

Aurolab Yoga



'Experiential Yoga and conscious living'

www.aurolabyoga.net / samyoga@btinternet.com

Teacher Study and Training Programme

February 2019-May 2020

Our Yoga arises from a movement of intense aspiration in the heart and mind. We call on Spirit to guide us towards an authentic revelation of self as we are, beyond the egotistic construct of identity. We honor our connection to Source both in its subtle expressions and in the forms it takes within Nature, the visible face of Spirit.



The 16 months long 300H course is a professional training in Yoga teaching and yogic lore. This course is recognised by the IYN and gives access to the IYN's insurance policy. It also qualifies you to apply for registration with REPs.

The Green House School of Yoga and Healing Center

Swansea SA65TA **01792 845 909**

The course is experiential and essentially practical.

The program is flexible, inclusive and well adapted to contemporary needs. It is formulated to support you in the deepening of your personal practice and help you develop the ability to transmit your experience and understanding of Yoga in a clear, skilful, safe and compassionate way.

We will go through the following themes and practicum:



'As we understand movement we come in touch with stillness, as we explore sound we recognise the power of silence'

- Svadhyaya, the importance of self study
- The Spirit of Yoga and its transformative power
- Precise and thorough understanding of structural as well as energetic alignment in the practice of asana and their underlying gestures
- Informed and refined understanding of a wide spectrum of pranayama practices.
- Intelligent application of kriya, bandha, vayu and mudra work
- Developing a 'listening body' and exploring resonance and the 'akashic field' with sonic meditation and mantra
- The cultivation of a sharp and connective intellect with the study and practical implementation of Pantanjali's Yoga Sutra and other texts
- The stabilisation of the nervous system through a variety of relaxation and meditation techniques. Finding inner silence and equilibrium



This is an interactive training where each person is encouraged to reflect on the teachings and evaluate the impact they have on their practice and life. The emphasis is on process rather than performance and with the group's support we create a safe space for each to understand and verbalise their personal journey. It is from your internal experience that you will source your deepest insights, and it is those insights that will reveal your individual teaching voice. Here you will always be free to make choices and develop both your personal and teaching practices in resonance with your deeper nature.

Teaching Yoga is an art that requires continuous self enquiry and an understanding of personal process. A teacher needs to be established in a regular and intelligent practice,

one that constitutes an appropriate response to present conditions

and that is good for the whole organism

This implies a good knowledge and understanding of Yogic language in both theory and practice, and a commitment to the following Yogic principles

ahimsa non-harm

satya honesty

svadhyaya the study of self and the yogic texts

Syllabus Over view

- An over view of the history of Yoga to contextualise contemporary practice
- Spinal integration and the energy body
- Full asana spectrum: the art of standing and sitting, forward bends, twists, navamala, hand balances, back bends, sirsasana and sarvangasana full cycles
- Mapping the body energy field: koshas and chakras
- Anatomy and physiology of the bandhas
- Kriyas, bandhas and mudras. Cleansing, radiating and gathering
- Reading and understanding the Yoga Sutra of Patanjali. The eight limbs, the seven principles and other concepts
- Pranayama, the nature and effect of prana and the vayus
- Practice and study of sacred sound, Nada, inner vibration and Mantra, 'the thought (form) that liberates'.
- Yoga Nidra, theory and practice
- Meditation, theory and practice

Teaching Skills

- ▶ Refining touch and radiating from the heart. Observation skills, learning to see.
- ▶ How to make mindful, effective and safe adjustments. How to use touch to restore equilibrium
- ▶ Technical rigour and spiritual inspiration, how to combine accuracy, clarity and creativity
- ▶ How to modify postures to assist with common postural problems
- ▶ Therapeutic asana sequences for common ailments: back pain, joint stiffness, stress etc.
- ▶ Sanskrit terminology and basic pronunciation
- ▶ Yoga, a spiritual practice for a spiritual life, the art of transmission, what do we pass on?
- ▶ Responsibility and ethics in teaching Yoga
Code of conduct for the Yoga practitioner

Participants are required to complete all the course criteria as follows:

- ✓ *To attend all study sessions and complete all assignments*
- ✓ *To commit to the practitioner code*
- ✓ *To establish a regular self-practice which includes, quiet sitting, asana and pranayama*
- ✓ *To establish regular peer practices and study sessions*
- ✓ *To complete and present a Yoga related Project at the end of the course*

Students are invited to keep a **personal practice diary** where reflections, insights, questions and creative research can be recorded.

At the end of the course students will have produced a **project** on a chosen subject relevant to Yoga (detailed project notes will be given in good time)

On completion of all the course's requirements students will be awarded the Aurolab Yoga diploma, recognised by the IYN. This ensures membership to the Independent Yoga Network UK and the Yoga Register and qualifies teachers to the IYN's insurance scheme. Members of the IYN have direct access to REPS.



Applicants must have a commitment to deepen their understanding of the subject and enter the course with an open mind and heart. It is important to be prepared to drop any preconceptions and be willing to learn in new ways.

Applicants must take responsibility for their own growth and learning, with the support of the tutors and other circle members.

They will have the curiosity and willingness to deepen their awareness of self and have a minimum of 2 years regular practice in any style of Yoga. We have foundation course in Bridgend, Bath and Chester. A foundation might be recommended after the initial interview.

Aurolab Yoga Teacher Training

2019 - 2020

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2019

16-17 Feb

23-24 March

11-12 May

15-16 June

13-14 July

14-15 Sept

12-13 Oct

16-17 Nov

14-15 Dec

2020

Jan 19-20

Feb 22-23

March 28-29

April 25-26

May 23-24

The program is delivered in **14 weekends**.

Two one-to-one catch up sessions may be booked independently and are included in the overall fee. These are provided as catch up sessions if you miss one of the weekends.

Each residential weekend runs as follows:
Saturday and Sunday 8-12.30 / 1.30-5

Residential fee **£3740** includes all tuition and hand outs, two nights simple shared accommodation and vegetarian meals. A single night accommodation can also be arranged at a little less cost.

The non-residential fee **£2624** includes tea and fruit. Breakfast: **£3** lunch: **£6** or you can bring your own *already cooked* meals.

A **£500** non refundable first instalment is payable by **15 Dec 2018**.

Payment method I :

4 payments of **£810 /£530** non residential by the following dates:
2019 | March - | June - | Sep - | Dec

Payment method II :

Monthly direct debit to be paid over 12 months starting 1 Jan 2019 and ending 1 Dec 2019. Residential **£270** / non- residential **£177**

Please note that **moneys paid will not be reimbursed**.

Other payment arrangements can be discussed and agreed upon before the course starts. The Aurolab certificate will be delivered upon completion of all requirements and full payment of the course.

Course Tutors



Sama Fabian Yoga Elder, IYN, YR, RCST is the course director. She has been practicing Yoga for over 30 years and teaching full time since 1985. Her teacher study program incorporates the different layers of yogic education and aspects of a deeper endeavour that we might call the yogic life. Sama has been training teachers since 2000. The teachers holding the Aurolab Yoga certificate have showed high standards of proficiency and are an inspiration to many more practitioners. Sama studied with prominent teachers in the field Sri Satchidananda the power of mind, Ma Gandha the power of breath, Silva Mehta and Sylvia Prescott Iyengar Yoga, Angela Farmer unfolding the feminine, Dona Holleman, Centered Yoga, Orit Sen Gupta Vijnana Yoga Bernard Bouanchaud Vini Yoga and Ravi Ravindra Raja Yoga. Sama is a qualified Craniosacral Therapist and a Shamanic Practitioner. These practices support and shape her teaching style and philosophy.



Tanya Syed MA, YR, RCST, SEP will offer her creative support to the group and teach regular sessions in the Yoga of Sound. Since 1998, she has been researching and teaching workshops in sacred sound and the healing voice. Grounded in a profound personal practice her teaching draws from the living traditions of Yoga, Shamanism and the Tao to awaken what she calls 'The Listening Body'. Tanya is an established film maker and artist and runs a busy practice in Craniosacral Therapy and Somatic Experiencing (SE). She assists on the SE training course with SOS Internationale and continues her research in the field of Trauma Therapy. The broad spectrum of her professional and artistic activity brings a creative depth to both her practice and her teaching methods.

"Thank you both for helping me find windows from which I can see the world in a more familiar and more beautiful way. Thank you for all your kindness, love, sharp mind, receptivity and exceptional sensitivity. This is what life is about!"

*Biljana Cacic Aurolab Teacher
Yoga and Movement Course Organiser at City
Lit College London*

Both Sama and Tanya are committed to support each individual to meet the challenges that correspond to their level of enquiry and aspiration.

Aurolab Yoga Teacher Training 2019-2020 **Application Form**

Name

Address

Phone (H)

(Mobile)

E-mail

Date of Birth

(Please answer the following questions on a separate paper not exceeding 1 A4 page for each question)

How long have you been practising Yoga regularly?

What teachers have influenced your practice and experience of Yoga and why?

What is your current understanding of the practice of Yoga?

Describe your practice

Write a short piece describing yourself as a person

What is your motivation for joining this course and what do you hope to learn from it?

Please list major illnesses, accidents, operations, giving dates and treatments received.

I hereby make a commitment to take full responsibility for my health and well-being for the duration of the course.

(Please do not send any fee with this application, I will advise you once I have processed it, thank you)

Signature

Date