

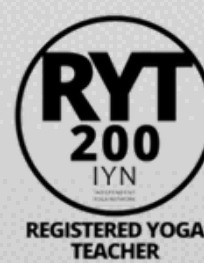
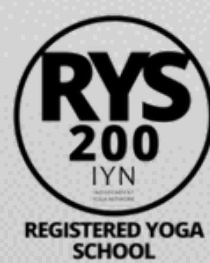
Course Guide

Yoga Teacher Training

200 hrs



Registered School





Hamburg 2024

Personal and Professional

Yoga Teacher Training

200 hrs

Course Guide

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Introduction



Thank you for downloading this guide.

Our course was carefully created to awaken in each student a holistic and practical understanding of the physical and spiritual aspects of yoga.

Our aim is to transform you into a conscious and independent practitioner, by awakening your own inner guidance.

We will meet one weekend a month, for fifteen months. On each weekend, you will have 12 hours of in-person classes, and receive tasks to complete in between our meetings.

The course is divided into two parts:
Theory and practice.

The technical information should be studied with attention, practiced with dedication, and the theory should be questioned, tested, understood and absorbed, without hurry.

The goal of the course is for each student to be able to apply the philosophy in all physical practices, and to find a deeper meaning in all aspects of his or her personal life.

Note: The desire to transcend your limitations is more important than your physical ability. We will work on all aspects of your being.

"Lokah Samastah Sukhino Bhavantu."

(May all beings be happy and free, and may my own thoughts, words, and actions contribute to this happiness and freedom for all).

Ubiratan Gonzaga.

Course Program

Part One – Theoretical:

– The theoretical portion of our teacher training will cover various topics related to Yoga and its practices. Our aim is to provide a comprehensive knowledge of Yoga that ignites an internal change and motivates critical thinking.

(1) Philosophy:

Yoga is a practical science that liberates our minds and unwinds our spiritual energies. Without the support of yogic philosophy, it becomes merely a physical exercise.

During this 200-hour teacher training, the students will learn the following topics:



- History and Philosophy of Yoga.
- Origins, meaning, definitions as per various ancient scriptures, goal, practices and objectives, the main branches of Yoga.
- A discussion on various yogis and masters and their role in shaping and spreading the message of Yoga, from the first yogi all the way to Kapila, Patanjali, Shankara, Swami Vivekananda, Ramana Maharshi, Swami Sivananda, Krishnamacharya, Pattabhi Jois, Iyengar, and many others.
- A detailed study of the Bhagavad Gita, exploring its source, and how it came to be, what it teaches, and what it means to humankind.
- The life of Sri Krishna and the Paths of Bhakti, Jnana, and Karma Yoga.
- A clear exposition of Kapila's Sankhya philosophy and Vedanta teachings.

- A clear understanding of Patanjali Yoga Sutras, its goal and practical applications, and the Hatha Yoga Pradipika.
- We will study the Shiva Samhita and the Gerantha Samhita. These are the most important ancient scriptures and authentic sources of Hatha Yoga.
- During our course, the students will learn and absorb the teachings in a simple, practical, interactive way:
 - Introduction to the concept of Chitta Vritti Nirodhah.
 - How to control the restlessness of the mind.
 - Concept and qualities of asana as per Patanjali Yoga Sutras.
 - The barriers in the Path of Yoga and how to overcome them.
 - Concept of vinyasa and Ashtanga Yoga.
 - What Hatha Yoga is and its importance in modern life.



(2) Yogic Anatomy
(the study of subtle energies):

The Yoga perspective of anatomy is different from Western anatomy. It was developed by the sages many centuries before the Christian Era and recorded in the Upanishads.

In the process of meditation and self-exploration, the ancient yogis discovered and described in detail a system of energetic pathways, explaining what they do and how they work.

In these classes we will cover:

- Prana or life-force.
- Koshas or Sheaths.
- The Five Vayus.
- Nadis or energy channels.
- Bandhas or energy locks.
- Chakras.
- Gunas.

(3) Western Anatomy:

The study of the human body and its parts, dealing with its structural organization, function, and movements. In these classes, you will learn the location and movement of the most important bones, joints, and ligaments.

The understanding of anatomy in yoga teaches yogis about physical alignment and which muscles are engaged in each asana.

When a yogi has a fundamental understanding of bones and muscles as they are used in yoga postures, they can begin to develop a deeper practice that addresses weaknesses, imbalances, and strengths.

In these classes we will cover:

- Anatomical Terminology.
- Bones, Joints, and Ligaments.
- Muscle Forms.
- The main muscles of the body.
- Major movements of the body.
- Structure of the spine.
- Alignment of the body during Yoga.
- Asanas for each muscle group.



(4) Physiology

Physiology is the scientific study of the functions and mechanisms which work within a living system. The focus of physiology is on how organisms, organ systems, organs, cells, and biomolecules carry out the chemical and physical functions that exist in a living system.

Applied to Yoga, you will learn how the practices and poses influence all those functions, keeping the mind clear and the body healthy and strong. In our program, we will cover de asanas working on the following Systems:

- Digestive.
- Respiratory.
- Nervous System.
- Circulatory.
- Endocrine.
- Excretory System.
- Lymphatic.

The breath:

- Anatomy of the Respiratory Muscles.
- Mechanism of Respiration.
- Anatomy and Physiology of Pranayama.

(5) An introduction to Ayurveda and its association with Yoga:

- Meaning and purpose of Ayurveda.
- Pancha Mahabhuta Theory (Theory of the Five Elements).
- Tri-Dosha Theory (Theory of the Three Bodies Humors).
- Using our diet and lifestyle to balance our doshas.

(6) Teaching Methodology:

During the entire program, you will learn and be remembered many times about three fundamental aspects of a yogic life:

- The proper attitude towards oneself,
- The proper attitude towards yoga,
- The proper attitude towards one's own personal practice.

These three aspects are the foundation to learn how to teach yoga. As our own personal practice develops and grows through the years, we are able to transmit our knowledge and experience better and better.

We will cover in detail how to teach and practice yoga from the heart, and what are the basic skills required for teaching:

- Asana Classification and Sequencing.
- Formatting, sequencing and timing of the class.
- How to create and guide a spontaneous practice.
- Adjustment techniques and skill development (verbal and physical).
- Structural alignment training.
- Manual adjustment with the aid of props.
- Use of props/variations and modifications
- How to integrate postures, breathing and meditation into practices.
- Qualities of an inspiring yoga teacher.
- Motivational techniques and methods.
- The ethics of the yoga teacher.

Part Two – Practical:

(1) Asana practice:

Asana means a comfortable position to be. It's a state of being in which one can remain physically and mentally steady, calm, quiet and comfortable, in any position.

Our program includes a detailed explanation of each asana to understand their physical, psychological and spiritual benefits, as well as their contraindications, to guarantee an effective practice.

- In these practical sessions, we will cover in detail various Hatha Yoga postures from elementary to advanced levels. You will learn how to modify, adjust and align various poses accordingly to the needs of each individual, in order to gain the maximum benefits of the physical practice.

List of Asanas:

(1.1) Study of Sun-Salutations and its variations.

(1.2) Meditative Asanas:

- Sukhasana (Comfortable crossed leg position).
- Siddhasana (The Accomplished Pose).
- Vajrasana (Sitting on the Heels Pose).
- Ardha Padmasana (Half Lotus Pose).
- Padmasana (Lotus Pose).

(1.3) Relaxation Asanas:

- Shavasana (Corpse Pose).
- Makarasana (Crocodile Pose).

1.4) Cultural Asanas (SUPINE):

- Pawanmuktasana (Wind-Relieving Pose).
- Setu Bandana (Bridge pose).
- Simplified Matsyasana (Fish Pose).
- Matsyasana (Fish Pose).
- Jathara Parivartanasana (Supported Spinal Twist) and its variations.
- Chakrasana (Wheel Pose).
- Halasana (Plow Pose).
- Sarvangasana (Shoulderstand).

(1.5) Cultural Asanas (PRONE):

- Bhujangasana (Cobra Pose).
- Sarpasana (Snake Pose).
- Shalabhasana (Locust Pose/half and full).
- Dhanurasana (Bow Pose).
- Chaturangasana (Four-Limbed Staff Pose).
- Urdhva mukha Svanasana (Upward Facing Dog).
- Adho Mukha Shvanasana (Downward Facing Dog).

(1.6) Sitting Poses:

- Dandasana (Staff Pose).
- Janushirasana (Head-to-Knee Pose).
- Parivrtta Janushirasana (Revolved Head-to-Knee Pose).
- Ek Pada Rajakapotasana (Pigeon Pose).
- Marichyasana A, B, C, D (Marichi's Pose).
- Hanumanasana (Monkey Pose).
- Ustraasana (Camel Pose).
- Marjaryasana (Cat Pose).
- Balasana (Child Pose).
- Shimasana (Lion Pose).
- Gomukhasana (Cow Face Pose).
- Ardha Matsyendrasana (Half Spinal Twist Pose).
- Paschimottanasana (Seated Forward Bend).
- Nokasana (Boat Pose).

(1.7) Standing Poses:

- Tadasana (Mountain Pose).
- Triyak Tadasana (Swaying Palm Tree Pose).
- Ardha Uttanasana (Standing Half Forward Bend).
- Uttanasana (Standing Forward Bend).
- Vriksasana (Tree Pose).
- Utkatasana (Chair Pose).
- Trikonasana (Triangle Pose).
- Parivrtta Trikonasana (Revolved Triangle Pose).
- Padangusthasana (Hand To Big Toe Pose).
- Utthita Parsvakonasana (Extended Side Angle Pose).
- Parivrtta Parsvakonasana (Revolved Side Angle Pose).
- Virabhadrasana I, II (Warrior Pose I, II).

(1.8) Balancing Poses:

- Bakasana (Crow Pose).
- Sirsasana (Headstand).
- Natarajasana (Lord of the Dance Pose).
- Garudasana (Eagle Pose).
- Virabhadrasana III (Warrior Pose III).
- Ardha Chandrasana (Half Moon Pose).
- Vasisthasana (Side Plank Pose).

(2) Pranayama:

In these breathing regulation sessions, you will learn how to be constantly aware of the breath and apply various pranayama techniques as mentioned in the Hatha Yoga Pradipika.

You will learn how to practice each technique in a safe and secure way, to maximize its health benefits, as well as certain contraindications to be kept in mind while practicing.

In these classes, we will cover:

- Natural Breathing.
- Abdominal Breathing.
- Clavicular Breathing.
- Thoracic Breathing.
- Yogic Breathing.
- Nadi Shodhana.
- Bhastrika.
- Kapalbhati.
- Bhramari.
- Seetkari.
- Shitkari.
- Surya Bhedi.
- Chandra Bhedi.
- Ujjayi.

(3) Mudras:

Mudras are hand gestures used in meditation or pranayama practice. They stimulate different parts of the body involved with breathing and affecting the flow of energy within the body and mind.

It is a combination of attention and subtle physical movements with our hands and/or our body, that influences our pranic body, internal organs, and concentration.

It improves blood circulation, increases patience, tolerance and concentration while meditating. It also helps to increase body weight and reduces weakness and dullness of mind.

(3.1) Hand Mudras:

- Jnana Mudra.
- Chin Mudra.
- Yoni Mudra.
- Ling Mudra.
- Hridaya Mudra.
- Prana Mudra.
- Apana Mudra.

(3.2) Body Mudras:

- Yoga Mudra Asana.
- Viparitakarani Mudra.
- Ashwini Mudra.

(3.3) Face Mudras (Mana Mudras):

- Shambhavi Mudra (Eyebrow Center Gazing).
- Nasikagra Drishti.
- Khechari mudra.
- Kaki mudra.
- Bhoochari mudra.
- Akashi mudra.
- Shanmukhi mudra.

(4) Bandhas:

A bandha is a body lock or bind, performed in order to direct and regulate the flow of prana (life force energy) to certain parts of the body. It's a body mudra, collecting and binding back the dissipated energy to our center, bringing us back the totality of our energies and increasing the spiritual fire.

Practicing bandha involves self-awareness, preparation, and it is done by concentrated muscular contractions. Understanding and performing these locks can aid the practitioner in improving their focus and supporting physical health.

In these sessions you will learn:

- Introduction to Bandhas.
- Mula Bandha (a contraction of the perineum).
- Uddiyana Bandha (a contraction of the abdomen into the rib cage).
- Jalandhara Bandha (contracting the chin closer to the chest).
- Maha Bandha (combining all three of the above Bandhas).

(5) Meditation Sessions:

Meditation cannot be taught. It's a state that comes naturally when the mind is relaxed and at peace.

What you can learn and practice are techniques for resting the mind and increasing focus and concentration, and attaining a state of consciousness that is totally different from the normal waking state.

One of the biggest challenges we face as a yoga practitioner is how to withdraw the senses from the external world and divert them towards the internal world.

During this course, you will learn various tools and practices prescribed in the ancient scriptures to limit the modifications of the mind.

Practices will include:

- Mantra Meditation guided or by oneself.
- Body awareness.
- Breath observation.
- Yoga Nidra.
- Trataka.
- Chakra meditation.
- Soham Meditation.
- Inner Light Meditation.

(6) Shatkarma (Yogic Cleansing):

The Shatkarmas, also known as Shatkriyas, is a set of Yogic purifications of the body, to prepare for the main work of yoga towards moksha or liberation.

These practices, outlined by Yogi Swatmarama in the Hatha Yoga Pradipika as kriyas, are Neti, Dhauti, Nauli, Basti, Kapalabhati, and Trataka.

This is one of the most important steps towards learning yoga, also being a preparation for meditation and physical postures. Yogic Shatkarma practices help in detoxification, keeping the body strong, healthy and clean.

In these sessions, the students will learn safe techniques with demonstration, practice, applications, benefits, and contraindications.

We will perform the following yogic cleansing practices:

- Neti (Nasal cleansing)
- Kunjal Kriya (abdominal cleansing),
- Tratak (Psychic purification),
- Nauli (Churning of abdominal muscles)

(7) Mantra Sessions:

A mantra is a sacred word, sound or phrase, which is linked to spiritual and psychological powers. The word mantra means “tool of thought” in Sanskrit, and is often used in meditation as a way to harness and focus the mind.

The repetition and chanting of mantras induce the mind to enter into a meditative state, so that the practitioner may begin to connect with the Divine within. When choosing to chant mantras, we are changing our vibration and evoking a higher level of consciousness.

Mantras are tools for healing and protection in our life. In our mantra chant sessions, we guide the students step by step to pronounce various Sanskrit mantras correctly and also their meaning and purpose.

In these sessions, you will learn:

- Aum Mantra: Merging with the Sound of the Universe.
- Guru Mantra: An offering to the remover of darkness.
- Shiva Mantra: Connecting with Adiyogi.
- Patanjali Mantra: An invocation to the author of the Yoga Sutras.
- Lokah Samastha Mantra: Assisting us in our spiritual evolution.
- Gayatri Mantra: It improves our learning and concentration skills.
- Ganesha Mantra: It removes obstacles and brings prosperity.
- Shanti Mantra: Keeps our mind relaxed and at peace.
- Sun Salutation 12 Mantras: It stimulates and balances all systems of the body.
- Bija Mantras.

Part Three - Exam:

This is the final session of our 200 hours Teacher Training Program. You will have a written and oral exam to show us what you have learned. However, it is not a test to evaluate how much you have memorized, although you will have to memorize many names and concepts.

It is not a test to check your flexibility or physical skills, but it will show you in a condensed form of all you need to master, in order to have Yoga fully integrated into your life. It will give you a platform for learning and sharing yoga.

This exam will show you the minimum a yogi is supposed to know, let alone a teacher. Yoga is a vast and diverse subject and it is very difficult to understand it fully in a short period of time.

In this section, you will be asked:

- Oral /written essay, to express your own thoughts and understanding of yoga, why is it important to you, and its various practices.
- Conduct small asana and pranayama sessions to share your skills of teaching yoga with other students, under the supervision of an experienced teacher.
- Reciting a selected mantra and sutra.

The final exam will help you increase your self-confidence, refine your teaching skills as a yoga instructor, and develop spiritual awareness.

However, the real test comes after you have completed the course, in the application of what you have learned, in daily life and in the changes you will create in your behavior, habits and perception the world.

Class Schedule:

2024

- Oct 05/06
- Nov 02/03
- Dec 14/15

2025

- Jan 18/19
- Feb 08/09
- Mar 15/16
- Apr 12/13
- May 10/11
- Jun 14/15

2025

- Jul 12/13
- Aug 09/10
- Sep 06/07
- Oct 04/05
- Nov 01/02
- Dec 06/07

* All dates are subject to confirmation. It is the student's responsibility to come to the classes once confirmed.

Tuition fee: 2.600,00 € (not including food and lodging).

Deposit at registration: 400,00 € (non-refundable).

Forms of payment:

- 1 x de 2.200,00 €,
- 2 x de 1.200,00 €,
- 3 x de 750,00 €.

* €189,00 per month, in 12months.

*If you would like more details, or would like to propose an alternative payment method, please send an email to bira@birayoga.com.

To register now, fill the Online Registration Form:

Fill in the Registration Form

Love & Light,

Bira.