



Senior Yoga Teacher Training  
YOGA ALLIANCE PROFESSIONALS  
**200-Hours Yoga Teacher Training Course 2017-18**  
**Teach By: Swami Samarpanananda Saraswati**

## Health & Safety: **Application Procedure**

To apply, please:

1. Contact for an application form.
2. Attach a copy of your recent medical reports.
3. Send the completed application forms, remittance & medical reports to Samarpan Yoga

Those who require assistance in their personal routine and daily activities will not be accepted. Those with chronic ailments, communicable diseases, or drug or alcohol addictions should not apply. Applicants between the ages of 18 and 60 years will be considered for admission.

### **Medical Certificate (to be submitted on registration)**

All applicants

A recent medical certificate (from the country of origin if overseas) stating that the applicant is of good physical and mental health. You will need to disclose whether you have any contagious viral or bacterial infections which could affect other students on the course. This document should not be submitted with the initial application but will be required in the original at the time of registration.

### **Disclosure**

Upon application please disclose to us any pre-existing medical conditions, including mental health conditions. If accepted for the course, you will be sent a provisional admission letter which will indicate the date and time you need to arrive and depart from the course venue. When you come for the course bring the provisional admission letter and the remaining board and lodging charges. Admission will not be granted in the absence of the provisional admission letter. After your arrival your formal admission will be decided.

## Health and Welfare

All students must take full responsibility for their own health and welfare. Ashram will not be held responsible for any illness, mishap or accident. Basic first aid is available on campus and if required, local doctors are available on request, for which the patient will bear the expenses of the doctor, medication and any further treatment.

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Describing how you will manage health and safety in your business will let your staff and others know about your commitment to health and safety.

## Refund Policy: Mode of Remittance

### Indian Nationals

By cash or bank draft drawn in favour of ISYAF, Rishikesh

### Overseas students

Use either cash (US dollars, Australian dollars, euros or pounds sterling) or international bank cheques payable in India (US dollars, euros or pounds sterling only). Any other currencies, credit cards or travellers cheques are not accepted.

Please note all remittances are non-refundable and non-transferable at any cost.

## Individual Financial Arrangements

### All Applicants

**Please Note:** All the booking fee, course fee, price for accommodation and meals are strictly non-refundable. Students are advised to choose the courses carefully, once the payment is made for any course then all the fees are non-refundable and non-changeable.

ATM facilities are available in Rishikesh

### Overseas Applicants

You are advised not to rely on bank transfers and encashment of cheques either for payment of course fees or for your personal financial needs while in Rishikesh

### Indian Applicants

It is advisable to bring enough cash to cover the period of your stay in the ashram.

Please note that Ashram reserves the right to alter or change any information as to the course expenses provided on this site, without prior information.

Describing what the policy is if someone needs to leave the course at any point. This should also include information on any payment plans you have in place, deposit requirements and deadline dates.

Code of conduct:

## General Information for students

### Weather

November to February can be chilly with temperatures of 8-15°C during the day, which can drop to 5°C during the night. March to May is the summer season with temperatures of 36-38°C during the day and is not recommended for overseas guests. June to August is the monsoon season with moderate temperatures of 30-40°C. September to November is the autumn season with pleasant mild temperatures of 20-30°C.

### What to bring

Students are advised to bring loose, light clothing for summer and sufficient warm clothing for winter. Other useful items: torch, mosquito repellent, sunscreen, hat, sunglasses, water bottle, umbrella in monsoon season, slip-on shoes, alarm clock, any personal medication or health requirements, asana mat, Note books or blanket for yoga practice and sitting, sleeping bag in winter.

### Accommodation

The ashram accommodation is moderate, designed to meet the basic requirements of a spiritual and Yogic aspirant. The residential buildings contain rooms with light, windows and fans. The rooms are clean, airy and simple, double or triple occupancy, with shared bath and toilet facilities.

### Meals

The ashram diet is simple Indian style vegetarian food. Breakfast, lunch and dinner as well as tea are served in the kitchen area. Private cooking is strictly not permitted on campus. A form outlining the code of conduct you expect from your students throughout the course. This can include, behaviour, language, clothing etc. Every student should sign this in agreement and the school should retain this form for their reference.

## Terms & conditions:

### Practice Experience

- Students should have been practicing yoga for 2 years and have a strong practice before they embark on a teacher training course.

### Booking

- A 25% deposit is required to secure a place on the course and must be paid at the time of the booking, this deposit is not refundable.
- The full fee is due to be paid 30 days before the beginning of the course.
- Applications will be taken on a 'first come first served' basis and students who have paid their deposit will have priority over those who haven't.
  - We reserve the right to refuse a place to students who have not paid their deposit or full fee by the required date.

- The fees must have been paid in full including the fees for any private sessions or other paid for services before a graduation certificate will be issued.

### **What fees include/ what is not included**

#### **Included:**

- Training and assessment by a qualified Yoga Alliance UK SYT
- A full manual and other appropriate paperwork
- Accommodation and food for the student is included
- Examination fee
- Visiting specialist speakers fee.

#### **Not included:**

- Flights and transfers to the course are not included
- Insurance (you can get this from Yoga Alliance UK for £25)
- A certificate (paying the fees do not guarantee you a certificate as you will need to successfully pass all assignments and attend a minimum of 90% the course.)

### **During the Course:**

- Student's conduct during the course should conform to the requirements as laid out in Form 1 Students Disclaimer.
- Minimum attendance rate 90 %.
- Time limit of 30 days from the official ending of the course to complete the assignments
- Re-sitting any assignments, will be payable dependent upon circumstances.
- Expectations regarding daily practice of students, daily practice of half an hour is required before the classes start
- Extensions granted if student is unable to complete the requirements due to unforeseen circumstances. Consideration would be given and permission granted to attend a future course provided suitable evidence for this need is shown.

### **Cancelation of Course:**

- Course leaders reserve the right to cancel the course at any point, in these circumstances refunds will be made based upon the circumstances of cancellation.

Cancellation prior to start of course      full refund less 5%

Cancellation during the course      sliding scale refund based upon time of cancellation less 5%

**GETTING THERE** Students are responsible for making their own way to the Course. Details of how to get there will be sent to you upon registration. Please arrive on the day before the course is scheduled to commence. Departure will be the day after the course finishes. Please do not arrive late or plan to leave early. You may wish to arrive a few days earlier to acclimatize to the new

environment or stay longer after the Course has finished. You need to liaise directly with the Ashram to arrange this.

Describing any terms you have in place for any part of the course for the individual to fully complete the course. This might include expectations of time keeping, deadlines for homework, payment details etc

Student Disclaimer:

## **SamarpanYoga :Form 1**

### **QUESTIONNAIRE FOR INCOMING RESIDENTIAL STUDENTS:**

The aim of this questionnaire is to find out your ability to adapt to the lifestyle you are expected to lead in the ashram while studying at SSYT. The experience of living in a gurukul, 'living as the family of the Spiritual Master', in a yogic retreat situation, is as important as the academic pursuits. The dynamic balance between the body, mind and The Self is what makes ISYAF unique amongst the Yogic Schools in

the world today.

Select and copy this form, then get to your E-mail and paste it into a new message.

Fill the necessary informations with e -signature of course..and send it to **samarpanyoga@gmail.com**

#### **Academics:**

1. Do you realise that the environment of the yogic school is like a retreat and its lifestyle and discipline are different to other schools?  
Yes \_\_\_ No \_\_\_
2. Do you think you could adapt to a closed campus where external movement is limited to a very few outings?  
Yes \_\_\_ No \_\_\_ I'll try \_\_\_
3. Can you get up early mornings everyday before 6.00 a.m. for your first class of the day? Yes \_\_\_ No \_\_\_ I'll try \_\_\_
4. Could you wear the simple, comfortable recommended dress of white pyjama and kurta (loose trousers and shirt), for formal activities?  
Yes \_\_\_ No \_\_\_
5. Could you accept that attendance in all classes is necessary and that at least 90% attendance is required to sit for exams?  
Yes \_\_\_ No \_\_\_
6. Could you accept that lending facilities of the Library are restricted to **Yoga** diploma students only?  
Yes \_\_\_ No \_\_\_
7. Could you accept that, while studying in the school, you will be living in a gurukul, sharing all the responsibilities, duties and simple joys of an ashram resident in a retreat-like environment?  
Yes \_\_\_ No \_\_\_ I'll try \_\_\_

#### **Ashram Life:**

1. Do you think you can adjust to a culture which is quite different in tradition and views to your own?  
Yes \_\_\_ No \_\_\_ I'll try \_\_\_

2. Could you adjust to living in a sub-tropical climate where the seasons and temperatures can be extreme?  
Yes \_\_ No \_\_ I'll try \_\_
3. Could you adjust to a simple vegetarian diet, which is based on grains, vegetables and pulses?  
Yes \_\_ No \_\_ I'll try \_\_
4. Could you adjust to fixed meal timings, with no snacks provided in between?  
Yes \_\_ No \_\_ I'll try \_\_
5. Could you manage with less fruits, nuts, salads, milk and cheese for long periods of time, since they are not part of the regular diet?  
Yes \_\_ No \_\_ I'll try \_\_
6. Could you manage without cigarettes, alcohol and intoxicating drugs, use of which is prohibited on the campus?  
Yes \_\_ No \_\_ I'll try \_\_
7. Could you manage without newspapers, television, radio and video?  
Yes \_\_ No \_\_
8. Could you manage without any individual cooking facilities?  
Yes \_\_ No \_\_
9. Could you manage with limited communication facilities, such as slow email and limited fax facilities off-campus and restricted use of telephone on-campus?  
Yes \_\_ No \_\_ I'll try \_\_
10. Could you live in a building which is locked throughout the night for security reasons?  
Yes \_\_ No \_\_ I'll try \_\_
11. Could you live in a place where the lights are often cut due to electricity shortage in the area?  
Yes \_\_ No \_\_ I'll try \_\_
12. Could you share a room with one or two more students?  
Yes \_\_ No \_\_ I'll try \_\_
13. Can you adjust to common toilet and bathroom facilities?  
Yes \_\_ No \_\_ I'll try \_\_
14. Can you manage with limited hot water in winter due to power shortage?  
Yes \_\_ No \_\_ I'll try \_\_
15. Although Rishikesh is the Yoga Capital of the World, it is a rural area in Uttarakhand, Himalayas. Can you manage with limited banking, ATM's and encashment procedures?  
Yes \_\_ No \_\_
16. Can you remain silent during meals and tea-time and between 6:00 p.m. - 6:00 a.m.?  
Yes \_\_ No \_\_ I'll try \_\_
17. Can you accept to do physical and mental activities with the spirit of Selfless Service (Karma Yoga) in areas like garden, kitchen, offices etc., as part of your daily routine?  
Yes \_\_ No \_\_ I'll try \_\_
18. Can you live in a yogic community where close friendship and intimate relationships are not encouraged?  
Yes \_\_ No \_\_ I'll try \_\_

Signature & Date: .....

.....  
**The registration fee is 50% of all course's fee and is non-refundable.**

**The next form is for personal details to fill by the incoming student:**

## Form 2

**Head Office: Swami Samarpan Ashram, Dholsut, Tapovan 249192, Distt: Tehri-Garhwal,**

Uttarakhand, Rishikesh, Himalayas, India.

E-mail: [samarpanyoga@gmail.com](mailto:samarpanyoga@gmail.com)

Application Form (No.1 & 2 for official use only), Date \_\_\_\_\_

1. Name of the Center \_\_\_\_\_

2. Course Name and Registration No. \_\_\_\_\_

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Please write clearly, in block letters.

All information in this application will be kept strictly confidential.

3. Name \_\_\_\_\_

4. Permanent Address \_\_\_\_\_

A form outlining the responsibility of the student. This can include them agreeing to take responsibility for themselves and their products. Every student should sign this in agreement and the school should retain this form for their reference.

Complaints Procedure:

Describing the procedural steps a student should follow if they want to make a complaint about the course, the school or a teacher. Yoga Alliance UK advises that any complaint should first try to be resolved between the complainant and the other party. Failing this, the school should have steps that the complainant can take to resolve the issue in an independent manner.

Complaints about the course may be addressed directly to the Head Teacher (Swami SamarpananandaSaraswati). Should the issue not be resolved within the school, the student may address Swami Omkaranada(a.gemail.com@gmail.com) a head teacher at Sivananda Ashram in Rishikesh, to assist in resolving the problem. The student may also address SelinaGullery (YA teacher) an independent yoga teacher based in Europe and fluent in four languages (French, Spanish, English and deutch) and a student, teacher and yoga teacher trainer over 15 years (yoga@selinagullery.org).

### CURRICULUM OF TEACHERS' TRAINING COURSE for 200 hours

Complete and detailed syllabus for the training manual:

Daily Program day 1 to 30 days 200 hours RYT , Sundays is hoilday		
6.30 am	7.30 am	Meditation, Pranayama, Mantra and Kriya
7.30 am	8.00 am	Tea Break
8.00 am	10.00 am	Hatha Yoga (Shivananda and Bihar Yoga)

10.00 am	11.00 am	Breakfast
11.00 am	1.00 pm	Yoga Philosophy / Anatomy and Physiology/ Karma Yoga
1.00 pm	3.00 pm	Lunch and Rest
3.30 pm	5.00 pm	Vedanta /Yoga Nidra / Yoga psychology and Anatomy
5.00 pm	7.00 pm	Practical aspects of Yoga
7.00 pm	9.00 pm	Dinner, Satsang and Rest

## **CURRICULUM OF TEACHERS' TRAINING COURSE for 200 hours**

The goal of this training program is to produce qualified and inspiring yoga teachers who are able to draw on their own practice and personal discipline in imparting the yoga experience to others.

The curriculum is based on the five paths of yoga, which can be understood as the practical application of the traditional four paths of yoga.

The intensive daily schedule includes two meditation sessions, two yoga classes, two lectures, one hour of service to the ashram community. One day a week is lecture-free.

### **ASANAS (YOGA POSTURES)**

A daily teaching practice class is devoted to teaching you how to teach asanas and pranayama. A daily asana practice class gives you the opportunity to practice your own asanas and will help to build the good habit of practice. The daily in-depth practice with individual corrections comprises:

ॐ Sun salutation

ॐ 12 basic yoga postures

ॐ 100 asana variations, from intermediate level to advanced

ॐ Postural alignment

ॐ Deep relaxation with autosuggestion

ॐ Release of blocked energy

ॐ Training sessions for all age groups

### **BENEFITS OF ASANAS:**

ॐ Control emotions

ॐ Improve power of concentration

ॐ Rid the body of excess f

ॐ Enhance physical fitness

ॐ Relieve chronic ailments such as constipation, rheumatism, stomach complaints

ॐ Stimulate circulation

ॐ Stabilise thyroid functions

ॐ Keep muscles youthful and supple into old age

## PRANAYAMA

Reference book author By Swami NiranjananandaSaraswati, Bihar School of Yoga

ॐ Expands capacity of the lungs

ॐ Relaxes the nervous system

ॐ Balances the two hemispheres of the brain

ॐ Purifies the nadis (subtle energy channels)

ॐ Awakens the inner spiritual energy

ॐ Kapalabhati (lung cleansing exercise)

ॐ AnulomaViloma (alternate nostril breathing)

ॐ Ujjayi, Surya Bheda, Bhastrika, Sitali, Sitkari, Bhramari

ॐ Samanu (mental cleansing of the nadis)

ॐ The three bandhas: Jalandhara, Moola, Uddiyana

## KRIYAS

Tratak, Neti, Kapalabhati, Dhauti, Nauli and Basti: six classical purification exercises for the eyes, nose, air passages, esophagus and stomach, abdominal organs and large intestine.

Explanation and demonstration of the exercises and their effects. Individual instruction

## YOGA ANATOMY AND PHYSIOLOGY

ॐ Introduction to the major body systems

ॐ The effects of asanas and pranayama on: the cardiovascular system, respiration, digestion, skeletal and muscular systems, endocrine system

ॐ The eight systems of the body

ॐ Yoga and physical culture

ॐ Diet and nutrition

## KARMA AND REINCARNATION

ॐ The law of action and reaction

ॐ The law of compensation

ॐ The law of retribution

ॐ Destiny and self-effort

TEACHING PRACTICE

ॐ How to teach the 12 basic postures and breathing exercises to beginners and intermediate students

ॐ Setting up of a proper environment for class

ॐ General pointers on teaching a class

ॐ The Basic Sivananda and Bihar School of yoga class

ॐ Beginners' Course

ॐ Advanced Postures

ॐ Yoga for Children

ॐ Yoga for Older Citizens

ॐ Yoga for Pregnancy

ॐ Relaxation

ॐ Detailed correction workshops

ॐ In the second half of the training course, participants will teach each other under the guidance of an experienced instructor

YOGA NUTRITION

Reference book author by Swami ShivanandaSaraswati

ॐ Vegetarianism – for ethical, spiritual and health reasons

ॐ How diet affects the mind

ॐ Proper balance of the main nutrients

ॐ Ayurvedic principles of nutrition

ॐ Healing effects of fasting

MEDITATION

From Tantra:Reference book author By Swami SatyanandaSaraswati

ॐGuide to meditation ॐWhat is meditation ॐWhy meditate

ॐPhysical and mental meditation ॐ12-step daily practice

ॐEffects of and experiences in meditation

ॐMantras – spiritual energy in sound ॐMantra initiation (if desired)

## HATHA YOGA

ॐEthical and moral principles ॐBody – prana (life energy) – mind

ॐFrom control over the body to control over the mind and meditation

## RAJA YOGA

ॐAshtanga - the 8 steps of yoga ॐAntahkarana - functions of the mind ॐConcentration and meditation

## KUNDALINI YOGA

Tantra and Yoga Nidra Reference book Author by Swami SatyanandaSaraswati

ॐThe Absolute and how it manifests itself in nature

ॐMacrocosmos&microcosmos ॐThe 7 Chakras

ॐThe awakening of cosmic energy

## BHAKTI YOGA

ॐKirtan: chanting of classical Sanskrit mantras ॐIndian gods and their cosmic meaning

ॐArati and Pujas (traditional Indian rituals)

ॐChanting opens the heart and purifies the mind. With daily chanting, you develop a strong feeling of devotion and a very pure vibration. In devotional chanting correct pronunciation, devotional attitude and awareness of meaning are all-important.

## KARMA YOGA

ॐKarma yoga is the practice of selfless service and helps to reduce selfishness and egoism and keeps you fit and healthy and gives immeasurable joy

ॐYou will be asked to do various tasks within the Ashram setting including gardening, cooking, cleaning, office work and any other work necessary for the smooth running of the community

ॐThe law of cause and effect

Samsara – the wheel of birth and death

ॐ Karma Yoga - selfless service: one hour daily in the ashram community

JNANA YOGA By Adi Guru SankarAdvait

ॐ Basic concepts of Vedanta philosophy

ॐ The 7 Bhoomikas or planes of consciousness

ॐ Space, time, causation

ॐ The 3 bodies

ॐ The 3 levels of the mind

ॐ Conquest of death

Satsang means being in companionship with the truth and with the wise. The course satsang consists of half an hour silent meditation, half an hour chanting and a talk or reading on aspects of yoga philosophy. It will help you to develop a strong and steady meditation practice and show you the way to peace and happiness.

A high degree of self-motivation is required for all aspects of the course. A basic knowledge of yoga postures and philosophy is helpful but not essential. A sincere desire to learn and openness to the teachings of yoga is required.

The practice and especially the teaching of yoga demand a high degree of self-discipline and purity. To ensure the success of the programme, participants are required to attend all spiritual activities, meditation sessions, lectures and asana classes.

This should include a day-to-day breakdown of what is being taught and the allocated hours. We reserve the right to request a copy of your full Training Manual at any point. This should be available to us upon request from the start of your first training course.

Your manual will be the largest of all documents and should include ALL of the handouts that are given to the students throughout the course (or in some cases will be given all together at the beginning of the course). They should include diagrams, worksheets, course notes etc.

#### WHERE COURSES WILL BE HELD

Our courses will be held at our ashram in Rishikesh, Kerala, Gokarna, India In the future we hope to hold courses in Europe and other part of the world.