



Hatha Yoga Teacher Training

Center for Spiritual Enlightenment & Yoga Bharati



Today thousands of people are seeking spiritual awakening. In the future there will be millions seeking ... and not enough qualified teachers to meet the need.

—Paramahansa Yogananda

Center for Spiritual Enlightenment

- Yoga Meditation Center in the tradition of Kriya Yoga
- Disseminating the Teachings for over 33 years
- Training Teachers and Leaders for over 18 years
- Spiritual Director, Yogacharya Ellen Grace O'Brian — student of Roy Eugene Davis, a direct disciple of Paramahansa Yogananda (*Autobiography of a Yogi*)



Yoga Bharati



Founded in 2002 under guidance of Yogashree NV Raghuramji

Vision

*May we nourish to see a healthy humanity
and a peaceful world!*

Mission

- A holistic understanding of yoga to one and all
- Spread the message of yoga and its philosophy for Health (physical), Happiness (mental), Knowledge (intellectual), and Peace (spiritual) in life with integrated and holistic approach.

What YTT Makes Possible ...

TEACHING YOGA AS CAREER

- Yoga Centers (such as CSE)
- Schools (elementary to university levels)
- Special Groups (seniors, vets, prenatal, children)
- Corporations
- Hospitals and/or specific ailments
- University Yoga Professor or Yoga Research
- Preparation for Yoga Therapy



YTT OVERVIEW: *Two Modules*



Part 1 (Theory and Practice)

Part 2 (RYT200 requirements) –
study groups, practicum...

Part One: YOGA FOUNDATIONS COURSE

Theory & Practice to Strengthen Your Personal Practice

- Requirements:
 - Complete 10 week Theory & Practice Session
 - Complete Philosophy Sessions
- Participation certificate issued upon request
- *Certificate to teach requires additional fees and fulfillment of additional requirements (details on following slides)*

Part Two: **REGISTERED YOGA TEACHER (RYT-200)**

Yoga Teacher Training (YTT)

- Requirements:
 - Theory & Practice Sessions
 - Yoga Philosophy Sessions
 - Field Practice and Project Report & Article
 - Additional Study and Practicum
- Yoga Bharati certificate with Yoga Alliance RYS 200 logo
(\$100 fee to Yoga Alliance for RYT-200 certification)

Curriculum Overview



- Theory
- Practices
- Philosophy

Yoga Theory



- Yoga - *Need of the Hour*
- Yoga Concept and Definitions
- Asanas, Pranayama, Purifications, & Meditation
- Intro to Yoga Therapy, Sanskrit, Ayurveda
- Intro to Yoga Anatomy
- Educational Applications
- Stress and Yoga
- Yoga and Diet
- Ethics for Yoga Teachers
- Teaching Techniques & Sequencing
- Teaching & Leading Meditation
- Intro to Yoga Research

Yoga Practices

- Breathing practices
- Loosening practices
- Asanas
- Pranayama
- Meditation
- Purifications
- Mudras and Bandhas
- Teaching techniques



*Yoga Philosophy



- Bhakti Yoga
- Raja Yoga
- Karma Yoga
- Jnana Yoga
- Ashtanga Yoga
- Yoga Sutra
- Kriya Yoga
- Indian Culture



Group Practice Teaching

Practice is the way for one to explore the teaching within the realm of direct, personal experience.

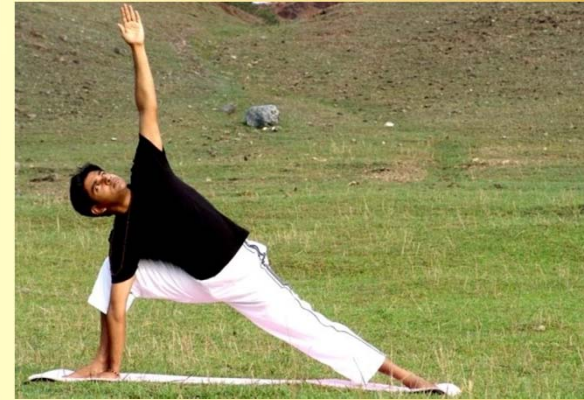
—Yogacharya O'Brian

Course Structure

theory & practice

10 Weekends: September 12 through November 15

Saturday & Sunday Mornings: 7:00-11:30 am



philosophy

Approximately 2 Hours a Week (in person or on-line)

(mid-Sept thru mid-Nov) & (mid-Feb thru mid-May)

field practice & project report

Additional yoga classes, shadowing, assisting, and practice teaching

Final project report and retreat attendance

YTT Registration Process



Fee Structure

REGISTER TODAY

- **COURSE FEE:**

YTT: \$1,750

- **DISCOUNTS:**

- **Early Bird by August 15 (\$50)**

**can combine with any one of the following*

- Family Discount: (\$50 per person)
- Seniors Over 60: (\$100)
- Students with ID: (\$100)

Registration Open Until August 22

What is Needed?

- Registration Form
- Two Passport Size Photo / or hi res JPG
- Credit Card Online or Check Payable to "CSE"
(complete payment due by August 22)

How to Register:

- Register Online: www.CSEcenter.org
- Mail Application to:
Yoga Teacher Training / Meru
Center for Spiritual Enlightenment
1146 University Avenue
San Jose, CA 95126

YTT 2015 INAUGURATION
Thursday, August 27 · 6pm

For more information or
registration support contact
Pat Kirti Hall at
1-408-775-8475
meru@CSEcenter.org



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