



# Academy of Yoga and Philosophy

part of the Independent Yoga Network



## 200 Hour Teacher Training Course

**September 2018 - May 2019**

£250 non refundable deposit payable on application

(home work, home study and attendance of yoga classes will also be part of this course)

Whether your desire is for a deeper understanding of Yoga to enhance your personal practice, or to become a teacher and share your knowledge with others.

This 200 hour course will enrich your practice and self awareness providing you with the tools for further growth.

The course will be grounded in Classic yoga

postures, asanas, pranayama, meditation and philosophy, offering a profound understanding of the Science of Yoga.

An overview of other yoga styles will also be given including Vinyasa, Ashtanga and Yin.

Cost:  
**£1795**  
per person

### COURSE DATES FOR NEXT YEAR ARE

2018	2019
September 8-9	January 12-13
October 13-14	February 2-3
November 17-18	March 9-10
December 8-9	April 13-14
	May 18-19

The team of instructors for the course will be  
Leon Deith course instructor, assisted by Yogi Raaj and Maria Mascarenas.

**Optional retreat at Ananda Assisi May 22-27th 2019**  
£495 each 5 days (flights of around £120 not included)

**yogaananda.co.uk • 01737 222 400**  
Yoga Ananda Holistic Centre • 46 Albert Road • Reigate • RH2 9EL



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## Modules will include

### PHILOSOPHY

Jnana and Karma yoga - Bhakti and Raja  
Yoga - 8 fold path Sankhya Philosophy - from  
duality to oneness, understanding the  
reasons for purifying the subtle body and an  
introduction to Advaita Vedanta.

Overview of Patanjali's yoga Sutras and the  
Bhagavad Gita

The gunas - three bodies and 5 koshas

Karma and reincarnation

The classic chants - the dieties and some of  
the great saints of Yoga

### HATHA YOGA

Evolution of your own practice,  
understanding the benefits of each posture  
to your body and your mind

Analysis of each of the classic postures,  
their core alignment points and how to teach  
them, making adjustments

12 basic postures - leading to advance and  
gentle options  
shat kriyas  
bandhas and mudras

Language to use in each posture  
common postural problems, common  
ailments that drive people to yoga,  
modifications and safe practice

6 Classic pranayams, breath awareness

### ANATOMY AND PHYSIOLOGY

Difference between yoga and keep fit  
the body systems:

Cardiovascular - respiratory - digestive

Diet and nutrition - fasting

Skeletal system- muscular system

### THE FUTURE

Teaching skills - presentation - class planning  
Starting your own yoga business, ethical  
practice  
Option to teach at Yogaananda



### MEDITATION

Meditation, practising various methods,  
including Mantra, Japa, chakras, chanting,  
and Yoga Nidra

Contact us at [info@yogaananda.co.uk](mailto:info@yogaananda.co.uk) Tel 07808 060232

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