Hatha Yoga Teacher Training

Center for Spiritual Enlightenment & Yoga Bharati
Agenda

• Welcome
• About CSE
• About Yoga Bharati
• Yoga as a Career
• Overview of the Program
• Registration Process
• Q & A
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 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.
Yoga Bharati Accomplishments

• Yoga Sangam—International Yoga Conference, 2012
• 10 years / 10,000 hours of Free Yoga Classes / Instruction
• 600+ Yoga Teachers trained
• RYS: Registered Yoga Alliance School
• Partnership / Collaboration with like-minded organizations
• Yoga Research Work: Surya Namaskar & other nation-wide initiatives
• Hosted Yoga Experts from SVYASA and other organizations
• Yoga Therapy: courses and workshops for doctors & therapists
• Yoga Family: a community of seekers interested in yoga & philosophy
Yoga Bharati
YOGA TEACHER TRAINING

- **Bay area** – 10 batches, trained 225 teachers
- **Detroit** – 7 batches, trained 60 students
- **Los Angeles** – 5 batches, trained 20 teachers
- **Istanbul** – 8 batches, trained 150 teachers
What YTT Makes Possible ...

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: Three Modules

Part 1 (Theory and Practice)

Part 2 (Field Practice & Project Report)

Part 3 (RYT-200 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: YOGA TEACHER TRAINING

Yoga Instructors Course (YIC)

• Requirements:
  • Theory & Practice Sessions
  • Yoga Philosophy Sessions
  • Field Practice and Project Report
  • Submit Article

• Participation certificate issued by Yoga Bharati on request
• YIC certificate from VYASA awarded
• Yoga Alliance 200 hour certificate has additional requirements
Part Three: REGISTERED YOGA TEACHER (RYT-200)

Yoga Instructors Course (YIC)

- **Requirements:**
  - Theory & Practice Sessions
  - Yoga Philosophy Sessions
  - Field Practice and Project Report & Article
  - Additional Study and Practicum

- YIC certificate from VYASA awarded
- 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
- Ashtangha Yoga
- Yoga Sutra
- Kriya Yoga
- Indian Culture

*Yoga Bharati participants will have slightly different curriculum for this section
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: August 2 through October 5  
Saturday & Sunday Mornings: 7:30-11:30 am

**philosophy**
Approximately 2 Hours a Week (in person or on-line)  
(mid-Sept thru mid-Nov) & (mid-Feb thru mid-April)

**field practice & project report**
Additional yoga classes, shadowing, assisting, and practice teaching  
Final project report and article submission
YTT Registration Process
Fee Structure

- **COURSE FEE:**
  - YFC: $1,300
  - YTT: $1,650

- **DISCOUNTS:**
  - *Early Bird by June 21* ($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 July 19, 2014

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 July 19, 2014)

How to Register:

- Sign Up TODAY @ Open House
- Register Online: www.CSEcenter.org
- Mail Application to:
  Yoga Teacher Training / Sundari Center for Spiritual Enlightenment
  1146 University Avenue
  San Jose, CA 95126

For more information or registration support contact
Rev. Sundari Jensen at
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