where we are going and how many people.

**Cultural Programs:** We will have at least one or two cultural programs: Traditional Kerala Dance, Drama, Music, Martial Arts etc.. within our campus. Generally they are on the eve of days-off and you don't need to pay anything extra for this.

More resources for local tourist interests:

<http://www.keralatourism.org/>

<http://www.mustseeindia.com/Cochin>

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



## WHAT TO BRING

**Photocopies:** Please bring four 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. Three copies goes to Jaiva Campus and another with the course application to us. You may need more copies for money exchange etc. which you can also get it done from our office.

**Photo:** Please bring four passport-size photos showing your smiling face close-up to attach with the application and another for certificate. You will have to give two for the hotel entry and one will go with your application and another for your certificate at the end of the course.

**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 in this humid and tropical weather of Kerala. If you don't have them already, you can buy from our boutique here or shops in Cochin.

**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 and yoga.

**Cultural Sensitivities:** Within our center, we are not too concerned about what you wear... unless you become a distraction to other students (or teachers!). But when you are out of the center please be mindful that you are in India and your behaviour and dress will create an impression on our institution in this locality.

If you are visiting any temple or village, please cover the knees, shoulders, and mid-riff. Except on the Beach and tourist areas, shorts, mini-skirts, sleeveless tops or displaying your cleavage or belly-button would be attracting unwanted attention.

**Winter Clothes:** Warm clothes are useless in this tropical climate – including the socks. If you like you may bring a thin shawl/blanket to cover your body during night.

**Bedding:** You will get all the bed-sheets, pillows and light blankets from the rooms here. If you have a light sleeping bag already, you may bring it with you for a cozy sleep.

**Toiletries:** You can buy the basic toiletries like soap, toothpaste, tooth brush, toilet paper, towels etc.. from the boutique in the campus.

However, the quality of these products in India may not be upto 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.*

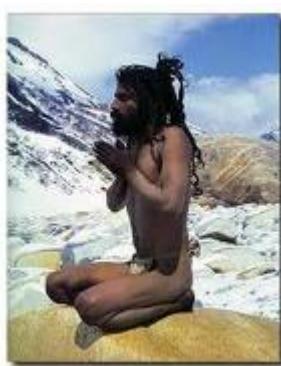


**Yoga Mat:** A new yoga mat is provided to you along with course manuals on the day one. However, you are welcome to bring your own.

**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-hat
- ✓ Mosquito Repellent (preferably non-chemical)
- ✓ Water Bottle
- ✓ Sandals for room / campus / beach
- ✓ Towels for swimming in river or beach
- ✓ Meditation cushions / pillows to sit on the floor



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

## Preparations

Yoga Teacher Training is a professional course with some standard requirements we have to fulfill. We have to assess the student's attendance, participation and knowledge and skills of the student, before certifying him/her 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 at least, besides 30 minutes stillness meditation you have to sit in the morning and 30 minutes in the evening.

And then you will be sitting for two theory classes a day – 90 minutes each and we also have optional classes after dinner about ayurveda, video shows and cultural programs etc...

One of the common complaints we hear from students is their bodies and mind are getting tired easily with this kind intensive schedule... Actually it is psychological reaction, rather than a physical tiredness. Most of us hate disciplined 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 on you etc.

To be able to enjoy this program fully, you need to have two things:

- 1) Preparing your body and breath with regular yoga practice for a few weeks before coming here. So we suggest the students to go to yoga classes or self-practice on your own for at least four weeks regularly.
- 2) Psychological preparedness and right attitude towards the course and teachers. You have to know that nobody is compelling you to come here or follow the strict schedules. It is your own choice to try this, knowing that it can be challenging physically and mentally.

So, it is all about opening yourself to the reality of your own body, breath and mind and ready to accept it without any judgements, or without comparing with other students. Then, doing whatever is necessary for the good of your body and mind.

## **What you can do before coming here?**

Assuming you are not a complete beginner and have been practicing yoga for some time, we want to suggest you to practice this intermediate yoga series to prepare you physically and psychologically for the Teacher Training.

If you can practice this series every day for at least two to four weeks (before the course starts), it will save your time to get your body into practice. Then you will be able to focus more on the subtle and advanced levels of practice and learning teaching.

### **Yoga Practice**



- 1) Six rounds of Sun Salutations
- 2) Single/ Double leg lifts - 10 to 20 times
- 3) Triangle Series – 1 minute on each side
- 5) One/two Backbend Poses - 2 minute
- 6) One/two Forward Poses - 2 minute
- 7) Spinal Twist – 1 minute on each side
- 8) Shoulder Stand – 2 minute
- 9) Fish pose – 1 minute
- 10) Headstand/ Dolphins – 2 minutes

### **Yoga Nidra: Relaxation**

Lie down in Corpse position for at least 5 minutes after yoga.  
Feel different body parts, starting from feet upto the head.  
Auto-suggest each part to Relaaaaaaaxxxxxx.....

### **Pranayamas: Breathing Practices**



Alternative nostril breathing, without Kumbhaka (retention):  
Close the right nostril and breath in through left as much as you can  
Close the Left and breath out through right as much as you can  
Now Breath in through Right and then breath out through Left

That makes one round. Try for six rounds.

Duration and quantity is not important at this stage. Focus your mind on keeping the flow of breath without a break, jerk, sound or any strain.

Please try to master Kapalabhati – which is very central to Hatha Yoga.

## Meditation: 5 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 beginners and non-regular meditators, follow the following simple steps. If you are not a regular practitioner, don't sit for more than ten minutes and try it on an empty stomach.

- 1) Sit in any comfortable position, with the upright spine.
- 2) Relax the body part by part – with auto-suggestions.
- 3) Deep and slow Abdominal breathing, till you can exhale at least 16 numbers without a break or jerk.
- 4) Count the number of breaths upto 20 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

We want to train yoga teachers who teach from the heart of spontaneous compassion, and knowledge gained through personal experience. The bookish knowledge about yoga is helpful in the starting stages... But if you are limiting yourself by accepting everything in books and teach or learn only what is in books, you are not going to be an authentic source or inspiration for your future students.

So, 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.

We want to you to come to our Teacher Training with an open mind and daringness to think and question even what we teach you.

If you can get hold of these books, please go through them:

- 1) "Asana, Pranayama, Mudra and Bandhas" by Swami Satyananda
- 2) Patanjali Yoga Sutras (any commentary in English)
- 3) "The Anatomy Coloring Book" by Wynn Kapit and Lawrence Elson
- 4) Yoga Philosophy – whatever books are available to you.
- 5) [Wiki Page on Yoga](#)

## COURSE GUIDELINES

- 1) All classes are mandatory. If you are not feeling well, please inform the course coordinator.
- 2) Drinking alcohol or taking any mind-altering substances in our campus or coming to our campus in intoxicated state is not accepted.
- 3) Eating meat, seafood or *any living being* is not allowed within our campus.
- 4) Loud noise or music is not allowed.
- 5) Public display of love and romance between couples is not conducive for the group harmony and nor appreciated by the locals. For couples, please be mindful that you are in India and most of the teachers are monks.
- 6) 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.
- 7) 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 an individual basis.
- 8) We are not responsible for your personal belongings or valuables.
- 9) You are free to go out of the ashram when there is no class. The gates are open from 5.30 am to 8 pm. If you are going to be late, you need the permission from the course coordinator.
- 10) Please note the rooms in our ashram are only for our students. If you have any visitor please meet them at the reception. You cannot bring the guests from outside to your rooms as other students may not like it.
- 11) Please note we are doing these course in a conservative village environment, where people are not used to see foreigners. We expect all the students to be sensitive to the cultural differences of this part of the world. Especially with dress, it is considered offensive to show-off the shoulders, mid-riff, knees or above.

Generally we accommodate the individual peculiarities of the students with an understanding heart and friendliness. In very rare cases, if a student is disturbing the harmony of the group or other individuals, we reserve the right to dismiss such a student from the course and no money will be refunded.

***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