



Living Yoga Advanced Teacher Training Programme

For Graduates of the Foundation Teacher Training Programme
who wish to take their practice, understanding and
teaching of Living Yoga to the next level.

September 2016 - June 2018

This 2-year Advanced Teacher Training Certification Programme has four main objectives:

1. To consolidate and build upon the strong foundations of practice we established together on the Foundation Teacher Training Programme, so that we can joyfully venture forward into the higher practices of Living Yoga.
2. To create a powerful Sangha support structure for our continued personal growth, inspiration and appreciation of the yogic system.
3. To establish an open forum through which we can explore ever more efficient and affective ways to practice and share the teachings of Living Yoga.
4. To deepen our knowledge of the three main yogic scriptures.

Advanced Teacher Training Programme

SUMMARY OF THE 4 STUDY MODULES

Asana: Throughout the advanced training we will continually enhance and refine our Asana and Pranayama practice into a supremely efficient and sublimely beautiful system, which will act as a stable and healthy platform from which we can safely explore the higher Yoga Sadhanas of the Advanced Programme.

Kriya: This is where our new work begins, through the science of Kriya Yoga we patiently cultivate a nervous system, strong and pure enough to express the highest ecstasy it was designed for. This journey will be a systematic, step by step process covering both the practice and theory of Kriya Yoga. Whilst not mandatory, it would be beneficial to complete the Kriya Yoga Level 1 Initiation course before the start of the Advance Training Programme.

Meditation: To balance the awakening of new energy through Kriya Yoga we simultaneously cultivate profound inner stillness through the practice of Deep Mantra Meditation.

Satsang: To support the practices of Asana, Kriya and Meditation we have Satsang. Having explored the main yogic models in the Foundation TTC, we will now deepen our understanding of the 3 major yogic scriptures (Yoga Sutras of Patanjali, Bhagavad Gita and the Shiva Sutras), along with their practical application for all Living Yogis.

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 of sadhana and study time to attain the Yoga Sanctuary Advanced Teacher Training certification. 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 weekend morning session. All Year 1 training dates up to July 2017 are planned as follows:

2016	Weekend Session: 8.00am - 1.00pm	Friday Session: 7.30pm - 10.00pm
	Sunday 11th September	Friday 23rd September
	Sunday 9th October	Friday 21st October
	Sunday 6th November	Friday 25th November
	Saturday 10th December	-
2017	Friday Session: 7.30pm - 10.00pm	Sunday Session: 8.00am - 1.00pm
	Friday 6th January	Sunday 22nd January
	Friday 3rd February	Sunday 19th February
	Friday 3rd March	Sunday 2nd April
	-	Sunday 30th April
	Friday 12th May	Sunday 28th May
	Friday 9th June	Sunday 25th June
	Friday 7th July	Yr 2 Sept 2017 onwards dates tbc

Programme Fee: £1,650.

We consider this programme to be a continuation of your studies following the Foundation Training Programme, the payment structure reflects this. There is no upfront deposit required, rather 22 monthly payments of £75 from 1st September 2016 to 1st June 2018. Each monthly instalment is required on the first of each month.

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 Advanced Teacher Training Programme.



Sri Swami Yogeshwaranand