



Sampoorna Yoga™  
I N D I A

## 200-hr Ashtanga Vinyasa Flow Yoga Teacher Training ONLINE

In solidarity with the current crisis due to Covid-19 and with all the yogis out there, we decided to launch our world-renowned 200-hour YTTC completely **ONLINE**

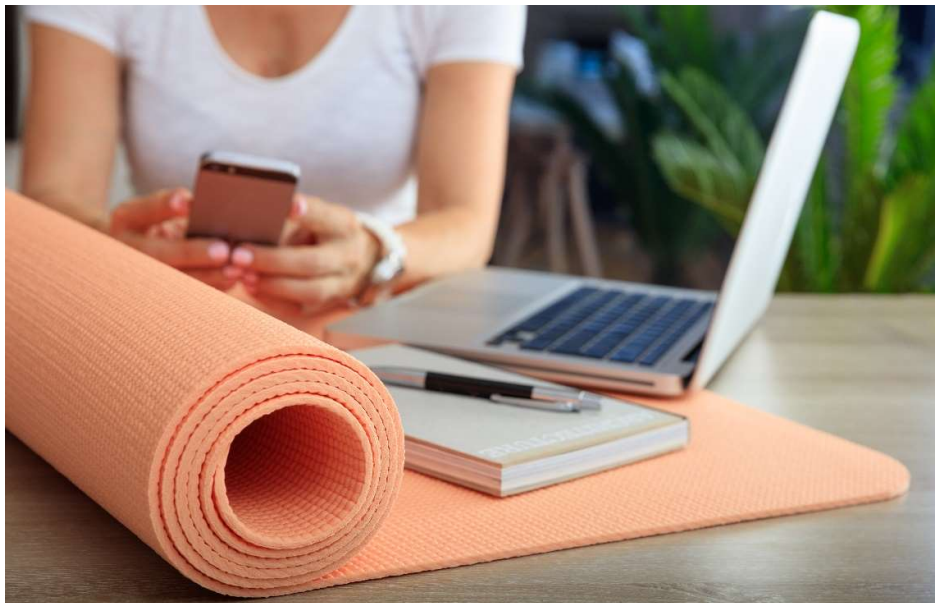
People around the world need -more than ever- tools to cope with emotions and to maintain a healthy mental state, and **Yoga can provide those tools.**

**This online course is the perfect way** for you to step in and contribute to rebalance the harmony of our society!

**Join us today** and let's be part of the support network!

## THE COURSE

Our online 200-hour Ashtanga Vinyasa Yoga Teacher Training Course is an intensive program designed to give you the knowledge, skills and confidence to teach yoga classes based on the Ashtanga Primary Series and Vinyasa Flow style. Your yoga teacher training journey with us is as much about deepening your own practice as it is about gaining the skills to teach others. We passionately believe in the significance of your own journey of discovery and experience on the development of your unique personal voice and style as a yoga teacher.



Our online 200-hour Yoga Teacher Training course is based on the eight limbs of Ashtanga yoga, not just on the Asana practice. There is a lot of emphasis placed on Yamas, Niyamas, Pranayama, pratyahara, meditation techniques and mindfulness too. This comprehensive curriculum covers Yoga philosophy based on the Patanjali's Yoga Sutras, yogic lifestyle and ethics, yogic diet, anatomy and physiology for yoga teachers and practitioners, among other topics related to the practice of cultivating a balanced life.

### **Our online 200-hour YTTC includes:**

- Theory and practical classes, on video and live, of all the topics of the curriculum
- Review questions after each section for you to assess your knowledge
- Ashtanga led classes on video and live
- Vinyasa Flow classes on video and live

- More than 20 live sessions with all the teachers of the course
- Our comprehensive manual with illustrative photos, theory, practice exercises and much more information in PDF, downloadable and printable
- Ashtanga Primary Series sheets with the Sanskrit names of all the asanas (downloadable)
- Anatomy presentations
- Study Guide with more than 100 questions
- Theory final exam
- Access to private Facebook group
- 200-hour certificate recognized by the Yoga Alliance
- Lifelong access to the course materials
- Flexibility to complete the course at your own pace
- BONUS:
  - When everything returns to normal, you have the option of applying the cost of this course to the in-person 200-hr Ashtanga Vinyasa Flow YTTC in Sampurna Yoga, India (Details below)

## CERTIFICATION

This online course follows the updated regulations of Yoga Alliance, therefore, upon completion of all lessons and final assessments, you will receive a 200-hour certification eligible to be registered with Yoga Alliance and Yoga Alliance Professionals.



## This course is for you, if:

- You are looking to get certified as yoga teacher
- You want to maximize your time by pursuing an online training
- You want to be part of a group-learning experience while learning at your own pace
- You have been practicing yoga -intensively and continuously- and want to move to the next level.
- You want to learn how to get harmony between body, mind and soul.
- You want to deepen your personal asana and meditation practice.
- You have a strong desire and urge to share this art of living with others
- You are looking for a comprehensive, safe, well/structured, anatomically precise yet intuitive approach.
- You wish to explore the subtler and deeper level of awareness.
- You are ready to learn yoga beyond asanas.

## THE TEACHERS



**Eli Aguilar, E-RYT 500**

Eli has been passionate about exercising, teaching and healthy lifestyle most of her life, which led her to study Clinical Psychology. While seen patients and teaching workshops, she realized that in order to achieve an optimum state of well-being, a more holistic approach is required, and she went on to become a Pilates Instructor, Reiki Master and Health Coach.

In her pursuit for a deeper understanding of the body and its functionality, she moved from Costa Rica –her homeland- to New York to expand her studies in Pilates. Once in USA, she reconnected with her personal yoga practice that ignited a desire to come to India, not only to study how to teach yoga but also how to live a more fulfilling life.

In 2014, she joined Sampoorna Yoga as facilitator of the 200-hour Yoga Teacher Training Course. And that experience was the non-return point. She felt in love with India, with its culture and with her passion: teaching.

In Sampoorna Yoga, she has taught almost all the topics of the syllabus and she is particularly passionate about functional anatomy, how different bodies express the asanas in different ways, and she is very keen on respecting everyone's unique body and practice.

Today, she is a key member of Sampoorna Yoga as she continues teaching in English and Spanish courses, but also developing curriculum and content for new courses, managing and teaching Yin Yoga training courses, handling the online education platform, and overseeing several management responsibilities.

Yoga has changed her life, and she has made yoga her lifestyle.



**Rowena Johnson, E-RYT 200 / RYT 500**

Having always led an active life, Rowena first started practicing yoga asana in 2008 as a means for balancing out her many other physical pursuits. It was not long until the practice began to open up a deeper level of awareness of body, mind and spirit. Soon, yoga asana became Rowena's main physical pursuit. After attending a two-week Ashtanga retreat with Harmony and Jeff Lichty in November 2013, Rowena returned to London and continued with a daily Ashtanga Primary Series practice, in addition to her already regular Jivamukti practice. These two intense and deeply spiritual practices triggered her curiosity, opening up a desire to deepen her own practice and gain a better understanding of what Patanjali referred to as the eight limbs of yoga. It was this desire that propelled her to embark on a 200-hr Ashtanga-Vinyasa training, which she completed at Sampoorna – Yoga Teacher Training School India in January 2016.

Since then, Rowena has gone on to practice and study yoga under the guidance of Sharath Jois at KPJAYI in Mysore. In 2017, Rowena went on to complete a 300-hr yoga teacher training in the Jivamukti yoga method. These enriching experiences and all of her teachers are the inspiration behind the style of yoga that Rowena teaches. Combining pranayama, vinyasa and mediation, Rowena's classes focus on awakening the senses, bringing students in tune with their bodies to reveal the strength and grace we all have inside.



**Karen Marsh, E-RYT 500**

Karen started yoga over thirteen years ago after a suggestion from a friend to heal a chronic back pain, due to a fast and physically demanding lifestyle. The physical benefits and challenge were the first attraction, but with more practice in many different styles of yoga, she began to notice positive and naturally occurring changes in her whole being and lifestyle; and fell madly in love with yoga.

Karen completed her 200hr & 300hr Hatha yoga teacher training at the Sivananda Ashram in Neyyar Dam, 40hr Yin yoga training in London with Norman Blair, and 300hr Vinyasa yoga teacher training at Sampoorna. After such a beautiful transformative experience at Sampoorna Yoga, Karen returned to learn and share more as a karma yogi, which opened the doors to become a YTTC instructor.

Karen is passionate about combining and theming empowering flows, philosophy and meditation from her varied learning experience. "I hope to give students a sense of wonder and enthusiasm for the challenges of the body and mind and a desire to learn more about themselves and yoga."

"Yoga has been so transformative for me in my whole life and being and for that I am so grateful and feel called to share it with anyone who seeks it."

Life philosophy: be aware, be present, and face the joyful and challenging as learning and experience; there will always be both, but what you feed grows. Not every day is a good day but positivity can go a long way... it's a practice: concentrate, practice, fall, learn, then get back up. Smile. Be persistent.



**Dr. Pallavi Kavhane, E-RYT 500**

Dr. Kavhane is the director of the Maharashtra Mandal Yoga School and Research Center at Vishwanand Yoga Institute, and a Yoga teacher at the University of Pune. She holds a master degree in Physical Education, a master degree in Yoga, a master diploma in Naturopathy, and has been awarded an honorary D. Litt from the University of South America.

Dr. Kavhane has won multiple awards for yoga in her career, including the highest award, the All India Yogarjuna Award in 2000 in Kolkata, where she was a student of B.K.S. Iyengar. She is a three-times winner of the World Champion Award, in Spain, Argentina and Portugal.

She has been recognised by the Sports Minister of India, Shri Sunil Dutt, for representing India and winning the gold medal at the International Yoga Symposium for three consecutive years.

Dr. Kavhane is a guest lecturer in yoga at many schools, colleges, institutes and universities and she has conducted over 2,000 demonstrations all over the world. She has contributed to multiple books, articles and seminars on yoga and was a contributor to the Sports Development Conference in 2005, hosted by Shri Sunil Dutt. She is a lifetime member of the Indian Yoga Association.



**Dr. Neelima Nalawadey, E-RYT 500**

Dr. Nalawadey has a Bachelor of Education degree in Ayurvedic Medicine and Surgery, and a diploma in Panchakarma, from the University of Pune.

She is a certified yoga teacher from the Indian School of Yoga in Chennai and has been practising ayurveda, panchakarma and yoga therapy since 2010. She is currently teaching yoga therapy, yoga philosophy, tridosha and ayurvedic nutrition at the Yoga and Ayurveda Prabodhini in Pune.

In her spare time, Dr Nalawadey enjoys kathak dancing and kick-boxing.

## THE CURRICULUM

### Ashtanga Primary Series

The Primary Series is especially designed to repair, rejuvenate, and strengthen the system for the purpose of yoga. Within the series there is also a strong focus on realigning the musculoskeletal system and toning the muscles in the lower abdomen and pelvic floor, which are, incidentally, very important for establishing the correct breathing technique.

During this online training, you will practice the Primary Series with your teacher via Zoom and also with the pre-recorded classes.

You will have the option of practicing all the asanas, with modifications, and/or with props.



### Vinyasa Flow Practice

In our online 200-hr YTTC, you will have access to dynamic flows recorded by our senior teachers for you to practice four to five times a week. The themes and structure of these classes will be discussed as part of the topics of sequencing principles and teaching techniques classes.

### Alignment & Adjustments Workshops

Our skilful teachers will guide you through the alignment principles and the art of verbal adjustment techniques for the main postures of the Ashtanga Yoga primary series and a few other more advance postures. These workshops also include modifications, advance variations, and adequate use of props.



## **Teaching Practice, Methodology and Technique**

Our 200-hour Yoga Teacher Training course will help you to deepen your connection with your inner being, your emotions, feelings and thoughts. This process will enable you to teach from your heart and personal experience rather than just from mouth and memory. Our Online Yoga Teacher Training program is a practical training course designed to help you to become a confident and effective Yoga teacher for all level of students. By the end of the course you will be able to teach mixed-level open yoga class confidently.

Since we offer you a practical approach, there will be lots of opportunities for you to teach, in your own home or online to your friends and family. You will start teaching one-on-one and then progress to teaching larger groups towards the end of the course. You will send the flows you create to your teacher and discuss your teaching experience during the live sessions to receive feedback from your teacher; this will help you to improve and to find your unique voice and style as a teacher.

You will learn the principles of sequencing in order to create Vinyasa Flow sequences based on a chosen theme and a peak pose. There will be lots of guidance on how to improve and enhance your teaching skills and how to plan and structure a class.

In addition, you will learn about the principles of demonstration, observation, assisting and correcting, verbal instructions, teaching styles, the qualities of a teacher, voice projection, floor presence, planning and structuring a class, alignment and hands-on-adjustment, dealing with injuries and safety precautions, business aspects of teaching yoga, ethics and much more.

## **Pranayama and Meditation**

You will learn and practice different breathing and meditation techniques every day. In our online platform, you will have access to the theory behind each technique and you will find several led pranayama and meditation practices as well. For your personal practice, you just need to play the video and practice in the comfort of your home!

Once a week, you will be able to clarify your doubts, ask questions and discuss about the experience, emotions, obstacles and other topics related to the practice of these yoga techniques, in the live session your teacher will conduct.



## **Philosophy**

During this course you will study core concepts of yoga philosophy:

- Meaning of yoga, concepts, history
- Four paths of yoga (Jnana, Raja, Bhakti, Karma Yoga)
- Nadis (energy channels), Chakras, kundalini
- Vedas and six systems of Indian philosophy
- Ashtanga yoga (Raja Yoga): aim of yoga, modification of mind, mental disposition, meaning of OM, eight limbs of yoga, Kriya yoga, Samyama yoga, Samadhi (enlightenment)
- Mudras, Bandhas & Kriyas: Introduction, different types, practice and its integration with meditation
- Obstacles on the path of yoga, means to overcome obstacles
- Concepts of Gunas (Satva, Rajas, Tamas) and their applications in daily life. Effects of food in Gunas
- Life style and ethics for a yoga practitioner and teacher
- Among others

In our interactive philosophy live sessions, you are free to ask questions related to spirituality, meditation or any other enquiry related to your spiritual quest.

## Anatomy



Our functional anatomy classes ensure an understanding of the key muscles and bones involved in asana practice and their associated health benefits and contraindications. Substantial emphasis is placed on analytic training, muscular and skeletal anatomy, individual limitations and differences. The specially designed practical anatomy classes are the back bone of the alignment classes.

Here is a look of what you will learn in our anatomy classes:

- Basic concepts of functional anatomy and physiology related to movement.
- Application of anatomical principles to yoga practice (mechanics of yoga asana, its benefits and contraindications, healthy patterns of movement, etc).
- Practical anatomy with a major emphasis on the skeletal system, muscular system, connective tissue, nervous system, and movements of the major joints of the body.
- Muscular and skeletal differences i.e. compression, tension, and proportion and orientation theory.
- Study of different regions of the body: The foot, knee, hips, spine, and shoulder.

## Evaluation

To receive the 200-hour certificate as a yoga teacher, you must complete a written exam (available in the online platform) and submit a video demonstrating your skills and knowledge while teaching a yoga class.

Once both tests have been approved, we will send you your certificate recognized by the Yoga Alliance through your email.

## Dates and Fee

The online 200-hr Ashtanga Vinyasa Flow Yoga Teacher Training Course will take place on the following date:

Start Date	End Date	Status
May 4th, 2020	May 27th, 2020	Open for Registration

Fee: ~~€ 2700~~ € 900\*

\*This comprehensive course is worth €2,700, but in solidarity with the current world situation, we are offering the online version for only €900

- As a bonus, we offer you the option of applying these €900 to the value of **this same course** at Sampoorna Yoga, Goa. So, when everything returns to normal, you can come to Sampoorna Yoga in India to take the 200-hr Ashtanga Vinyasa Flow YTTC in person, and a **€900 discount\*** will be applied to the fee of the course in twin-sharing accommodation!\*\*

**€900 discount\* on the in-person 200-hr YTTC**



### ***\*Conditions and restrictions for the application of this bonus:***

- You can apply the discount **only** to the 200-hr Ashtanga Vinyasa Flow YTTC that we carry out between the months of **April to September** of each year.
- The discount **does not apply to any other** Sampoorna Yoga in-person or online course, training, workshop, classes, etc.
- The discount **is non-transferable** to another person.
- By using this discount, **no other available discounts will apply.**
- \*\* Upgrades to single accommodation upon availability.

## Discounts for this online YTTC:

The fee of our online 200-hr YTTC is already an amazing deal, but we want to support all the certified yoga teachers who also want to benefit from this opportunity. For this reason, we want to offer you the following:

- 50% discount if you already have done the in-person 200-hour Ashtanga Vinyasa YTTC at Sampoorna Yoga
- 25% discount if you have taken the in-person 300-hour Vinyasa Flow TTC at Sampoorna Yoga
- 10% discount if you have taken any of the Sampoorna Yoga short training courses (Yin Yoga, Meditation, etc.)
- 25% discount if you have done any 200-hour yoga training in any style of any yoga school
- **NOTE:** Since we are offering to use the original fee paid for this online course as a discount towards the **in-person 200-hr Ashtanga Vinyasa TTC** at Sampoorna Yoga, Goa, please note that if you take advantage of any of the above discounts for the online training, the fee you end up paying will represent the discount that we will apply if you decide to come to Sampoorna. For example: If today, we give you a 25% discount, because you already have a 200-hour certificate from another school, which means that you would pay € 675 for the online course, and if you decide to come to Sampoorna to take the in-person 200-hr Ashtanga Vinyasa YTTC, we will apply a discount of €675.

## Online Course – Methodology



- There is **No Daily Schedule** for the online course, you can study and practice at your own pace.
- There will be **18-20 Live Sessions** with all your teachers to clarify doubts, receive feedback, discuss with other yogi fellows, share what you have learned, etc. **All the live sessions will be recorded**, so if you cannot make it you can watch the replay.
- The course has a **timeframe of 24 for days plus 10 days to complete the course**. After this time, you will take the final exam (available in the online platform once you have completed all the lessons) and you will submit a video of you teaching a 20-30min class (you can record yourself with your phone and send the video via WeTransfer, it's a simple video, don't worry you don't need to be techy!!).
- **However**, if you want to take more time to complete the course, or for any reason you cannot complete it during these 34 days, **you will have one year to finish it**. (Just take into account that your teachers will be available for live sessions only during the 24 days of the course, after the course is finish you can access to all the material online and study and practice by yourself)

- The 200-hr YTTC classes will be taught through the following resources:
  - Pre-recorded videos (both for theory and practical classes)
  - Live sessions through Zoom
  - PDF documents that you can download and print
  - Power Point Presentations
  - Pre-assigned manual readings
  - Tasks and assignments
- Once we have received your full payment, you will have access to the course on the virtual platform (we will send you the link and all the information for you to access). On this platform you will find the course material organized by sections and topics. You will be able to download documents in PDF, PPT and image formats, but the videos are not downloadable, you will be able to see them only from the virtual platform.
- You will have access to this material for life and you can review it whenever you like.
- Each week, the teachers will facilitate live sessions that will serve to clarify doubts about the material studied and practiced during the days prior to the session; you can also clarify doubts and receive feedback on a particular position or of your particular practice. These sessions will be carried out through Zoom. The times of these sessions will be announced in advance and in case you cannot participate in the live session, it will be recorded so that you can watch it at your best convenience.
- The course starts on May 4<sup>th</sup> and ends on May 27<sup>th</sup>, time in which the live sessions will take place and you will be able to talk to your teachers directly. After this date, you can continue reviewing the course material, practicing and watching the videos with no limit of time, on your own.
- You will have until June 6<sup>th</sup>, 2020 to present your final written exam and to send the video of your class. Once you have passed both tests, your yoga teacher certificate will be sent by email.
- Although the course ends on May 27<sup>th</sup>, we also offer you the option to finish the course within a year, so you will be able to study at your own pace. You can read and practice on your own, and when you feel ready, you present the written exam, send us your video, and you get your certificate.
- Please note that after May 27<sup>th</sup> there will be no more live sessions, but the recorded sessions will always be available.
- On May 3<sup>rd</sup> we will conduct a live session with all the teachers and the participants, for us to get to know each other and discuss further details of the course. The time of this session, as well as other important information and the schedule for all the live sessions, will be sent to you by email once you have completed your registration and paid for the course in full.

## **TO REGISTER**

1. Complete the attached application form and send it back to [apply@sampoornayoga.com](mailto:apply@sampoornayoga.com). If you do not receive a response within 24 hours after completing the application, please send us an email.
2. If you are accepted into the course, you must pay the full fee of €900 through TransferWise, PayZap, or bank transfer. Your place in the course will be confirmed only upon receipt of the payment.
3. Once we confirm the receipt of your payment, we will send you an email with important information about the course and instructions to login into the online platform.

## **Find us on Facebook, YouTube and Instagram**



Sampoorna Yoga India



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@sampoorna\_yoga

For more information and inquiries, you can send an email to [apply@sampoornayoga.com](mailto:apply@sampoornayoga.com)

***Thank you for choosing Sampoorna Yoga and our online course to start your journey in teaching yoga!***