



Living Yoga Teacher Training Programme

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

September 2016 - May 2018

The 2-year 200-hour certified programme offers sincere aspirants a systematic and incomparable training in the transformational technology of Living Yoga - giving practitioners the practical tools to revolutionise their own lives and the lives of those around them.



Premananda, Yoga Sanctuary
Founder & Programme Teacher

"I originally joined the course to deepen my understanding of yoga. I have indeed learned so much and fall in love with the practice more every day, but I had not anticipated the wonderful experience of self-discovery there has also been along the way." ~ Jo



200-hour Teacher
Training Accreditation

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THE PROGRAMME

Living Yoga is an ancient technology for optimal living in modern times. It's comprehensive series of posture sequences (Asana Kriyas), 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. The course 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.

Premananda, founder of the Yoga Sanctuary, has developed a programme that is both rich and inspiring. Through the depth of his own practice, Prem has drawn from the roots of Yoga's ancient wisdom and distilled its essence to offer an authentic Yoga teaching, that honours each individual's uniqueness. The teaching encourages a playful, creative and innovative approach to the practice. You will be supported with wise and loving guidance as you explore countless ways to share with others what you have found through your own practice, in a teaching style that is authentically yours.

PROGRAMME STRUCTURE

Asana:

Exploring the spirituality of your physicality through the in-depth study and practice of Living Yoga's 14 Asana Kriyas is at the core of this training programme. Each month of the programme you will be given a specific Sadhana for your home practice to aid you in unlocking the energy of each Asana Kriya and realising its potential within your own body. Through Prem's posture clinics you will make a full break-down of the gross and subtle mechanics of each posture, exploring its energetic pathways, numerable variations, applications and adaptations, in order that you may practice and share the Asana Kriyas with confidence. We will deepen our understanding of how to 'play the edge', 'pulse the stretch' and integrate the 10 Yogic principles, all of which make Living Yoga such a powerful system of transformation. Over the two years of programme your endeavour will be to turn your body into a powerful human vehicle for the divinity you carry within!

Pranayama:

You have a tremendous energy within you and this part of the training is devoted to tapping into that energy through the flow of your breath. Delight in the energy you are made of by exploring the 6 Pranayama techniques of Living Yoga to awaken, harness and expand your life force to promote greater energy, creativity and clarity. In Living Yoga the breath is honoured as the essence of life, the very throb and pulsation of existence and is approached as a bridge to connect our surface to the centre of our being. Trainees will learn the fundamental mechanics of breathing, dynamic breathing practices to elicit energised stillness and subtle use of breath to awaken dormant inner energy flows.



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

~ Natalie



"The knowledge, guidance and support the Sanctuary and other course members have given me has changed my life forever, it's giving me the confidence to live my life how I want to and the belief I can achieve anything!"

~ Kev



"Awesome, awakening and truly life changing experience."

~ Oulani

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Meditation:

The practice of meditation brings us into communion with spirit, allowing us to rediscover the natural joy of being. In meditation we learn to listen inwardly to the wisdom and guidance that naturally arises from a quiet heart and clear mind. The simple and ancient techniques you will learn help to create a pause between your thoughts and actions, a pause in which to choose your response and shape your life. The systematic sequence of meditation practices taught to trainees on the course is designed to gently but effectively strengthen, focus and quieten the mind. Re-awakening inherent intuition, freedom and spontaneity, bringing new meaning and depth to everything you do.

Yogic Philosophy:

Yoga is timeless and its application is universal. It is a spiritual tradition that represents the cumulative wisdom of sages and seers over a period of more than 5000 years. It has reached us by a flow of grace that has passed from teacher to student uninterruptedly for more than 200 generations. As Yoga teachers and advancing practitioners, we align ourselves with those who have gone before us and become a part of this flow of grace. It is therefore important for us to understand the tradition for which we speak and from which we practice. In this area of the training we will deepen our understanding of what Yoga is, how it works and how it can transform our way of life. Through a process known as Satsang (sharing of truth) we will explore the universal vision of Yoga, learning to see ourselves and the world from a new vantage point, with a renewed appreciation of how awesome and sacred the human experience can be. Topics in this part of the programme include: The Ocean and Wave; Patanjali's 8 Steps to Enlightenment, The 10 Principles of Yogic Living, The 5 Body Sheaths, The 3 Inner Rivers, The 5 Inner Winds, The 7 Chakras, The 5 Elements, The 6 Paths of Yoga, and The 3 Functions of Nature. Over the duration of the course the cosmic jigsaw of life will click together to form an unparalleled understanding of life and our place within it, giving rise to a profoundly meaningful existence.

COURSE REQUIREMENTS:

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.

Leading up to the course it is imperative that each participant establishes a regular daily home practice (sadhana) of 20 minutes, whilst gradually implementing any lifestyle changes as mentioned above. Whilst not mandatory we highly recommend you attend a weekly yoga session at the Sanctuary for the duration of the course wherever possible. At each of the training sessions you will be given a specific home sadhana of approximately 1 hour to be practised daily. You will also be required to dedicate some time each week for home study and the completion of your Teacher Training Manual.

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



"Prem has mastered such a powerful teaching process that brings together your education with first hand experience. You will find yourself always looking forward to the next training weekend!"

~ Mike



"Everything has become so simple. The drama has dropped off and life is positive. All I do is breathe, practise daily and keep the yogic principles close to my heart. I am transformed thanks to this teaching."

~ Lou

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"The Yoga Teacher Training 'title' for the course comes nowhere near to doing it justice. It is so much more - a complete life-changing experience." ~ Neil

DATES & PRACTICALS

The training programme takes place from September 2016 to May 2018. It is essential that you attend all of the programme sessions, along with committing to the necessary course requirements as detailed previously, to attain the Yoga Sanctuary Living Yoga Teacher Training accreditation. Final qualification is ultimately and entirely at the discretion of the programme teacher.

Training Sessions:

Between September 2016 and May 2018 there will usually be 2 training sessions held per month, comprising of a Friday evening and a Saturday afternoon session. All training dates up to July 2017 are planned as follows:

	Saturdays: 12noon - 5.00pm	Fridays: 7.30pm - 10.00pm
2016	Saturday 24th September	Friday 7th October
	Saturday 22nd October	Friday 4th November
	Saturday 26th November	Friday 9th December
2017	Saturday 7th January	Friday 20th January
	Saturday 4th February	Friday 17th February
	Saturday 4th March	
	Saturday 1st April	Friday 28th April
	Saturday 13th May	Friday 26th May
	Saturday 10th June	Friday 23rd June
	Saturday 8th July	Sept 2017 onwards dates tbc

Programme Fee: £1,700.

A deposit of £500 is required to secure your place on the programme, followed by 20 monthly payments of £60 from 1st September 2016 to 1st April 2018. Each monthly instalment is required on the first of each month. Please refer to the website for our standard cancellation and refund terms >>>>>
www.yogasanctuary.co.uk/fees-terms

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.

Course places are limited, we recommend making your application as soon as possible.



Sri Swami Yogeshwaranand

"Our training weekends are the highlight of my month, where we get to spend time together in the special energy of the Sanctuary."

~ Lyn



www.yogasanctuary.co.uk