



# *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



Center for Spiritual  
Enlightenment





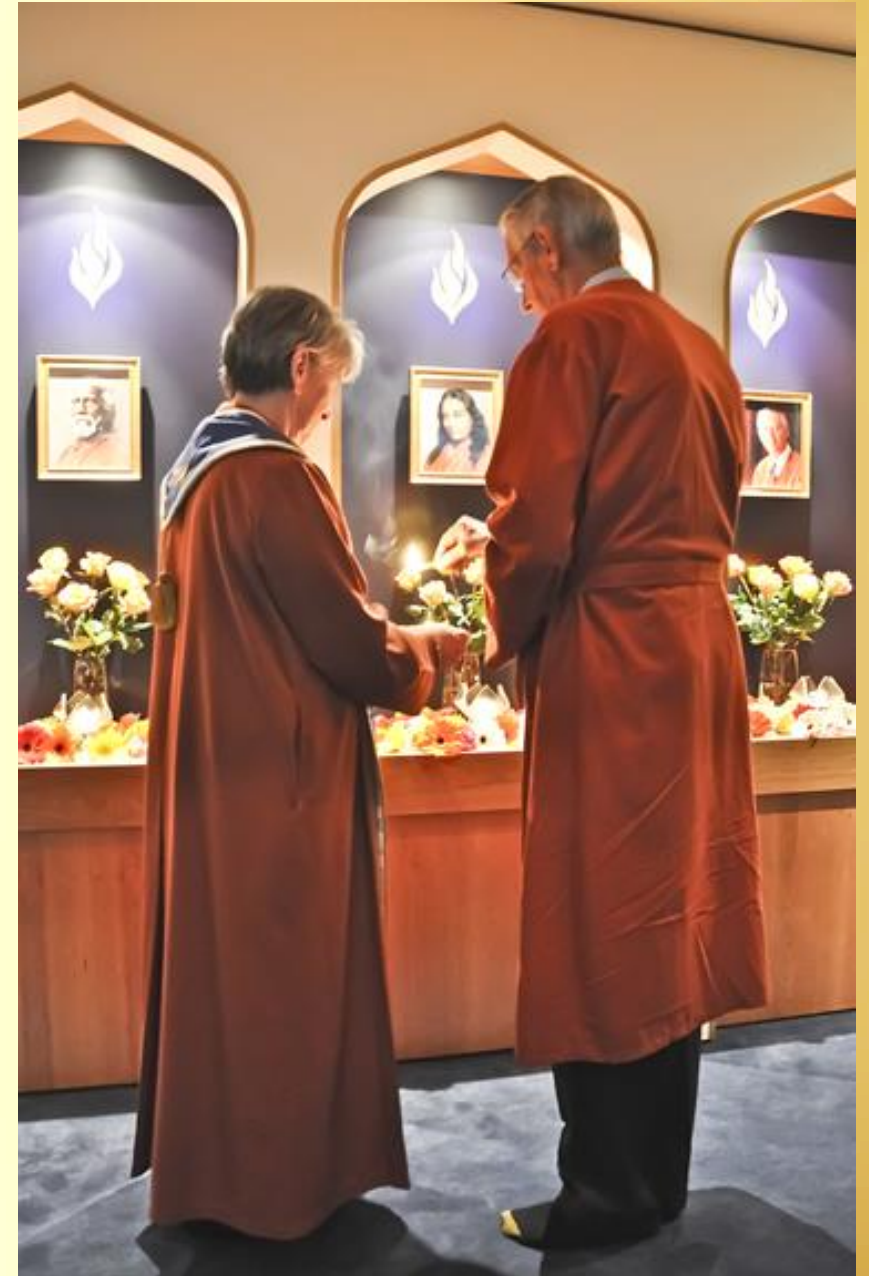


*Today thousands of people are seeking spiritual awakening. In the future there will be millions seeking ... and not enough qualified teachers to meet the need.*

—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





## 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
- Ashtanga 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

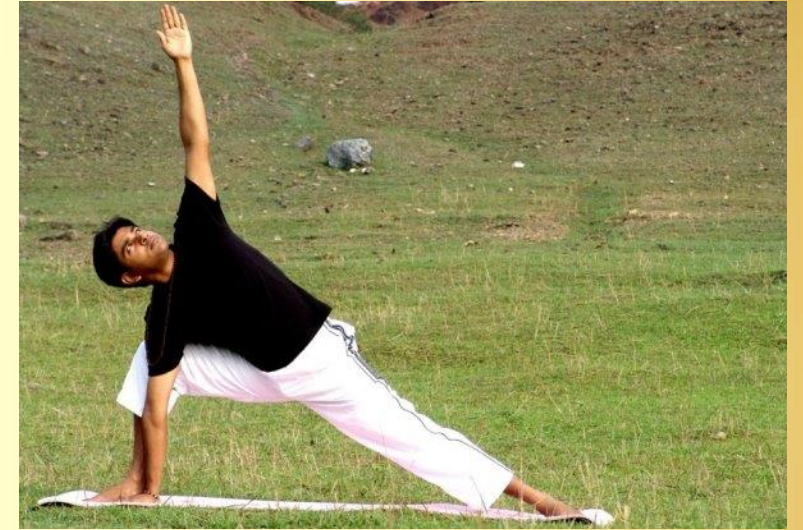


# Course Structure

## **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

**REGISTER TODAY**

- **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](http://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  
1-408-775-8469  
[RevSundari@CSEcenter.org](mailto:RevSundari@CSEcenter.org)



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