



## Yoga and Ayurveda Teacher Training Course 200 Hour Yoga alliance with Certificate

This Yoga Alliance Certification Course is highly recommended for ALL who want to expand their knowledge on Yoga and Ayurveda providing them a basic foundation on their path of research and practice of the two ancient vedic sister Sciences Yoga and Ayurveda.

**October 22 - 28, 2018** in FULL WEEK (100 Hour) - **December 17 - 23, 2018** in FULL WEEK (100 Hour)



### Sanjay yogi offers Professional 200 hr Teacher Training Course at Santosa Yoga & Ayurveda

A Yoga Alliance Certificate that gives you the opportunity to teach yoga worldwide.

During this 200 Hour certification course we learn together:

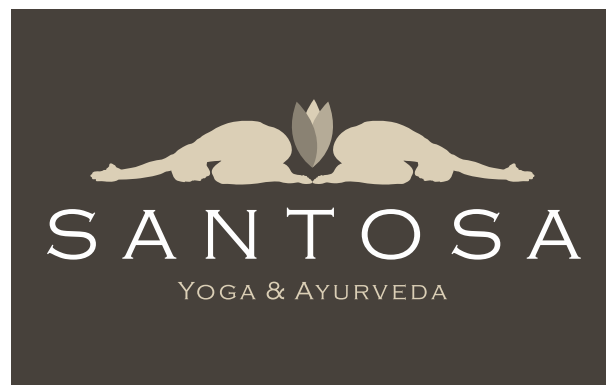
- Yogic Mudras
- Pranayama (Breathing Techniques), Bandhas (Yogic Locks)
- Method, Principle, Sequencing, Adjusting, Benefits and Pre-cautions of Yoga Postures
- Teaching Methodology of different styles of Yoga – Patanjali Ashtanga, Traditional and Classical Hatha, Vinyasa, Shivananda, etc.
- Minimum 3 Yogic Shatkarmas/Kriyaa (Cleansing Techniques)
- Learning to teach yoga classes for Beginners, Intermediate and -Advanced level students
  - Ayurveda Basics, Samkhya & Vedanta Philosophy
  - Study of Human Anatomy and Physiology
  - Physical, Mental and Spiritual benefits of yoga
- Minimum 7 diseases, with symptoms, factors and Yogic and Ayurvedic treatment
  - Basic Ayurveda – Nutrition and the Yogic Diet
  - Kundalini, Chakras and Nadis
- Minimum 6 Mantras (for Chanting and Meditation)
- Yoga Philosophy (Eight limbs of Ashtanga-Yoga) with Patanjali's Yoga Sutras (minimum 15 Sutras)
  - Yogic lifestyle
  - Teaching practicum
  - Ethics for Yoga Teachers

For more info about the teachers, yoga TTC elements visit Himalaya Yoga Peeth ([www.YogaTTCworld.com](http://www.YogaTTCworld.com))  
DEPOSIT for securing your participation to Yoga and Ayurveda TTC in October 2018 is 500 Euro by September 16th 2018.  
(Max participants 8 people)

[www.santosaveda.com](http://www.santosaveda.com)

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## Few words about the Course Teacher Trainer

Dr. Sanjay yogi is an experienced 200&500 Registered Yoga Teacher by Yoga Alliance. He is facilitating yoga classes, yoga workshops, yoga retreats and yoga teacher training courses in different countries (India, Japan, USA and Europe) since 2004. His education covered fields like Classical YOGA, YOGA Philosophy, PRANAYAMA, AYURVEDA Science, Naturopathy, PULSE and AURA Diagnostics, YOGA therapy, PRANIC healing, VEDIC rituals.

He visited many traditional ashrams and Buddhist monasteries in Nepal, Bhutan and the Himalayas where he learned other aspects of Yoga and increased his knowledge of Buddhism, Yoga therapy and Pranic healing.

Among his teachers are Swami Yogananda, Swami Veda Bharti, Satyananda, Swami Dev Murti, Iyengar, Pattabhi Jois, as well as many unknown saints and sages with great knowledge from the Himalayas. He practiced Yoga and Meditation since he was 10 years old. His first teacher was his grand father who was a friend of Dharendra Brahmachari.

According to him the truth is present in the heart of everybody and it cannot be found in any ashram or monastery. The real peace is in the heart – not outside. We all are equal in the eyes of God and everybody can live a happy and complete life in the every day's reality. There is no reason to search the happiness or the guru by escaping in a spiritual country or into an ashram.

To book your space or for more information kindly call Effie at Santosa on **99325996** or book an appointment to discuss the course details and payment schemes.  
DO NOT MISS THE CHANCE to train with a gifted Trainer this Fall!

**Santosa Yoga & Ayurveda 7 Agias Fylaxeos Street, Limassol**

**[www.santosaveda.com](http://www.santosaveda.com)**