



atma yoga shala

ATMA YOGA SHALA

VINYASA YOGA

ONLINE & OFFLINE TEACHER TRAINING PROGRAM- RYT 300

FROM 21ST JULY - 16TH DECEMBER 2024

Atma Yoga Shala has been conducting online & offline **teacher training programs** in India and China over the past **eight** years.

**500+** students have graduated as successful teachers, sharing and teaching the many invaluable benefits of Yoga **around the world**.

Through this training, you will develop and build a strong foundation in all aspects of yoga -

- Asanas & Pranayama
- Yoga Philosophy
- Vedic Chanting
- Meditation & Yoga Nidra
- Food and Lifestyle
- Teaching Methodology
- Anatomy & Physiology

This program will equip you with the **traditional wisdom of yoga** and will help you discover your own strengths and creative ability to make your style of **teaching** unique and out of the box.

On successful completion, you will be awarded a **Internationally recognized 300 Hour Yoga Alliance Certificate**.



## VINYASA KRAMA YOGA

Vinyasa Krama is a style from Shri T.Krishnamacharya, Father of Modern yoga, from the southern India. He is the teacher of Pattabhi Jois and Iyengar who are the pioneers for sharing the knowledge of yoga through across the globe.

Vinyasa Krama is a traditional yoga style with sequences which focus on connecting breath with movement and exploring breath in each asana and expanding the prana inside our body.

Vinyasa karma is taught by our guru Shri Srivatsa Ramaswami who spend 35 years of his life with Shri T.Krishnamacharya



# ATMA YOGA SHALA

The training will enable you to understand the main elements of Vinyasa Krama Yoga and how to build a practice that includes unique and benefitting features of this style.

There is heavy focus on alignment, dynamic movements, static postures (long holds), breath awareness and Drishtis.

## WHAT WILL YOU LEARN WITH US?



## UNDERSTANDING YOUR BREATH THROUGH PRANAYAMA PRACTICE

- **Pancha Prana** and its functions.
- Pranayama Techniques & Benefits as mentioned in Hatha Yoga Pradipika - 8 kumbhakas, understanding prana through chakra & nadis
- How to develop a Pranayama practice

## UNDERSTANDING YOUR OWN BODY THROUGH ASANA PRACTICE

- Asana- Alignment, Counter pose, Modifications.
- Benefits.
- Contraindications.
- Functions.
- Anatomical Body and Pranic body.
- Breath in a static asana practice and dynamic Vinyasa practice. Standing, Seated, Supine, Prone, Balancing & Inverted sequences Breath retentions- Kumbhakas in Asana practice.
- Role of props in yoga practice.



## UNDERSTANDING YOUR MIND THROUGH MEDITATION

- Pratyahara and Dharana practices to provide a strong foundation.
- How to choose and maintain a meditative practice
- Mouna and Japa- as aids to meditation
- Four stage Yoga Nidra as a form of guided meditation.



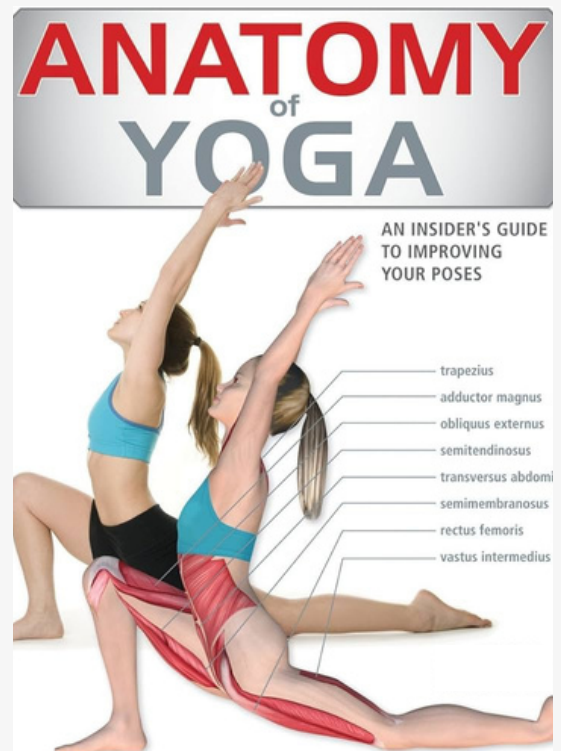
## YOGA PHILOSOPHY



- All that is practiced physically and experienced mentally is driven by Yoga philosophy.
- How do we take Yoga off the mat and into our lives?
- **Yoga Sutras**- : An in-depth exploration of important sutras
- Learning to chant the Yoga Sutras.
- Why **Vedic Chanting** is an integral part of Yoga .
- Importance of metre, pronunciation, breath and emphasis in chanting -
- How chanting can build energy, work on breath and physical well being.
- Learning 5 important Vedic Chants for health and mental clarity

## YOGA ANATOMY

- How understanding musculature can improve your skills as a teacher.
- Where to place the Koshas, Chakras and Nadis in the body. .
- Scientific approach to Musculo-Skeletal System and other major systems.
- How muscles function?
- How are movements initiated?
- Major muscles - Origin, Insertion and Function.
- Eastern Anatomy- Overview of Koshas, Chakras and Nadis (Bandhas, Mudras, Kriyas).
- Putting together Eastern and Western anatomy - Yogic understanding of functioning of the body.





## TEACHING METHODOLOGY



- Learning, fine tuning teaching and exploring different teaching techniques.
- Importance of technique, form, alignment and function ·
- Understanding the bridge between form and function ·
- Assessing your group or individual – goals (vs) needs ·
- Scripting and designing individual and group classes ·
- How to execute the planned class- clarity in instructions, sticking to time, progression of classes, managing different levels of practitioners ·
- Safe teaching- physical adjustment techniques.
- Ethics: Conduct of a teacher & teacher- student relationship.

## PRACTICUM AND INTERNSHIP

- Practical application of teaching skills in a classroom setting ·
- Individual assignments – Teaching your friends and family ·
- Group assignments – Teaching your classmates – individual or group.
- Constructing classes based on given theme or goal ·
- Observation of other teachers' classes (Assignments will be assessed and results go towards your final assessment.
- All classes conducted must be recorded for review by teachers)





## ASSESSMENT

- Written Exam
- Practical exam: Asana alignment, Modification
- Viva
- Teaching Exam
- Personal Practice, Internship, Teaching Observation, Class Planning

## WHAT WILL YOU BE AT THE END OF THIS COURSE?

- A holistic Yoga practitioner who embraces both the physical and subtle aspects of Yoga equally. ·
- A RYT 200/300 HR. certified teacher with a firm hold on the topics of Asana, pranayama, Meditation and Yoga Philosophy. ·
- A teacher capable of designing classes for groups and individuals based on needs and goals.·
- A skilled teacher with the ability to guide practitioners into developing a consistent Yoga practice.·
- A teacher with an eye for detail and skills of observation to assess and understand the practitioner.·
- A person who views and uses Yoga as a tool to help an individual or group achieve goals in their areas of interest.

## WHAT WE NEED FROM YOU

- We understand that we are all from different parts of the world, pursuing different interests and Yoga has brought us together.
- We will put in our best effort to make this work comfortably for everyone as we firmly believe in, growing and learning through sharing what we have.
- What we need from you is your commitment, consistency, positivity, an open mind and eagerness to learn.
- Bring with you all your curiosity and questions!
- **Challenge yourselves! Challenge Us!** Let's grow together. Live. Love. Learn.



## HOW WE WILL SUPPORT YOU

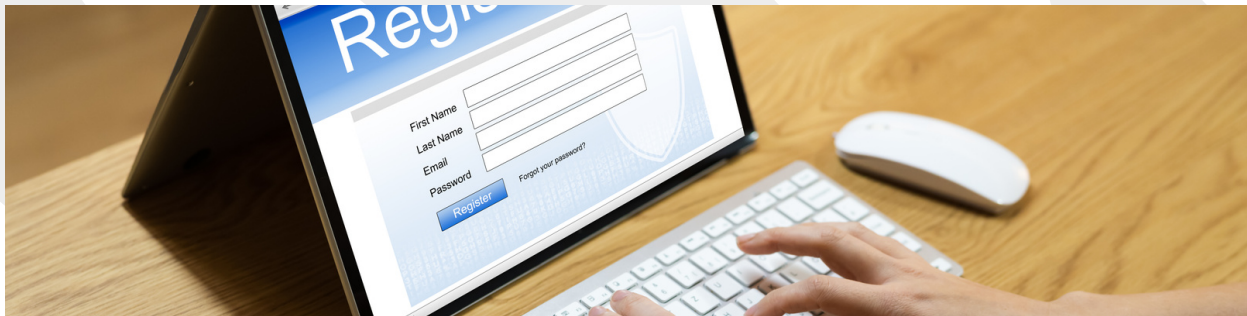
- Classes will be conducted online and all doubts and questions will be clarified.
- Classes will be recorded and shared with participants attending from different time zones, valid till the duration of the course.
- The above will be applicable only to participants who inform us prior to the commencement of the course about their unavailability on certain dates due to unavoidable circumstances.
- Every student will be given individual corrections and support to help finish the course with complete clarity.
- Study material, Asana Manual, books/ e-books for reference for each topic will be sent to you.
- Teachers will be available on email for clarifications.
- Support groups to engage with classmates, connect and become part of the AYS teaching community.
- Opportunity to intern with us after the completion of the course.





- **DATE:** From 21st July - 16th December 2024  
(Includes contact and non contact hours)
- **Contact hours (Online) :** 21st July to November 3rd 2024,  
Sunday (Covered in 3 modules with a weeks break in  
between)
  1. Monday to Thursday (Mornings) -  
5.30 AM to 7.00 AM IST  
5.30 AM to 7.00 AM CET
  2. Saturday & Sunday -  
10.00 AM to 1.00 PM IST  
5.30 AM to 8.30 AM CET
  3. Attendance is compulsory for all sessions
- **Non-contact hours (Online) :** 4th November to 16th  
December 2024,  
( Internship, Class Observation, Group Discussions,  
Assignments, Personal Practice , Self-Study and  
Examination )

(Deadlines for assignments / projects will be given during the course. The Certificate of Completion will be issued once the assignments are reviewed and approved by the teachers)



## FEES & REGISTRATION

- **Fee for the course (Indian Students) :** Rs. 1,30,980/- (Including GST)
- **Fee for the course (Other Nationalities & NRI)** 2250/- USD (paid in full at the time of registration)
- **Fee includes:** Online tuition, recorded lessons, reference books and material, mentor-ship beyond the completion of the program.

Rs. 15,000/- For confirmation of registration.

(Registration fee of Rs. 15,000 is non-refundable unless there is a cancellation from our end due to unforeseen circumstances)

**Disclaimer: Once you have confirmed your participation via email, you will be requested to submit to us details regarding your health history and 2 letters of reference stating that you are physically and mentally fit to complete the course in its entirety. You will be guided during the course keeping your health history in mind. We cannot be held responsible for any injuries or health issues that occur during or after the course.**





## FAQ

1) What if I miss a class due to unforeseen situations?  
You will have access to the recording.

2) What if I cannot do a posture? Am I not fit to be doing this course?  
You will be aided and given modifications for your own practice. The course focuses on developing your skills as a teacher. You will be able to teach postures that you cannot do yourself.

3) How soon can I start teaching after the course?  
Your certification will be given to you only on the completion of all assignments and assessments including internship and personal practice hours. We recommend staying with your practice and teaching small personal groups to develop on your style before you can start teaching.

4) What if I have never practiced before?  
You can still participate in the course, but we suggest you start attending classes to get your practice started before the commencement of the course. This will help you to keep in pace with the group.

# ATMA YOGA SHALA

## OUR TEACHERS



atma yoga shala



**Anupama Das**



**Joshna Ramakrishnan**



**Ananya Mukund**



**Aravind**

To know about our teachers please visit our website. [www.atmayogashala.com](http://www.atmayogashala.com)