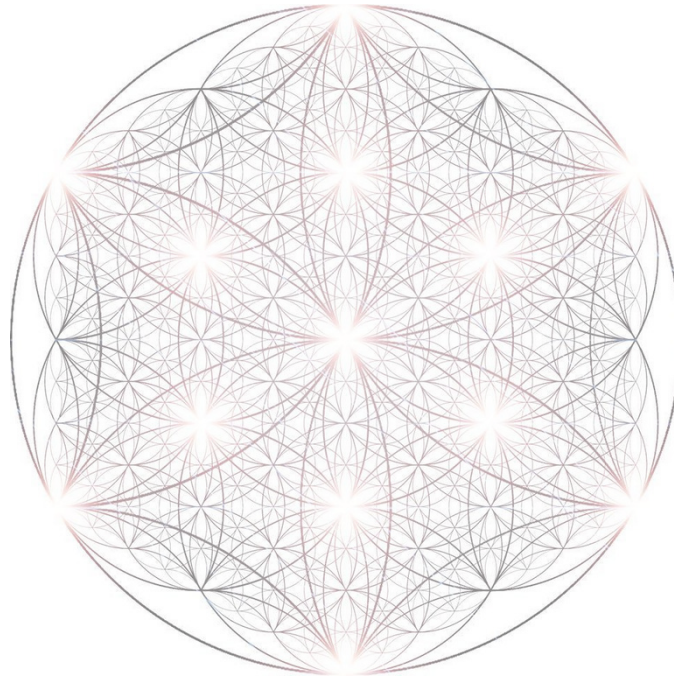


YogiPi

YOGIPI
200 HOUR FOUNDATIONAL YOGA
TEACHER TRAINING COURSE
2019/2020



YOGIPI
SCHOOL OF YOGA

2019 / 2020
RISHIKESH
INDIA

PROGRAM

WELCOME

Namaste,

It is with enormous thanks to my Gurus that this sharing is possible.

Prem Baba, Mooji Baba, BKS Iyengar, Sivananda, Babaji, Paramhansa Yogananda, Scarlett, Mark, Rachel, Sequoia and my Mother & Father are forever ingrained in my Being & to them this Sharing is possible.

Immerse yourself on our fabulous 200hr YTTC at the Spiritual Home of Yoga, Rishikesh, India.

Open yourself wholeheartedly into your beautiful surroundings & truly benefit from the knowledge that we share with our fun, light-hearted & sincere Yogis.

Be sure to fully understand the Science, that is Hatha Yoga. Not only the physical body or the mind, but the Subtle Energies that lie within us that take us on the journey to the Inner Self.

Become a member of the ever expanding worldwide Yoga Family by joining us on this incredible , intense, profound, life changing sharing and becoming a Shining Light to all.

Transforming into the Joyful Being that You are.

All the tools required are already within You so join us & start to simply enjoy Being.

Hari Om

Piyush x



PROGRAM

WHO IS THIS COURSE FOR ?

Our Course is designed for all ages & abilities with no previous yoga experience. The old, the young, the unwell, the healthy and of course all those in between; you are all welcome & will be treated with the utmost care, respect & love in a wholesome holistic manner.

You will be prepared physically, mentally, emotionally, energetically & spiritually to share the Teachings & Wisdom of the Ancient Yoga Masters on completion of our YTTC.

If you are looking for a Sharing of Knowledge that will enable you to deepen, strengthen & awaken your own practice in all aspects, to come closer to the Source, then this is for You.

Or if you are wishing to fulfill your dream of becoming a Yoga Teacher with exceptional understanding & to be able to transmit your Sharings then this too is for you.

Let this be the beginning of your journey.

Our Philosophy

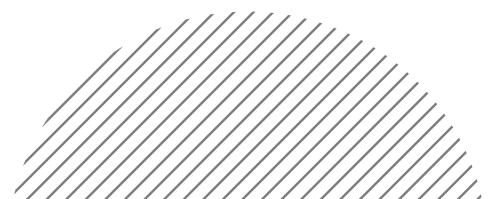
At YogiPi we honour as our prime philosophy Love. For it is through love that we are able to connect with our Divine Inner Spirit, Jivatma. Once we connect with our Jivatma we are able to begin our journey with the Divine Supreme Source, Paramatma. This is the ultimate unión in the meaning of the word yoga, the unión of the Divine Inner & Divine Outer Soul, the microcosm & the macrocosm.

Let love guide us on the journey to the inner and with patience to the outer divinity.

No Yoga No Peace, Know Yoga Know Peace.

Know Thyself & Thou Shall Know The Universe
(Ancient Greek Proverb)

When The Power Of Love, Overcomes The Love Of Power, Then The World Will Know Peace.
(Jimi Hendrix 1942-1970)



PROGRAM

WHAT DO WE SHARE ?

Our Trainings are focused on the Ancient Science of Traditional Hatha Yoga and Iyengar principals.

The Healing of Sound through the Chanting Invocation of Mantra Yoga.

The Flow of the Breath & Energy of Vinyasa Yoga.

The Softness, Healings, Openings of Yin Yoga.

The Eightfold Path of Patanjali's Classical Yoga (Raja Yoga).

Joy, Beauty, Love, Peace & Happiness.

PROGRAM

LOCATION

YogiPi School of Yoga.

Rishikesh.

India

Rishikesh is known as a Holy City, located at the foothills of the Mighty Himalayan Mountain Range & blessed with the immense beauty & flow of Ganga Ma (the River Ganges).

It is the World Capital of Yoga and is home to many ashrams and yoga centres.

Our Ancient Scriptures tell us that this is the place to come & practice Yoga in all of its forms to attain higher states of mind like the Rishis before us.

The best time to visit Rishikesh is between March to June (Summer) and October, November when the weather is pleasant and comfortable and the temperature varies between 21°C and 42°C.

We also recommend December, January & February as the daytimes are invariably sunny, warm & pleasant around 20C to 30C although early mornings can be a little chilly !...



PROGRAM

THE YOGIPI 200 HOUR FOUNDATIONAL YOGA TEACHER TRAINING COURSE INCLUDES:

- International Accredited Teaching Certificate with Yoga Alliance
- Traditional Ancient Hatha Yoga with Our Uniquely Structured Programs
- Iyengar principals
- Teaching Methodology & Practice with Guided Instruction into Grounding, Stabilizing Centering, Refining, Defining & Enjoying Asana
- Four Main Paths of Yoga: Bhakti, Karma, Jnana & Raja Yoga
- Kriya Yoga: Inner Body Purification
- Nada Yoga: The Immense Depth of the Sound Within
- Mantra Yoga: Sacred Syllable Invocation
- Nidra Yoga: Yogic Sleep
- Exploring Iyengar, Kundalini, Tantra, Vinyasa & Yin Yoga
- Chakra System: An Informative Beginners Guide
- Pranayamas: Thorough Knowledge of Eight Pranayams
- Meditation Techniques: Understanding of Concentration, Contemplation, Visualization & Intuitive Feeling
- Patanjali's Yoga Sutras (Classical Ashtanga Yoga)
- Yogic Principles, Ethics & Lifestyle
- Physiological & Subtle (Energetic) Anatomy of the Body
- Bandhas: How to access Mula, Uddiyan, Jala & Maha
- Mudras: A Gesture or Energetic Seal
- Koshas: Our Five Bodily Sheaths
- Five Elements: Exploring The Five Elements of Earth, Water, Fire, Air & Akash
- No Yoga No Peace Know Yoga Know Peace

PROGRAM

YOGIPI 200 HOUR FOUNDATIONAL YTTC PROGRAM OVERVIEW

Here is a brief outline of the various subjects we offer to share with you on our Teacher Training Course.

Yoga Philosophy

- Bhagawad Gita
- Rig Veda
- Shiva & Shakti
- Upanishad

Four Paths of Yoga

- Bhakti (Devotion)
- Karma (Action)
- Jnana (Wisdom)
- Raja (Meditation)

Anatomy and Physiology Systems

- Cardiovascular/ Circulatory
- Digestive/ Excretory
- Endocrine
- Muscular
- Nervous
- Respiratory
- Skeletal

Yoga Asana

- Practical techniques and asanas (physical postures)
- 84 have been identified as Yogasanas, through which one can transform the body and mind into a possibility for ultimate wellbeing.
- YogiPi seeks to bring back Classical Yoga in its purest form; not studio yoga, not book yoga or the various innovations that are brought in around the world without an understanding of the basic principles – but proper Classical Yoga, which is a phenomenally powerful science. It is a system that is precisely and meticulously put together as a means of reaching higher dimensions
- When you experience everything as oneness in your consciousness, then you are moving through yoga. To attain that unity within you, there are many ways. You work with the body, then you move to the breath, then to the mind, then to the inner self. Like this, many steps have been created, but they are only different facets of yoga. It is important that all of them are addressed in a very balanced way, all at once, as one single unit. There is really no division as such; yoga employs all aspects of who you are.
- Asana” means a “posture.” That kind of posture which allows you to reach your higher nature is a yoga asana.

PROGRAM

YOGIPI 200 HOUR TTC PROGRAM OVERVIEW

Pranayama

- Yogic Breath
- Nadi Shodhana
- Bhastrika
- Kapalabhati
- Sheetalī & Sitkari
- Bhramari
- Ujjayi

Bandha, Kriya & Mudra

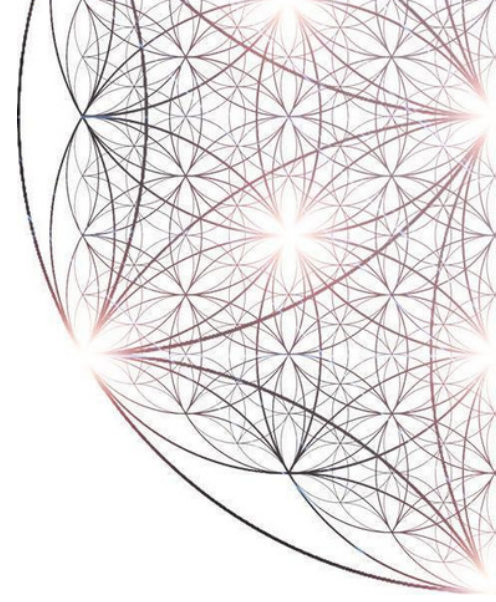
- Four Bandhas : Mula, Uddiyana, Jalandhara & Maha
- Shat Kriyas: Jala Neti & Sutra Neti, Nauli, Dhauti, Basti, Tratak, Kapalabhati
- Mudra Techniques

Meditation & Nidra

- What is Meditation
- Why Meditate
- Access Meditation
- Deep Relaxation / Yoga Nidra

Mantra

- Gayatri
- Maha Mrityuna
- Brahma, Vishnu, Maheshvaraha
- Durga
- Asatoma Sat Gamaya
- Patanjali
- Sahanaa Bhavatu Sahanau Bhunaktu
- Jai Mata Kali Jai Mata Durga
- Prabhujee Dayo Karo



PROGRAM

YOGIPI 200 HOUR TTC PROGRAM OVERVIEW

Five Elements (Bhutas)

· The qualities of each of the five elements are made accessible through a powerful process involving the material form of each element, along with its corresponding mantra and an elaborate series of movements, are designed to create a certain reverberation, thus harmonizing this element within the human system.

Food and Nutrition

- What is Yogic Food
- The best ways to obtain Nutrition
- Ayurveda & the Three Doshas (Vital Constituents)

Teaching Techniques

- How to offer a Balanced Sequence in Class
- The Art of Cueing a Yoga Class
- How to relate Asana to the Anatomical Body
- How to implement Asana for people with injuries
- The Art of Adjusting

PROGRAM

Who Are We ?

Piyush Patel

Piyush Patel is the heart and soul of YogiPi. With a humble approach to Yoga, precision asana alignments, playful & happy nature and the deeply rooted Indian philosophy teachings will surely mesmerize you, which are a testimony to his sharing of all of lifes-treasures.

We look forward to you joining us on our YTTC.



PROGRAM

OFFERING YTTC IN AN ASHRAM

The Yogic education in the Ashram is based totally on Patanjali's Yoga Shastra (instruction). The main activity of the Ashram is to provide guidance in the practice of Patanjali's eight fold path. This includes physical, mental, energetic and spiritual training.

Yoga Niketan Ashram has approximately 100 Single/ Double rooms for the sadhaks (students). Each room has a private bathroom with 24 hours of hot and cold water and electricity.

It is situated in Ram Jhula overlooking the River Ganges with beautiful gardens and nature to create the perfect environment to study and practice.

The sadhaks are responsible for the cleanliness of their rooms during their stay.

Meals : The Ashram provides Satvic food (breakfast, lunch and dinner) with herbal tea and filtered water.

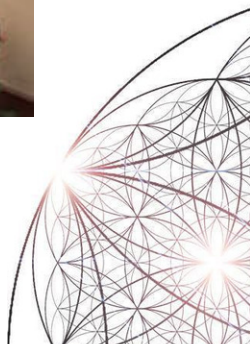
About SWAMI JI

Swami Yogeshwaranand Paramhansa formerly known as Vyas Devji was one of the greatest Yogis of the 20th century.

He left a comfortable home at the tender age of 14 to live a life of extreme austerity, mainly in the Himalayas, practicing all that is laid down in the Hindu Scriptures for the realisation of Soul and God. He spent his entire life-time reviving the ancient science of Yoga and imparting valuable knowledge that he had gathered from many great ascetics and from his own spiritual experiences.

He has left behind a vast collection of very well documented books which is kept in Ashram library.

Swamiji merged with Brahma on April 23, 1985.



PROGRAM

AN EXAMPLE OF OUR SCHEDULE

05.15 - 19.15hs

Monday to Saturday is as follows:-

05.15 - 06.15 - Meditation

06.15 - 08.30- Cleansing / Mantra / Asana / Pranayama

08.30 - 9.00 - Breakfast in Silence

09.00 - 12.00 - Lecture on Anatomy/ Philosophy/ Nidra Yoga

12.00 - 12.45 - Lunch

12.45 - 13.15 - Digestive Breathing (optional)

13.15 - 14.30 - Rest

14.30 – 18.00 - Rotation of the following topics:

- Teaching Methodology / Adjustments
- Teaching Practice / Asana Class
- Pranayama

18.00 – 19.00 - Fire Ceremony Chanting of 108 Mahamrityunjaya Mantra or Meditation / Yoga Nidra / Tratak

19.15 – 20.15 - Dinner

Sundays are a free day and ideal for Karma Yoga

We reserve the right to change the schedule.

PROGRAM

Q & A

Do I need a Visa for India?

Yes. We suggest travelling on a Tourist Visa

Vaccines

We believe that this is a personal choice & leave that up to your own discretion.

Is India safe?

Yes. Always take precautions if travelling alone as you would in your own country.

What kind of yoga will be taught?

Ashtanga, Classical, Hatha, Kriya, Mantra, Nada, Tantra, Vinyasa, Raja, Yin.

In what language will the course be given?

In English (though a translator can be arranged upon request, please email us for details)

What do I need to bring?

Yourself, with an attitude of being an empty vessel, (regardless of previous yoga experience) & be ready to be filled with the knowledge of our Ancient Yoga Masters. White yoga clothing as optional.

How to Arrive At Yogipi Yoga School?

We can arrange a taxi pick up from Indira Gandhi, Delhi or Jolly Grant, Dehradun Airports as well as from Haridwar Railway Station. (please email us for details)

Whats included?

- Yogipi Teacher Training Manual
- Essential Reading Yoga Books
- Accommodation in Private Double Rooms or Private Single Rooms
- Satvic Yogic Meals & Herbal Teas provided by the Ashram
- Kriya Yog Kit for Internal Cleansing
- Joy Love Laughter

Whats Excluded?

- Your Air-Fare
- Visa
- Insurance
- Taxi transfer

For further details please email us at yogipi@hotmail.com

