

AUROLABYOGA



Post Graduate Awareness Course

29 July - 5 August 2017

part 1: The Organisation of Experience

5 - 12 January 2018

part 2: The Unfolding into Realisation



TEACHERS

SAMA FABIAN

TANYA SYED

GUEST TEACHERS

KATHRYN VARLEY

NIGEL GILDERSON

'From instructor to teacher, from teacher to master, from master to no-identity'

Seeds of Change

The Return to Wholeness

When action is no longer the result of a series of planned choices but an inevitable response to conditions as they arise, then Yoga! Here knowledge and action belong to a continuum that the ancient tradition called being awake.

When Sri Aurobindo says '*all life is Yoga*' he sees no separation of experience between being alive and being aware, the two intricately entwined into one unified whole. May this course of studies be a contribution to this realisation.

Presented over 2 week long intensives, this course is addressed to established Yoga teachers and the newly graduated. Teachers from any background or teaching style are welcome to apply.

The program addresses both personal development and teaching skills that will further your understanding and enhance the embodiment of your chosen practice.

This intensive course includes advanced approaches to asana and pranayama, mindfulness, contemplation, meditation, mantra. Advanced teaching skills working with touch, props and voice, trauma awareness, psychology of the practice. Relevant anatomy and physiology, and further study of the Sutras.

During each meeting we will develop themes in resonance with the group's enquiry and aspirations, to stay close to the reality of one's experience.

This is an essentially practical course, containing theoretical elements. Some assignments will be suggested along with specific practices to experiment with between the two meetings.

Requirements:

- To have completed a 200 hour Yoga Teacher Training course and be teaching regular classes for a minimum of 1 year.
- To have suitable insurance
- To attend the full 14 days
- To undertake the suggested practices and complete the assignments.



This is a 150h professional training and certification will be awarded on successful completion.
The course is recognised and supported by the IYN and the Yoga Register.

The Organisation of Experience - The Unfolding into Realisation

- Structural Intelligence and the Spirit of Form
- Awareness in Movement, Spirals and Circles
- Presence and The Art of Seeing, spiritual awakening vs trauma states
- Buddhi, Psychic Intelligence
- Transmission, the path to Transformation!
- Advanced teaching skills
- Anatomical considerations
- The art of alignment
- Creating customised sequences
- Inversions, the full practices and their effects
- Embryonic and spiritual development
- Vagus nerve, the great wanderer
- Vayu-Sadhana and the immune system
- Subtle anatomy of the head
- The fourfold Shakti
- Resonance, bones, voice and Touch the mother of all senses
- Mantra japa Chanting the Sutras

Week Schedule

Friday arrive from 4pm. Sessions 5 - 6.30 / 7.30-9 pm

Daily sessions 7-9 am / 10-1 / 3-6 pm

Friday sessions 7-9 am / 10-12 / 2-4 Depart at 4pm

The non-residential fee £1432 includes tuition, course manual and breakfast. Each additional meal is £6.

The residential fee £1964 includes tuition, course manual, vegetarian self catered meals and shared accommodation.

A non-refundable deposit of £400 is due on 1 May. Then 8 payments £193 / £129 due on the 1st of each month. Other payment plans are available, please call us.



Open letter from **Sama Fabian Yoga Elder, IYN, YR, RCST**

The Aurolab Post Graduate Awareness Program we have put together comes as a response to what we perceive to be the next step in both our personal development and the development of contemporary Yoga teaching. We hope this course of studies will be a useful resource and an inspiration for your teaching.

Aurolabyoga literally stands for 'a laboratory for the dawn of a new consciousness'. It moves in circles and organically opens up to those who choose to live an authentic life in Yoga, who have respect for the practice and show integrity in their life and their teaching. We are all part of the great mala of transmission and we take our place in this circle in the spirit of freedom independence and collaboration. Since last year two collaborators have stepped into Aurolab to teach their Yoga Foundation Courses under its umbrella, Michele Lambert in Margam, South Wales and Priya Alsop in Bath.

My yogic journey

I committed to a life in Yoga after a 12 week experience in prison at the age of 21. In the first three weeks I was left in complete isolation and silence. During week one, while in the throbs of the most intense suffering, I received the Tibetan Book of the Dead in the post. This was to be a radical turning point.

Exploration through dreaming had been familiar since early childhood and the book set me off to rekindle that old knowing of my soul. I found an inner gate to freedom. A new depth was to take over my life and a Yogic path opened in front of me. For the next 9 years I was to undertake a powerful sadhana essentially of renunciation, compelling me to start teaching in 1985. Since then my main teacher has been the one dwelling in my heart and soul.

From the invisible masters who whispered in my ears to Sri Aurobindo and Mother I have had the good fortune of receiving teachings from exceptional teachers in the field: Sri Satchiddananda who, when I studied with him, had been silent for almost thirty years. The power of his mind reaffirmed my resolve. Ma Gandha who had followed Sri Rajneesh all her life, offered great insights into embodied Tantra and Shakti power. Silva Mehta and Silvia Prescott gave me the basis of structural alignment and vital containment through Iyengar Yoga. With Angela Farmer's natural elegance and beauty I was to reassert my feminine self and with Dona Holleman I found a sharp clarity that extended into new territories of experience.

For the past 25 years I have had the great fortune to share my life with Tanya Syed. She brings a rich, uncompromising, insightful intelligence into the relational field and her joy, kindness and deep compassion are a gift.

In 1999 I went on a 5 months vision quest that took me to the US, Mexico and Cuba. During that time I wrote the basis of Aurolabyoga study program and to this day I have taught 9 teacher training courses. Aurolab teachers show high standards of proficiency and are an inspiration to many more practitioners.

Tanya Syed MA, YR, RCST, SEP

Since 1998, Tanya 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 artist film-maker and runs a busy practice in Craniosacral Therapy and Somatic Experiencing (S.E.). She assists on the S.E. training courses with SOS Internationale and continues her research in the field of trauma resolution.

The broad spectrum of her professional and artistic activity brings a creative depth to both her practice and her teaching methods.

'In yoga the body is imbued with mystery and self agency.

We know that profound transformation can occur during self practice and equally on the journey one undertakes within a therapeutic context (outside the frame of pathology).

These dialogues with the self, and ways of experiencing our physical and subtle embodiment can inform our awareness as yoga teachers and increase our ability to hold a broad field of presence for others. Recognising the innate interconnectivity of all life, awakening to the radiant akashic field, brings us into an environment where transmission can occur.' TS



Our guest teachers are authentic and respected practitioners and teachers. Between them they bring a wealth of experience to share within the context of this course. They bring new resources and new voices giving you an opportunity to widen your scope and to refresh your teaching voice with new elements.

Kathryn will offer a day on 2nd August and Nigel on the 10th January.

Premshakti Kathryn Varley is an IYN Registered Yoga Elder with a 34 year practise, Certified Teacher of iRest® Yoga Nidra and Sivananda Vedanta and she holds a Yoga Alliance Professional 500 hr Kripalu Yoga Teachers Certification (USA) and 500 hour Acharya Programme with Zen Spot Institute (USA).

For 23 years she has worked with special needs including addictions in rehabs, mental health in psychiatric hospitals, chronic pain including fibromyalgia and chronic fatigue. She leads voluntary practice for the Sussex & Surrey Fibromyalgia Support Groups.

'The physical body is composed mostly of water. When we heighten fluid activities, whether it be circulation, intercellular fluids or interstitial fluids, we are heightening resonance within the fluid body. This increased sensitivity allows access to our true nature, our natural power, our Life Force'. Premshakti

Nigel Gilderson is founder and director of the Brockwell Lido Yoga Centre, he has been teaching yoga internationally for over 15 years. Originally trained as a physical education teacher, his fascination for the mechanics of movement, led him to study with Derek and Radha Ireland, Naryani Rabinovich, Sri K. Pattabhi Jois and Shandor Remete amongst others. He has developed a unique style of mindful flowing yoga, enabling students to appreciate the internal flow of subtle energy, building strength around a central core. His teaching is informed by his practice of Tai Chi and bodywork and a keen interest in expression through movement. He is currently studying on a Laban Centre degree in Movement and Psychotherapy.



Application Form

Name

Address

Phone (H)

(Mobile)

E-mail

website

Date of Birth

How long have you been teaching Yoga?

Describe your practice.

Write a short piece describing yourself as a person, as a teacher.

Do you suffer from depression, anxiety, addictions, or have you in the past. Kindly give details of any medication that you are currently taking.

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.

Date

Signature