



CHENNAI
YOGA STUDIO

200 Hour Residential



Teacher Training Course

4TH - 31ST AUGUST 2018

In the stillness of the mountains at

DHARAMSHALA



What's YOUR Story ?

- ▶ Yoga has changed your LIFE and you want to pass that PASSION on to others?
- ▶ You are KEEN to put all your effort into POSITIVLY transforming your life and the lives of those you come in contact with?
- ▶ You are looking to transition into the role of a teacher or simply want to deepen your own practice through a closely mentored 25 day immersion?

...look no further... this is the program for you!

DATES 2018

Arrival Check in: **Friday, August 3rd**

Training Begins: **Saturday, August 4th**

Last day of Training: **Friday, August 31st**

Check out Departure: **Friday, August 31st**

TUITION

Course Investment: 80000 INR

Early Bird Rate: 70000 INR (Applicable before April 2nd, 2018)

LOCATION

Our course will be taught in the picturesque "TRIMURTI GARDEN" at the foothills of the majestic Himalayan ranges in Dharamsala/ Himachal Pradesh.

The yoga-shala is hidden from the crowd, yet located just a few minutes away from the main market in Bhagsu, Dharamkot and McLeod Ganj. It's the perfect blend of the reflective silence of the mountains, and a vibrant place to learn, interact and grow.

FOOD

Everything is prepared especially to assist with living a yogic lifestyle. 3 vegetarian meals per day, carefully chosen to help make your body and mind feel light and nourished. Meals will mainly consist of the traditional Indian thali, warming soups, fruits and vegetables.



YOUR TEACHERS

Rohini Manohar

Rohini (ERYT 500) is a fountain of knowledge in various yoga lineages such as Hatha, Vinyasa, Ashtanga and Yin. Her grounded energy and strong stability gives her the ability to hold a supportive and safe space for students throughout the transformational process of a one-month training intensive. She empowers her students to confidently step into their light and shine bright.

Natasha Chawla

Natasha (ERYT 500), born and raised in London, is inspired by Eastern philosophy and spirituality that she seamlessly weaves into each and every one of her classes to create an enriching experience. She embodies yogic principles and integrity as she lives her practice on and off the mat. She breaks down the philosophy in a way that is easy to understand and challenges her students to thoughtfully think and repeatedly reflect - making the philosophy a practice - a way of life.

THE COURSE

Chennai Yoga Studios's, (CYS), 200-hour Vinyasa Yoga Teacher Training program is certified by Yoga Alliance (RYS 200) and is a complete and progressive learning experience that will deepen your knowledge and build a solid foundation to become a working yoga teacher. You will deepen your knowledge of:

- Asana & Sequencing
- Teaching Methodology
- Pranayama & Meditation
- History & Philosophy
- Anatomy & Physiology
- Sanskrit & Mantra
- The Energetic Body
- Ethics in Yoga and life
- The 'Business' of Yoga



COURSE OBJECTIVES

At the end of the course, it is expected that you will:

- be able to structure and teach a vinyasa class
- be knowledgeable of different yoga styles
- understand the art of observation and be able to assist students in their asana practice
- understand the basic, core principals of the philosophy of Yoga - primarily the Yoga Sutras of Patanjali
- have learnt the ethical codes and conducts (according to the yamas/niyamas) and understand the importance and relevance of translating them into lifestyle practice as a teacher and role model to your students
- be able to teach and incorporate basic meditation, yoga nidra and breathing techniques into your class
- understand the chakras and how to balance them
- have learnt the Sanskrit names for fundamental asanas and know correct pronunciation of select sutras/chants
- inspire people, one yoga class at a time and truly
- have fallen in love with yourself – body, mind and soul!

PRE-REQUISITES

No formal prior experience is required, however, we recommend that you have a regular yoga practice before joining the CYS Yoga TTC. For example, Yoga Alliance UK recommends at least 2 years of yoga experience in order to meet the standards of their certification.

We understand that it is not the time - but the intensity of your practice that matters. Thus we recommend that you should be well established in the following basic postures at least:

paschimottanasana (intense forward fold), urdvha dhanurasana (bow) & sarvangasana (shoulder stand).

It is also helpful that you have a basic understanding of yoga, its practice, principals and philosophy. This should include the importance of a vegetarian diet and the ethical conduct as outlined by the yamas/niyamas. A deep knowledge is not required when you initially enroll into the course, but a basic understanding is. You can get a good understanding of these principals by going through the reading list.

The 200 hour YTT is meant to serve as an introduction to your journey as a teacher. We strongly believe that discipline and continuous study is an integral part in your experience and development as both a student and a teacher of yoga

APPLICATION PROCEDURE

Please send an email to register your interest and receive the application form to:
chennaiyogastudio@gmail.com

EVALUATION PROCEDURE

Before the Course:

- Informal interview/assessment of practice after submission of application form

During the Course:

- Attendance log for classes, meditation, journal keeping
- Teaching development – trainees will be assessed on their ability to teach a led class, including adjustments and assists
- Practice development – students will be assessed on their personal practice/development in the set sequence provided
- Teaching practical and final written assessment

ATTENDANCE

You are required to attend a minimum of 90% of the course to complete. Should you miss more than this minimum, you will need to agree with the teacher on which classes to re-take. Additional fees will apply for any catch up classes that require private tuition. Extensions may be granted if the student is unable to complete the requirements due to unforeseen circumstances.

MATERIALS

A printed course workbook/manual will be provided. A reading list be sent to you once you have been accepted into the course. You are expected to read these books before the start of the course or during the time of the course itself. These books will need to be purchased separately, and are not included in the cost of tuition.



CHENNAI YOGA STUDIO (CYS) ACCREDITATION

CYS's training school has met the stringent requirements set by International Yoga Alliance, demonstrating that the course is of the highest standard. Our graduates may use the title 'Registered Yoga Teacher' RYT as a sign of quality training when they register themselves with International Yoga Alliance. In addition, Rohini is registered with the International Yoga Alliance and Natasha is registered with Yoga Alliance UK.



BOOKING

After your application has been reviewed and you receive an invitation to join the course, a non-returnable deposit/booking fee of ₹25000 or \$500 is necessary to secure a place.

Applications will be accepted on a 'first come first serve' basis and students who have paid their deposit will be given priority. We reserve the right to refuse a place to students who have not paid their deposit or full fees by the required date.

WHAT FEES INCLUDE / WHAT IS NOT INCLUDED

Included

- ✓ Training and assessment by two qualified Yoga Alliance US & UK Yoga Teachers
- ✓ A complete manual of teaching and other appropriate paperwork
- ✓ Healthy vegetarian meals
- ✓ Accommodation by the foothills of the Himalayas

Not Included

- ✗ A certificate (paying the fees does not guarantee a certificate. Students will need to successfully pass all assignments and attend a minimum of 90% the course)
- ✗ Books from the reading list
- ✗ Travel to and from Trimurti Garden

PAYMENT DETAILS

We will send you a PayPal link or bank transfer information as per your convenience. Please note, all the transaction fees (PayPal, Western Union, bank, etc) are covered by the applicant. The booking fee is your course deposit and is a part of the whole course fee of ₹80,000. The balance of the course fees needs to be paid through bank transfer (up to one month before the first day of the course) Not paying the total fee in advance of the course may cause the loss of the booking fee, and removal from the attendee list.

CANCELLATION & REFUND

Please note that due to the fixed traveling costs of our international teaching team and the costs of organising, TTC booking fees are not refundable. Booking fees can be transferred to a future CYS course* up to two weeks before the course start date. After this the fee cannot be refunded or transferred.

*We will accept postponing the course only due to unavoidable reasons. The paid amount can be used towards any future CYS course within two years from the date of booking.





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"A journey of a thousand miles begins with a single step"

Email chennaiyogastudio@gmail.com for more
information & further enquiries

