

SUSHUMNA YOGA TEACHER TRAINING

LEVEL 1 – 200 Hours

*"A path on the way to rediscovering that we come from
Enlightenment"*



"Wisdom cannot be imparted. Wisdom that a wise man attempts to impart always sounds like foolishness to someone else ... Knowledge can be communicated, but not wisdom. One can find it, live it, do wonders through it, but one cannot communicate and teach it."

Herman Hesse – Siddhartha (The Buddha's story)



"Remember this Dear Ones:-

Before you arrived here there was a planning session, where you planned appropriate Life and appropriate Death. What you see in life as horrible, tragic, or negative is all planned by yourself.

This includes accidental death, even of children. You see when you are not here, the planning sessions are done with Honor and Love and the wisdom of Universal/god consciousness. A child may agree to come in, and remain a child, only to be terminated, appropriately, for the parents' karma. You see there is much of this that takes place. Therefore there are no accidents, and all death is appropriate, known by yourselves and your Higher Selves, especially." [Channeled writings of Kryon]

COURSE OUTLINE

We train dedicated yoga practitioners to teach confidently and safely from their own self-enquiry and experience. We particularly encourage our students to find their own unique teaching style as the course unfolds. Here is the breakdown of what you will study:

Teacher Training comprises four Key Elements

1. Rigorous development of your own asana practice including essentials of pranayama and meditation.
2. A comprehensive foundation in yoga philosophy and a good grounding in anatomy and physiology pertaining to yoga.
3. Teaching expertise including articulation, presenting skills and the art of adjusting.
4. Essential insights into the yoga business and setting up as a teacher.

On graduation you will receive the following certification

1. Certificate of Completion from Sushumna *
2. Eligibility for Yoga Alliance (RYT 200) (recognised Internationally)

* if you pass all the steps successfully of the training (practice & readings)

What is unique on our course as opposed to others?

1. Daily Mysore self -practice as taught by late Shri K Pattabhi Jois, Mysore, India for the first week and Sushumna Vinyasa Flow classes for 2 weeks.
2. Video support to help you improve your teaching skills.
3. Green juice fast days once a week incorporated with silence days.
4. Working with very experienced, international and multi-diverse teachers.
5. Encouragement in assisting/apprenticing after the course, with The Yoga Studio, Carlisle.
6. A good basis in Ashtanga, Sushumna Vinyasa Flow, Hatha, Restorative Yoga, Pranayama & Meditation.

The course will give you:

- An emboldened, self-aware knowledge that will enable you to teach Level 1, asana classes confidently and competently
- Awareness of a safe practice for both teacher and student, through modification and sequencing of asanas to suit an individual's body
- Self-confidence and belief in your ability to communicate and demonstrate
- Understanding of risk assessment
- A good grounding in the history of yoga
- Insightful awareness of your own practise, both an acceptance of its limits and the tools to evolve
- An experiential foundation of yoga philosophy and how to integrate this into your life



- Good knowledge of Anatomy and Physiology and its application in the practice of asana
- An awareness of the issues that can arise for you as a teacher
- A professional and ethical framework from which to practise
- Teaching methods include: lectures, experiential classes, small and large group work, led Classes, practise teaching time, that will be filmed and constructive criticism given after viewing, exercises for learning and discovery, relevant films and reviews of homework.

OUR TEACHERS

* **Sonja Appel (ERYT 500, PPTC, CEP), Director & Lead Teacher of Sushumna Yoga.**

Sonja has devised this unique training. She is leading this with a great depth of knowledge in all things yogic and has 20 years of experience teaching and leading workshops and YTT's in the UK, India, Dubai & Nepal. She will also be teaching an awareness of ayurveda and its conjunction with yoga and taking you through her 2 Teacher Training Manuals.

<http://www.sushumna.in/residential-teachers.php>

She will be joined by 3 excellent teachers of Anatomy & Physiology, Yoga Philosophy and Hatha Yoga, all highly respected in their fields of work.

The teachers come from different schools of yoga to give a broad perspective, within a structured teaching syllabus.

- Sushumna is a Yoga Alliance registered School.
- Our teacher training programmes are internationally accredited, have exclusive recognition and qualify for 200 hours of Yoga Alliance Registration.

The 21 day intensive includes 20 days of training with one half day off per week.

The combination of in-class contact hours together with out-of-class non-contact hours, (prerequisite reading, reports and home play) totals the hours at 200. Yoga Alliance requires 200 hours for basic teacher training registration.

Yoga Alliance is an international governing board for yoga teachers and training programmes in the World.

<http://www.yogaalliance.org>

Graduates of our programme, who have demonstrated an understanding of the material and completed all requirements, will be eligible to register as a RYT (Registered Yoga Teacher) with Yoga Alliance and Yoga Alliance UK.

Becoming a RYT increases your status, brings you international recognition as a yoga teacher and optimises your opportunities for employment as a yoga teacher worldwide.

COURSE CONTENT

Our modules cover the following general areas:

- Evolution of your own practise & focus on understanding of what's happening in your body/mind as your foundation to teach
- De-construction & analysis of key poses, their core alignment points & how to teach them
- Common postural problems, modifications, safe practice + preventing injury
- How to make sensitive adjustments
- Essential pranayama, breath awareness & restorative (yin) yoga
- Practical anatomy & physiology, including conditions you may encounter when you teach
- Meditation, personal and experiential teaching practice
- The history of yoga
- Foundation in the main yoga philosophy schools including tantra, hatha and vedanta study of key texts including the yoga sutras of Patanjali & the yoga upanishads.





- Teaching skills including learning theory, presentation expertise, articulation, class planning & sequencing & correct Sanskrit pronunciation
- Common issues arising out of a teaching practise such as covering classes, teaching one to one & groups
- Essentials of setting up your own yoga business
- Chanting, kirtan, satsang, cleansing & yoga for your particular ayurvedic dosha & correct yogic diet.
- Ethical practise.

Assessment + Graduation

The level one teacher training is a combination of continuous assessment, and a written homework and tests. During the course, reading and small amounts of written work are set. **Graduation from the training is not a given. All areas must be complete and passed before certificates are issued.**

And finally...

We firmly believe we are now able to offer one of the most comprehensive and thorough YTT programmes available today.

We look forward to receiving your application or answering any further questions you may have.

CURRICULUM – TOTAL 200 HOURS

Techniques of Yoga – 100 hours (3 non-contact Hours)

Kriya Yoga, Pranayama, Teaching/practicing meditation, Sequencing, Restorative Yoga and props, Surya Namaskara, Standing poses, Forward bends, Twists, Backbends, Inversions, Balances, Satsang, Chanting, Kirtan. How to teach and adjust in Vinyasa Flow, primarily and touching on Ashtanga – Mysore self-practice, Hatha.

Teaching Methodology – 30 hours (10 non-contact hours)

Sushumna yoga teaching method, adjustments and assists for surya namaskara, standing poses, forward bends, twists, backbends, inversions, balances and savasana, as well as advice and instruction on teaching privately.

Anatomy and Physiology – 20 hours (10 non-contact hours)

Basics of skeletal, muscular, respiratory, cardiovascular systems, anatomy, injury and recovery, esoteric anatomy including chakras, nadis, prana, and bandha, anatomy of adjustments. Benefits of asana as applied to systems of the body and chronic pain.

Yogic Scripture, Philosophy, Ethics, & Lifestyle – 20 hours (10 non-contact hours)

You will learn about basic yoga philosophy, Yoga Sutras of Patanjali, Bhagavad Gita, Hatha Yoga Pradipika, Advaita Vedanta/non-dualism, living in the moment, Gunas, Awareness, Enlightenment, the pitfalls and ethics of being a yoga teacher.

Group Practicum and Presentation Skills – 10 hours

Includes student teaching in small and large groups that will be filmed and assessed, with constructive criticism given after to add depth to personal confidence.

Focus on sequencing, theme, and music, yogic language skills and elocution.





Sample Daily Schedule

This intensive course is three weeks total. This is the basic Schedule, which varies slightly, as benefits the group.

6:00am – 8:00am: Mysore self-practice / Sushumna Vinyasa Flow

8:00am – 9:00am: Meditation and Pranayama

9:00am – 10:00am: Breakfast (off site)

10:00am – 1:00pm: Lectures, discussion, techniques. Group classes

1:00pm – 2:00pm: Lunch/Break (off site)

2:00pm – 5:00/6:00pm: Lecture, discussion, techniques, practicum, asana, film, kirtan.

Course Structure

The course lasts 180 hours. It is a complete immersion and therefore intense but utilises your time constructively and gives you enough free time to process what you are learning. Your pre-requisite reading books are imperative to be familiar with the training content, we do suggest you try to read all or as many of them before you start.

There are non-contact hours included on this course. Most of these hours must be completed as **pre-homework** which consists of **reading, viewing and report** writing as well as some practical exercises, attending classes or doing a **self-practice 6 times a week** is advisable before embarking on the course, this is all good preparation and a **must** to help you get the most out of this incredible journey.

Teaching yoga and maintaining a practise involves a lot of hard work and discipline and this course is designed to give you a great foundation reflecting that. **It is important you understand that this is not just "another easy qualification" and that just because you pay your investment this automatically entitles you to certification if you have not prepared and taken it all on board, as much to your utmost capacity**☺

Together we create the definitive yogic environment for learning, and remembering that we have all come from a place of enlightenment, we are a community of like-minded individuals from around the world that support one another in living to our truest and highest potential.

Every detail and component is great quality, well thought out and effective!

PREREQUISITE READING, VIEWING AND REPORTS

All written English sent to Sonja in a word document: info@sushumna.in

Read the **4** books listed below **prior to the training** and write your thoughts on **all** of them:

- What is your personal response of **each** book
- The most valuable lessons for you
- Detail on how this material is useful for a yoga teacher.

Send reports (300 – 500 words each book report, Microsoft Word document)

- The Tree of Yoga by BKS Iyengar
- Jivamukti Yoga, by Sharon Gannon and David Life
- Your Body, Your Yoga by Bernie Clark
- Ashtanga Yoga: Practice & Philosophy by Gregor Maehle

Written assignments & viewing

* Also attend 2 classes with an experienced teacher and write about what you have learnt (300 words)



- * Explain in detail how to teach Surya Namaskara & 3 standing postures (200 – 500 words)
- * Watch Anatomy for Yoga with Paul Grilley (write a brief synopsis on each chapter)

To be handed in before the course starts!

***Recommended reading: Read all or as many of these books as possible before the course starts!
(Found on amazon & Kindle)**

- The Power of Now by Eckhart Tolle
- A New Earth by Eckhart Tolle
- How Yoga Works by Gesne Michael Roach
- Yoga: The Spirit and Practice of Moving Into Stillness, by Erich Schiffmann
- Hathayogapradipika, The Bihar School of Yoga
- Light on Yoga, by BKS Iyengar
- Textbook of Yoga Psychology, R. Mishra, Brahmananda Sarasvati
- Light on the yoga of sutras of Patanjali by B.K.S Iyengar
- The Heart of Yoga: Developing a Personal Practice, by T. K. V. Desikachar
- Loving What Is, by Byron Katie (recommend audio book)
- Anatomy for Yoga with Paul Grilley (dvd)
- The Raw Transformation: Energizing Your Life with Living Foods by Wendy Rudell
- My New Roots by Sarah Britton
- Autobiography of a Yogi by Paramhansa Yogananda
- Yoga Mala by Shri K Pattabhi Jois
- Creative Visualization by Shakti Gawain
- Bringing Yoga to Life by Donna Farhi
- The Spiritual Teachings of Yoga by Mark Forstater & Jo Manuel
- Krishnamacharya, His life and teachings by A.G. Mohan
- Applied Anatomy & Physiology of Yoga by Simon Borg-Olivier & Bianca Machliss
- Yoga for your Type by David Frawley & Sandra Summerfield Kozak
- Yoga Teachers Toolbox by Joseph & Lillian Le Plage
- Yogabody: Anatomy, Kinesiology, and Asana by Judith Hanson Lasater Ph.D
- Ashtanga Yoga by John Scott
- Yoga for Body, Breath & Mind by A.G. Mohan

Do ask and fill out the application form and send it to us without delay. We will then contact you if you have passed this stage and relay when to invest in your betterment and submit your reading reports and practical exercises

Namaste (I acknowledge & respect the radiance within you)
Sonja

Sushumna Yoga ©

