



**AurolabYoga**

*'Experiential Yoga and  
conscious living'*



Supported drop into  
Urdhva Dhanurasana



Adho Mukha  
Svanasana Balance



Preparation for  
Padmasana

## YOGA TEACHER DEVELOPMENT STUDY PROGRAM

**SEPT 2020-JUNE 2021 FOR TEACHERS OF ANY STYLE OF YOGA**



Yoga is a moving meditation where time acquires a wonderful plasticity, where as we understand the essence of movement we experience the power of stillness. It is a philosophy, a science and an art. In essence it is a practice. The practice of becoming more aware, more conscious of all the aspects of our organic, psychic and spiritual realities. When fully integrated the practice expands into life, which becomes fluid, celebratory, and we feel able to take action in the world.

Teaching Yoga is an art that requires continuous self enquiry and an understanding of personal process. As well as being established in a regular and intelligent practice, the teacher needs to be in continual development. This includes improving teaching skills that offer appropriate responses to whatever arises both in a class environment and in personal practice. Teaching this ancient art requires a full commitment to the following Yogic principles

**ahimsa** non-harm   **satya** honesty   **svadhyaya** continuous self enquiry

## Application

- Would you like to refresh/improve your teaching skills ?
- Do you feel drawn to deepen your understanding of the body through both modern biology and ancient Yogic body maps?
- Are you ready to deepen your knowledge of Yoga as a practice, as a philosophy, as a life path?
- Do you sense you would benefit from the support of a senior teacher with over 10.000 hours of teaching experience and a teaching career spanning 35 years?
- You sense it is time to deepen your teaching practice of this wonderful art of living. Integrate it more fully?

Then this course is for you!

The 60 contact hours program is delivered in 10 monthly sessions on Saturdays 10-5. This is to give your body, mind and soul the time to explore, experiment and integrate the teachings. To embody your experience, your knowing is to fully comprehend the essence of the teachings. Your original teaching voice can only arise from this embodied place.

The content covers the following practicum and more...

- Art of breathing, the pranic continuum: prana, pranayama, bandhas and vayus theory and practice
- Teaching pranayama, what to look for and when to introduce the different practices
- Deepening your understanding of the different groups of asanas, how to 'see' and adapt or increase the postures to meet student needs
- Observational skills, adjustment skills in all groups of postures
- Using touch as a stabilising, pacifying and healing tool. Boundaries and cautions.
- How to integrate knowledge, intuition and creativity in teaching
- Refining demonstration skills. The power of voice and story telling.
- Intelligent anatomical considerations. Fascia and fluids, elongation versus stretch.
- Meditation | Contemplation | Nidra | the art of pacifying the central nervous system and quieting the mind

The program is inclusive and will evolve with the group's level of integration and aspiration. It aims to meet each person where they are without judgement as well as building community and finding common ground between all the styles of contemporary practice.

So you are ready for the adventure of taking your teaching to a whole new level?

Get in touch with **Sama** now! **07805 048689**



### Dates

2020	2021
26 Sept	16 Jan
24 Oct	13 Feb
28 Nov	13 March
5 Dec	10 April
	8 May
	12 June

Each Saturday runs from 10am to 5pm with an hour break for lunch.

The fee **£760** includes all tuition and hand outs.

All meetings are held at The Wellbeing Centre  
Walter Road, entrance on Burman St,  
SA1 5PQ Swansea.

To apply please answer the following questions on an email and forward to Sama:  
**samyoga@btinternet.com**

How long have you been practising Yoga regularly?

How long have you been teaching Yoga? How often?

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.

Please include name and contact details.

## The Head Teacher (+ guest teachers to be announced)



**AurolabYoga** was created in 2000 by **Sama Fabian**. She has been in Yoga all her adult life establishing her practice at the age of 21, after a year in India. Her life experience has taken her to many countries, in contact with different cultures and peoples. She has taught trainings in London, Ireland, Palestine, India and Canada, in both 500 and 300 h formats. She came to live on the Mawr in 2011 where she opened a **School of Yoga and Healing Centre called The Green House** with her partner **Tanya Syed**. She has trained in **Iyengar Yoga (Mira Mehta)**, **Vini-Yoga (TKV. Desikachar)**, **Centered Yoga (Dona Holleman)** **Raja Yoga (Swami Satchidananda of Madras)** She is a founder-member of the **IYN**. She is also a **Craniosacral Therapist** and a **Shamanic Counsellor**.

Her Yoga is fearless and bold, yet gentle and full of heart. It is deeply and respectfully rooted in the **Raja tradition of Patanjali** yet has the flexibility and intelligence to adapt to contemporary specifications. It invites us to move from the centre outwards, un-creasing the body from its unconscious folds and resistances. Her teaching integrates modern concepts of motility, tensegrity, expansion and containment. In 2013 Sama was invited to teach at the **European Yoga Convention in Zinal**, Switzerland. In 2018 she presented at the **IYN Yoga Conference** in Wolverhampton and her article 'The Uberisation of Yoga' was published in '**Phylosophy Studies**'. She has been a regular contributor to the **Devon Yoga Festival** set up by her peer and friend **Duncan Hulin**, director of the **Devon School of Yoga**. She has collaborated extensively with her dear friend **David Sye** on foundation trainings. Currently Sama is writing a new Teacher Training curriculum for **CityLit College, London** starting in October 2020. [www.aurolabyoga.net](http://www.aurolabyoga.net)

## Some comments on Sama's teaching:

'Sama is an inspiring , intuitive teacher who awakens self enquiry and increases confidence. Feedback from the workshop was excellent, with comments such as 'the best training day I have attended in 20 years teaching'

Jo Webb BWY representative on a Yoga workshop for BWY teachers

'I was a bit unsure about my day with a teacher I hadn't met before. But as soon as we started the practice I immediately felt reassured and at ease. Sama is a wonderfully intuitive teacher and tuned into our needs as we went through the day. I loved her approach which clearly draws on a wealth of experience and knowledge. Using the breath with movement in a gentle but deeply focussed way was just right for me . Using mudras was a new experience which I loved.'

Sandy Parkin BWY Yoga teacher

'In my experience, it is rare to find an IST day that manages to give yoga teachers a fully nurturing day of practise as well as imparting relevant and useful information to integrate into one's own personal practice and also to pass on to one's own students. This was such a day. Afterwards, I felt happy, refreshed, energised and confident.'

Alison Smyth, BWY Teacher.

'Was thinking about you this past weekend as I was assisting the School of Ayurveda at Kripalu and Dr. Claudia Welch was presenting. Wishing you would present in the US again like when we met in Vermont. Your teachings were a gift. In gratitude,'

Terri Ryan, Kripalu Yoga Teacher NY

'This will undoubtedly be a weekend of deep inner work, real rest & creative insight.

Sama has been to Squamish a few times to share her years of practice & study. Her love of language, her strength as a woman & her sense of humour create a container for practice which inspires the cultivation of insight, passion & awareness.

Sarah Manwaring-Everett, The Yellow Room Yoga Studio, Squamish, BC Canada

'Thank you for sharing, you have so much wisdom, integrity, and presence.'

Mary McAlister Sivananda Yoga Teacher, Gibraltar

'Thank you for being a yogic explorer and then teaching it so beautifully.'

Lisa Harley Pregnancy Yoga Teacher, Craniosacral Therapist, Meditation Master, Swansea UK

'There's hardly a day in my Physiotherapy (and yoga!) practice where I don't think of you and how you enabled me to feel my body, realise my fears, and travel my own journey, especially in movement. It's not only helped me but so many other people who I have the privilege to work with everyday. Thank you Sama'

Tamara Zweck, Physiotherapist, Yoga Teacher, Artist, Mumbai India

'Mobile and light, flexible and fluid, strong and stable. Real shakti power, real inspiration .. love this! See you soon Sama.

Kathryn Premshakti Varley, IRest senior Yoga Teacher

Dear Sama

Hope you don't mind me contacting you directly... to thank you for a wonderful day in your company, learning a fresh approach to keeping the spine alive & enjoying anecdotes of your life and wisdom! I'm soaking it in and already thinking how to pass on little 'pearls' to folks in the classes; they do love it when I pop off on a course.

Thank you so very much and I really hope to be with you again.

Rolando Alto, Yoga Teacher, Chester UK

