

yoga sanctuary

School of Yoga & Meditation



Living Yoga Teacher Training Programme: Level 1

For those who wish to take their practice to a new level
and those who want to share the light.

September 2018 - May 2019

This 9-month 200-hour certified programme offers sincere aspirants a systematic and incomparable training in the transformational technology and philosophy of Living Yoga, giving practitioners the practical tools to revolutionise their own lives and the lives of those around them.

"Whether you are looking to become a Yoga Teacher or keen to deepen your own practice, the Yoga Sanctuary Teacher Training Course will do both! It has strengthened my knowledge and understanding of Hatha Yoga which I continue to build on every day. Life changing!" ~ Carly Brown

Living Yoga is an ancient technology for optimal living in modern times. Its comprehensive series of postures (asana), breathing techniques (pranayama), simple meditations and universal life-affirming principles combine to create an integral yogic system for total well-being and high living. This transformative 200 hour Teacher Training Programme, accredited by the Independent Yoga Network, provides an opportunity to imbue the essence of the Living Yoga teaching into the very fabric of your life. It offers the ideal launch pad for aspiring Yoga teachers, a breath of fresh and inspiring yogic air for those already teaching, whilst also being a fantastic way to deepen one's own personal practice and understanding of Yoga.



www.yogasanctuary.co.uk

Living Yoga Teacher Training Programme: Level 1

"The YS Teacher Training Course delivers an entirely systematic framework which enables the student to share this powerful, practical method of relaxing the self contraction of ego with beginners and fellow practitioners!" ~ Sarah Stone

THE PROGRAMME

The Teacher Training Programme is designed to give you, as a practitioner, all the skills and knowledge you need to confidently and effectively practice and teach the Level 1 Living Yoga practice to an exceptional standard. The training includes a complete breakdown of the 26 postures, 2 breathing techniques and 1 deep relaxation practice that comprise a Living Yoga Session. Special attention is given to the 4 principles of Living Yoga which give this practice such a direct and unique approach, these being: Sukha (Ease); Spanda (Pulse); Lila (Playing the Edge); and Purna (Fulfilment).

Along with exploring the practice element of Living Yoga, you will also engage in a profound study of the philosophical framework that underpins the Living Yoga practice. The course curriculum includes the yogic models of: Pancha Bhuta (5 Elements); Pancha Sadhana (5 Techniques of Hatha Yoga); Pancha Kosha (5 Bodies); Pancha Marga (5 Paths of Yoga); Pancha Vayu (5 Pranic Winds); Tri Nadi (3 Energy Channels); Shat Chakra (6 Chakras); Ashtanga (8 Steps of Yoga); Yama & Niyama (10 Precepts).

COURSE REQUIREMENTS

"If we want to carry the flame, we must first light the torch; if we want to share the pearls, we must first dive deep into the ocean; if we want to teach yoga, we must first become a yogi."

To be a Living Yoga Teacher or Advanced Yoga Practitioner means to authentically embody our yoga on every level of our lives. The course is designed to be a powerful experiential journey of self transformation. This journey involves a process of deep inner purification on a physical, mental, emotional and intellectual level. To support this cleansing process it is necessary for each participant to dedicate themselves to a yogic lifestyle for the duration of the course. This requires us to joyfully adopt a prana-positive, non-meat diet, whilst happily forsaking alcohol, drugs and caffeine in order to cultivate a new and lasting inner ecstasy within the nervous system through the science of Living Yoga.

Before embarking on the course it is necessary for every aspirant to know the Level 1 Living Yoga practice, inside out and off by heart, and to be able to practice it confidently with a 6-6 rhythm Ujjayi breath as a moving meditation. All candidates must have firmly established a daily yoga practice at home and are required to maintain at least one weekly session at the Yoga Sanctuary for the duration of the Training Programme.

Please take time to honestly reflect on your capacity to fulfil these requirements before making your application.

"This programme has truly changed my life, I have learned more about myself in one year than in decades of searching beforehand."
~ Natalie

DATES & PRACTICALS

Along with committing to these necessary course requirements it is also essential that you attend all of the training sessions to attain the Yoga Sanctuary Teacher Training certification. Training dates are planned as follows:

Opening Non-residential Retreat Weekend (Venue: Yoga Sanctuary):

- * Friday 14th September 2018: 7:30pm - 10:00pm, * Saturday 15th September 2018: 8:00am - 4:00pm
- * Sunday 16th September 2018: 8:00am - 4:00pm

Seven Saturdays 8:00am - 4:00pm (Venue: Yoga Sanctuary):

- * Saturday 13th October 2018, * Saturday 10th November 2018, * Saturday 8th December 2018,
- * Saturday 19th January 2019, * Saturday 2nd February 2019, * Saturday 2nd March 2019,
- * Saturday 6th April 2019

Closing 6-Day Residential Retreat (Venue: Cleeve House, Wiltshire):

Arrive: Sunday 5th May 2019 Depart: Saturday 11th May 2019

Programme Fee: £1,800 (inclusive of residential retreat costs)

A deposit of £600 is required to secure your place on the programme, followed by 3 instalments of £400 due on 1st September 2018, 1st December 2018, 1st March 2019.

To apply for your place on the Programme please email us (yoga@yogasanctuary.co.uk) with a brief outline of your motivations for joining the Living Yoga Teacher Training Programme.