

Sama Fabian / Tanya Syed.

'A laboratory for experiential Yoga and conscious living'

Aurolab *Yoga*

Teacher Training Program

Nov 2022 - Feb 2024



The Green House School of Yoga
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Essence



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 and the unique gift that we bring to the world. We honour our connection to Source both in its subtle internal expressions and in the forms it takes within Nature.

This training offers practitioners a means to participate in the profound transformations that are the challenges of our time.

To implement the change of consciousness necessary to bring about a new way of being in this shifting world, we need to be able to access deeper layers.

Teaching Yoga is an effective way to make that change accessible to all.

Our program includes all the aspects of the traditional Yogic lore as well as a contemporary understanding of fluid transmission, heart-mind-gut pathways and trauma awareness.

Inspiration



Sri Aurobindo said: 'All life is Yoga' ...

Resources are to be found in all that life brings to us, learning to process experience and draw its *rasa*, its essence, which provides nourishment and growth. Later there is a release of what is no longer needed, a loosening of attachment into a wide eyed, impetuous and creative energy that may be called love.

Love arises as an unstoppable wave towards our own marvel, the mystery and beauty of otherness and the magic of the world. To manifest a practice that is verily our own, we attempt to disentangle ourselves from our personal and collective conditionings and rise with newly found wings into the vastness of our human spirit to retrieve forgotten talents and intuitive knowing.

Yoga is a gift that comes from the dawn of time transcending cultural specificities and trends for it addresses our very humanity.

It requires steady dedication, diligent and intelligent practice over a long period of time, joyous curiosity and undivided attention. Its promise is freedom and with it, full responsibility.

AurolabYoga teacher training prepares each practitioner to access their own Yoga with steady confidence, clarity of purpose and a renewed drive to support the transitions that we are facing. The program will prepare each person to deliver well informed, safe and inspiring classes that will be an invaluable resource for communities and participate in the evolution of our collective consciousness.

Teaching

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

self-study in the light of the yogic texts



Program Overview

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.

Themes and practicum:

- 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
- The importance of *Savadhyaya*, self study



Syllabus Overview

- History of Yoga, contextualising contemporary practice
- Full asana spectrum: the art of standing , sitting, forward bends, back bends, twists, navamala, hand balances, sirsasana and sarvangasana full cycles .
- Anatomy and physiology of the bandhas
- Physiology of the nervous system and the role of the vagus nerve
- Spinal integration and the energy body
- Kriyas, bandhas and mudras.
Cleansing, gathering and radiating.
- Mapping the body energy field: koshas and chakras
- 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 Yoga, inner vibration and Mantra: 'The thought that liberates'.
- Meditation, theory and practice
- Yoga Nidra, theory and practice



Teaching Skills

- ▶ How to establish a regular intelligent self practice from which to draw your teaching voice. Svadhyaya, self-study. How to meet your edges and respect your limits. Applied ahimsa.
- ▶ Recognise and develop your personal teaching talents.
- ▶ Technical rigour and spiritual inspiration, how to combine accuracy, clarity and creativity
- ▶ Instructions, invitations, teaching, guidance, establishing and respecting boundaries: the language of yoga
- ▶ The art of demonstration. What to do and how. The things to avoid.
- ▶ Observation skills, learning to see and what to look for.
- ▶ How the body works, anatomical and energetic considerations.
- ▶ Restoring equilibrium through skilful touch and trauma informed teaching methods.
- ▶ How to modify postures to assist with 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 teacher



Course Requirements and Application

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

- ✓To attend all study sessions and complete all practice assignments
- ✓To establish a regular self-practice which includes quiet sitting, asana and breath awareness
- ✓To establish regular peer practices and study sessions
- ✓To commit to the practitioner code
- ✓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 . A variety of presentations are possible. You will get full support for this assignment(detailed project notes will be given in good time)

On completion of all the course's requirements students will be awarded the Aurolab Yoga certificate 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.

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 fellow group 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,

Schedule and Fees

2022

25-28 Nov

2023

24-27 Feb

26-30 May

25-29 August

24-27 Nov

2024

24-25 Feb

The 200h program (180 contact hours) is delivered in **24 days** over sixteen months.

Friday 9am to Monday 5.30pm

The fee £2500 includes all tuition, hand outs and certification.

Teas and fruit will be available throughout the day,

Please bring your own already cooked lunches.

A microwave oven is available to warm up your meals.

We can accommodate up to five students.

Contact us for full board details.

A £500 non refundable first instalment is payable on application.

Balance payment I :

4 direct debit payments of £500 on dates to be arranged to your convenience.

Balance payment II :

Monthly direct debit payment of £200 to be paid over 10 months on dates to be arranged at your convenience.

Please note that moneys paid will not be reimbursed.

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





Sama Fabian Yoga Elder, IYN, YR, is the course director. She has been practicing Yoga for over 40 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, 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. The broad spectrum of her professional and artistic activity brings a creative depth to both her practice and her teaching methods.



Sama, this morning i woke up with the thought of joy and clarity . I asked myself ; "what is this excitement you feel?"
Now, after the practice , i know that i finally met that what i was longing to meet : the whole integrated practice , integration with all at the same time, not just the bits and pieces that we feel while travelling, but a sense of arriving .
What a tremendous voyage, your work, a Beauty .
thank you ! Mira, Arles, France 2020

Dear Sama

I'm so grateful my path has led me to yourself and Tanya, I have learned an incredible amount from your infinite wisdom both on and off the mat which has influenced my life greatly. The chakra work we covered during our training really was a profound moment where I saw my entire life laid out on the floor and the immediate understanding that everything in my life had led me to this incredible journey. Heartfelt gratitude to you both, you are brilliant! I fully appreciate all your devotion, hard work and passion for the greater good of all beings.
Kate Bridgend TTC 2021



“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, London. TTC 2004

Aurolab Yoga Teacher Training 2022-2024 Application Form

Name

Address

Phone (H)

(Mobile)

E-mail

Date of Birth

Please use the following questions to tell us more about yourself and your Yoga journey. (please just a short paragraph 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**
- **Please list major illnesses, accidents, operations, and any medication you are currently taking, giving dates, 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 it has been processed, thank you)