



AyurYoga Eco-Ashram

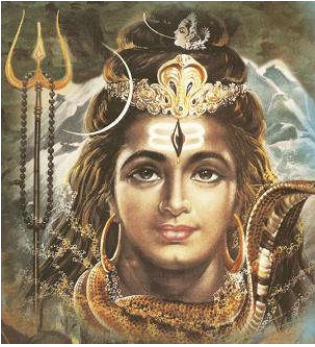
Spiritual Retreats for Wisdom-Peace-Bliss

ORIENTATION GUIDE

For Yoga Teacher Training

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Foreword



Supreme Yogi Lord Shiva

Dear Students,

Thank you for choosing AyurYoga Eco-Ashram for your spiritual Retreat.

We are a group of spiritual teachers and practitioners coming together, to pass on the traditional wisdom of Indian yogis that we are very fortunate to receive from our venerable Gurus.

The age-old Indian wisdom of Yoga has been passed on from generation to generation through Guru-Disciple lineage – after going through rigorous ashram life for decades. But nowadays, the times are changing and the sacred wisdom is disappearing even from its motherland! Moreover it has been misinterpreted and reduced to few fitness practices and new age techniques for so many silly reasons.

What is available in the present day spiritual market is good and helpful for many people. But there is a small section of seekers who want to explore yoga in its original form. For such seekers, it is not easy to find the genuine Gurus who are the inevitable bridges unto that supreme Wisdom - Consciousness - Bliss - Peace, which yoga promises.

Although we are not such great gurus to give you these elevated mystical experiences, we can at least be guides in leading you further on this pathless path. At the same time, fulfilling your professional and practical requirements.

What we do is, present you the path of yoga in a Big Picture. Instead of teaching the one or two forms of yoga, we want to take you to the source and principles of yoga, that have inspired thousands of seekers for thousands of years. Once you know the principles, we expect you to design your own style of yoga as per your needs and creativity.

More than what we teach you, the actual experience of being together in an international community of seekers, and going through intensive spiritual training itself is a life transforming step.

We look forward to receive you here and giving you our best.

Namaste!

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Getting Ready



PASSPORT

Make sure your passport is valid for six months at least, from the landing date in India. Please take a photo and keep the copy on your phone/email or with your family, in case if you loose your passport!

VISA

An Indian Visa is necessary for all foreigners to enter into India. There are two options for getting an Indian Visa, depending on your country and how many days you plan to stay in India:

1. *Tourist E-Visa* valid for 60 days in India. Easy online application, confirmation email will be sent to within 72 hours, which you need to print and show to the Immigration Officer in India. About 120 countries are eligible. Please check the official E-Visa Website for more info: <https://indianvisaonline.gov.in/visa/tvoa.html>
2. *Regular Tourist Visa*, valid for 3/6/12 months in India. Please google for your local Indian Embassy website to find out how many days it takes to get an Indian Tourist Visa. Sending your passport to an embassy or visa office by post can take a week or two. In some countries, you can walk in personally and get the Visa on the same day.



Please note you can't get *Student visa*, for doing a month long yoga course in an ashram. Student Visas are only for long-term academic courses in University/colleges. While filling in the Tourist Visa application, write the reason for travel as '*Vacation*', so that you will have freedom to travel before/after the course, which you can't do on a student visa.

Please apply for the Indian visa at least 4 weeks ahead, or 8 weeks, if you are applying outside your passport country. Sometimes, we have students compelled to cancel the trip due to the delays in getting visa, after buying flight tickets and paying deposits.

INSURANCE

If you are a first timer to India, it is better to get some sort of Insurance that covers your travel and health together.

Wikipedia has a useful page, and Google gives you loads of pages on *travel insurance*: http://en.wikipedia.org/wiki/Travel_insurance

VACCINATION



Please check with your personal doctor and also the Visa authorities. For some nationalities, it is mandatory to take the Yellow Fever Vaccination to land in India. Rules may change from time to time.

Our street wisdom says, Mysore is one of the healthiest places in India and doesn't require any vaccination, as long as you are careful with drinking water and eating food at right places.

Malaria Vaccination is not necessary if you are coming only to our ashram – we rarely see any mosquitoes here. You can also buy Malaria tablets, anti-mosquito creams, and lemon-grass oils, which are available in India.

If you would like to read more: [Health Advice for India](#)

INCREDIBLE INDIA



India is a complex country to understand. Here you will find a hotchpotch of everything that a human mind could ever conceive - from the most sublime thoughts of 'I am God' to Charvaka idea of Beg-Borrow-Steal to enjoy the life!

The variety of phenomena and cultural contrast you can see here is mind-blowing! The smells and sounds could be tantalizing in the beginning and no-sense of time in India could be testing your patience. But once you get to see the heart of the oldest country on this earth - you can't but fall in love with Indian style of living a life with zest.

When you are in India, don't try to compare anything with the West. Just enjoy the good side of India as it is.

Good to know more:



[Wiki's first door to India](#)

[About Karnataka](#)

[About Kerala](#)

[Lonely Souls are most Welcome here](#)

If you would like to travel before or after the course, we will be happy to put you in touch with our travel partners who can organize safe taxis/tours around India.

Flying to India

FLYING FIRST TIME?



If you are taking an international flight for the first time, or if you haven't flown for a long time, you might like these smart tips:

[Travel is Fun - Take it Easy](#)

WHEN TO ARRIVE?

It takes at least one/two days to get used to Indian weather, water, food – unless you are an 'outdoor' personality by nature! The body might feel run down in the first week – due to new food and new water. So, our street wisdom says, if you have enough time, it is better to come early and chill out for a few days and lighten your heart – before you start feeling the effects of rigorous schedule starting with a 5.30 am wake-up!

If your life is racing with time and can't come to India early - then please arrive on the day before the course starts. You got to rest after a long flight and get orientated to the place.

The course officially begins with 7 am opening ceremony (puja) on the course start day, which also includes presenting the manuals, Orientation Talk etc. There will be enough time for any paperwork, payments and may be a nature walk on the first day. The full schedule will come into effect from the next day of course start date.

WHEN TO DEPART?

We end the course with certification ceremony and a farewell lunch by 2 pm on the last date of the course. You are free to go on the same night, if you have a flight to catch. Otherwise, the course fees include the night of the last day also.

ADDITIONAL DAYS

Additional stay before/after the course will be charged \$30/day. This price includes all meals and doesn't include any classes or activities.

SEARCHING FOR FLIGHT TICKETS

Please note flight rates are not same for all the airlines, or routes, and there could be a difference in price for weekdays and weekends. You might get a cheaper ticket by adjusting your dates a day or two.

Our favourite sites are:

<http://www.momondo.com/> , <http://www.ixigo.com>,

<http://www.skyscanner.in/> has the option to search from country to country and compare the fares to the nearby airports.



WHICH AIRPORT TO LAND?

- 1) Bangalore (BLR), Karnataka – is four/five hour drive to our ashram.
- 2) Calicut (CCJ), Kerala – is five/six hours drive through forest.

Bangalore is well connected with all cities in all the continents.

Calicut (also known as Kozhikode) is connected mostly with airports in the Gulf Countries like Dubai, Doha, Abu Dhabi which are major connecting hubs to Europe, USA/Canada and Africa.

If you are getting a cheaper ticket, you can also land in Delhi, Mumbai, or Chennai and then take a connecting domestic flight to Bangalore, in which case you may have re check-in your bags domestic flight.

AIRPORT PICK UP AND DROP BACK

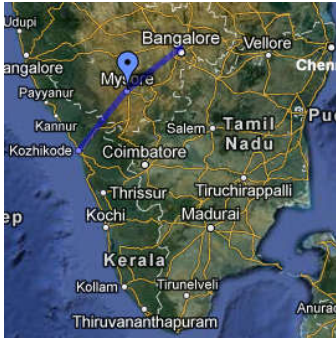
We organize the taxis through trusted taxi companies/drivers, to pick up/drop our guests safely, at anytime of the day or night. If you want us to organize your taxi from airport/hotel, please fill in:

www.ayuryoga-ashram.com/arrive

Mysore Airport

There is one small domestic airport in Mysore connecting with flights from Bangalore and Chennai – once a week.

But it often get cancelled with not enough bookings.



www.ayuryoga-ashram.com/depart

Estimated Cost of Taxis to/from Airport:

From	To Mysore	Driving	Cost in INR	Est. USD	Est. Euro
Bangalore	180 Km.	4 hours	Rs. 4500	\$70	€60
Calicut	200 Km.	5 hours	Rs. 5000	\$90	€58
Mysore	40 Km.	1 hour	Rs. 1500	\$25	€20

Please check: www.xe.com for current exchange rates.

[Click on this Google Map to see other places close to Mysore](#)

Please don't send your E-Ticket by email. It is your responsibility to calculate the exact date/time of landing in India. For any wrong info. you will be liable to pay, in case the taxi returns empty from airport, due to wrong date/time.

Our person will be standing at the Arrivals gate with a placard: *AyurYoga Eco-Ashram, Mysore*. We also give you at least four phone numbers to reach us in case of any difficulty in locating our person or reach us, in case of flight delays or cancellations.

SHARING TAXIS

Most of our guests arrive one/two days before the start date and depart on the night of last day or next morning. So, it is possible to share the taxis with other guests.

Two weeks before the course start date, we will send you a PDF with the list of students and their pick up/departure info., for your re-confirmation. One week before the course start date, we will send out finalized PDF, showing who is sharing the taxi with whom and the cost of taxis etc.

It is not practical for us to co-ordinate taxi sharing for guests sending their flight details in the last minute.

If you are arriving late night and don't want to travel alone, we recommend the below hotels to stay, from where we can pick you up:

- Hotel Presidency (Budget, about \$50/day)
- Hotel Taj (4 star, about \$100/day)

Arriving by Bus/Train

From Bangalore Airport:

There are Buses from Bangalore Airport to Mysore non-stop. It takes about four hours and costs about Rs.800. Then, we can organize to pick you up from Mysore Taxi from the bus station to the ashram – another one hour drive, costs Rs.1500.



You need to reserve a ticket online in advance from here:

<http://www.ksrtc.in/site/>

You can also find Bangalore – Mysore Volvo buses from Suburban station outside Bangalore City, which is connected with special Airport buses that run every 30 minutes to the city.

There are buses and trains available to Mysore from other parts of South India. If you can email us from where you want to come we can suggest you the best way to reach us.

For trains: www.indiarailinfo.com

For Buses: www.redbus.in

Travelling before/after the course?

There are innumerable places to explore all around Mysore.

Kerala is famous for beaches in Varakala (South), Kannur (North) backwaters in Allepy, tea plantations in Munnar, forests and mountains in Wayanad, which are two/three hours drive from our ashram.

Tamil Nadu is famous for its hills stations of Kodai Kanal, Ooty which are just two/three hours drive from Mysore. Huge temples from Madurai to Chennai via Thirucharapalli, Tanjavur are great attractions. Thiruvannamalai and Auroville near Chennai are two other great places.

Karntaka is famous for Nature and Wild life closer to Mysore. Two hours west of Mysore one can visit the Tibetan settlements in Bylakuppe in the region of Coorg, which is famous for Coffee plantations.

Belur, three hours North of Mysore is famous for its ancient intricate temple architecture and Jain Temples.

Hampi, on the way to Goa is a 12 hours night drive, is a popular hang out for western back-packers! Gokarna on the coast is further 10 hour drive, is



just before entering the state of Goa is another beach hang-out for travelers.



Mangalore is the nearest coastal town on the west from Mysore is a major connecting hub to go down towards Kerala or go up towards Goa and Mumbai.

Here are some popular tourist paths of South India nearer to Mysore:

- 1) Mumbai-Goa-Gokarna-Hampi-Belur-Bylakuppe-Mysore
- 2) Mysore-Wayanad Wild-Life/mountains – Kannur Beach / Calicut-Cochin-Allepy Backwaters & Amma's ashram – Varkala – Trivandrum
- 3) Mysore- Ooty – Coimbatore-Kodaikanal - Madurai-Kanyakumari-Trivandrum
- 4) Mysore-Ooty-Coimbatore-Kodiakanal-Chidambaram/Tanjavore – Thiruvannamalai-Mahabalipuram-Auroville-Chennai

Normally we have students travelling before/after the course, if you would like to have some company. We have a facebook group for each course where students can find each other before/after the course.

We are also associated with a few travel companies in South India and can help you in organizing the taxis/tours with safe drivers/guides.



If you are travelling in India on a longer train journey, we recommend to reserve the tickets in advance in Air-con coaches known AC-3 tier, AC-2 tier classes. The Sleeper class is okay for a short journey – but crowded and may not be as clean and comfortable like AC coaches. AC-1st class is also not safe for single women as they contain the rooms with four berths and you might be locked up in a room with a stranger.

For more information about interesting places to explore and other practical information related to travel, stay, food etc. please check:

[http://wikitravel.org/en/Southern India](http://wikitravel.org/en/Southern_India)

[Lonley Planet PDF on South India](#)

<http://wikitravel.org/en/Mysore>

Day-Trips on Days-off during the course



During the course we will have days-off, one after each six days. On these days, we organize some of these tours:

- 1) Mysore Town (Chamundi Temple, Mysore Palace, Lunch, Bazars etc.)
- 2) Bylakuppe Tibetan settlements/ Coorg plantations / Elephant Safari
- 2) Forest and Mountains of Tamilnadu – Ooty
- 3) Wild Life in Kerala and Wayanad hills and forests
- 4) Somanathapuram temple / Waterfalls out of Mysore

It is not necessary the entire group to go to one place at a time. We can organize small taxis for 3 to 7 people to choose different destination.

Estimation of costs?



It depends on the number of students and type of vehicle.

For trips within and closer to Mysore budget at least \$10 to \$20.

For trips outside Mysore but within Karnataka at least \$20.

For trips to Tamilnadu/Kerala (three hours drive) about \$30.

Ideally you can budget at least \$50 to \$100 for sightseeing and another \$100 to \$200 for minimum shopping you may feel tempted for yourself and gifts for your family and friends.

US\$300 spare money above course costs is good enough!

You are also free to have your own plans or rest in the ashram on the day-off . Food and drinks on days-off are provided without any extra charges.

Mysore

Where East meets West



The town of Mysore is well known for its ancient heritage and great seat of education , arts, food, festivals, ancient temples, green ecology with 186 parks and best weather in South India throughout the year.

Nowadays it is also called as the Yoga Capital of South India, as many international students live here for long stay to learn yoga, arts, music etc. It is a perfectly safe place to explore the ancient culture of South India.



Until 1947, when India was unified after Independence, Mysore was ruled for several centuries by the Royal families of Wadiyars who never lost the battles with any foreign powers and ran the country as the one of the most prosperous and developed kingdoms of pre-independent India. That's why, you can still smell that ancient Hindu Cultural vibes all around, intact from the continuity of at least two thousand years of ancient civilization based on Vedas.

Today, Mysore is a strange mix of India's ancient past and Modern India in rush of development of fancy glitters of the West. It's a place where several foreign tourist stay for a long time to learn India's past while Indians trying to imitate the West ;)

Touristy Attractions of Mysore



Mysore Palace
Chamundi Hills
Jayalakshmi Vilas Mansion / Lalita Mahal Palace

Art Gallery at Jagmohan Palace
National Museum on Natural History
Folk Art Muesuem, Mysore University
Melody World, wax museum of musicians and musical instruments



Karanji Kere – Nature park / Bird Sanctuary / Butterfly Park
Mysore Zoo (Estd. 1892 – 245 acres)

K.R. Market / Devraj Urs Road – for shopping
Cauvery Arts and Crafts Emporium, Sayyaji Road
Gokulam / Kalidasa Road – famous for Yoga students / Shopping

AyurYoga Eco-Ashram



Ashram is a place where people can recharge their spiritual batteries, away from all the distractions of the busy and materialistic world. A secluded space and energy of like minded people in an ashram helps us to take a time off from these compulsive behaviours, attitudes, habits, schedules, obligations of the society and challenge our own beliefs and values that guide our lifestyle. Here, we dare to ask: What am I doing with my life? Why? What do I want? What is the purpose of Life? And each one of us has to find the answers from within.

Our Location:

AyurYoga Eco-ashram is an 18 acres organic farm under development on the banks of River Kabini, with panoramic views of the valleys and hills all around. Situated far away from any hustle and bustle of modern world and surround with agriculture fields for several miles all around – which makes it very scenic with changing colours every month as farmers growing and harvesting varieties of crops one after another.

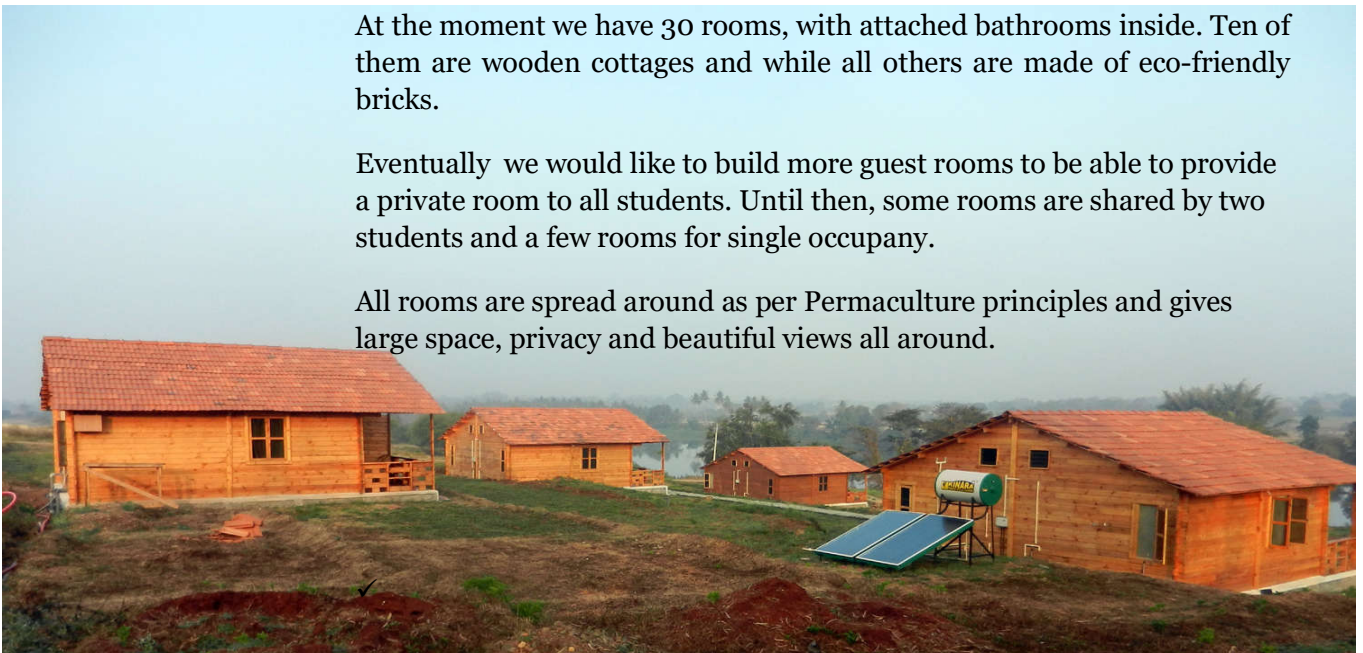
Though geographically located in the state of Karnataka, the borders of Kerala and Tamilanadu Forest Reserves are less than two hours drive from the ashram.

Accommodation:

At the moment we have 30 rooms, with attached bathrooms inside. Ten of them are wooden cottages and while all others are made of eco-friendly bricks.

Eventually we would like to build more guest rooms to be able to provide a private room to all students. Until then, some rooms are shared by two students and a few rooms for single occupancy.

All rooms are spread around as per Permaculture principles and gives large space, privacy and beautiful views all around.





- ✓ All beds have spring mattress, pillows, quilts, blankets etc
- ✓ Clean bed-sheets and towels are changed regularly
- ✓ Reading table and chair, wardrobe with safe keeping lockers
- ✓ Wastebin, Brooms/brushes/cleaning supplies for self-cleaning
- ✓ Balcony, with easy chairs and coffee tables
- ✓ Mosquito nets for all three windows – no need of a separate net
- ✓ Bathrooms with western toilets, showers, sinks, mirrors etc.
- ✓ Solar Hot water to keep you warm
- ✓ A small pantry area with a sink and counter
- ✓ Toilet paper is provided
- ✓ 24/7 power supply with voltage control and back up generator
- ✓ Universal plug points in rooms – suitable for charging any gadget
- ✓ Wi-Fi access in common area, with a nominal charge
- ✓ Laundry in modern washing machine with a nominal charge



PHONES

Most of the mobile phones from other countries also work here, on extra international roaming charges.

INTERNET

Wi-Fi access at nominal cost is available if you have a computer/device. If not, you can use the computers in our office at a nominal cost.

Forbidden Items

It is strictly forbidden to use Alcohol, drugs or any type of mind-changing substances, meat products in our ashram, to respect the local culture here and to have a clean body-mind in the ashram. For tobacco smokers it is a great opportunity to quit, but if you can't do that you will have to restrict your smoking within your room, away from other students/staff who may not appreciate seeing a yoga student smoking.



FOOD & DRINKS



Our Dining Hall

We provide healthy, nutritious and tasty vegetarian meals, suitable for western yoga students, with a taste of India. We avoid the foods which are not conducive for the intense practice of yoga you will be going through. Meat and Fish products are not provided in our campus.

If the Indian food doesn't suite you, we can provide you porridge, corn flakes, etc as alternative. For gluten-free students, you can easily manage with our food as we always have salad and two vegetable dishes, other than rice dishes.

All meals are served in buffet style – you are welcome to eat as much as you like.

Timings:

06.30 am: Hot Lemon Ginger / Herbal Drink, before Yoga

9.30 am: Salad, Vegetable dishes, Rice, Chapatis (Indian bread), Tea etc.

1.00 pm: Fruit bowl with Juice/Herbal Drink/Tea

7.00 pm: Indian Breakfast items like Idly, Dosa, Upma etc., Lentils, Vegetable Dish, Salad, Herbal Hot Drinks and occasional Desserts

Brunch: 9.30 to 10.30 am (After Yoga)

You are waking up early around 5 am and also doing a two hour yoga session – so you will need more than a normal breakfast! It is going to be your main meal and feel free to eat as much as you can digest. At this time, we serve rice varieties, chapatti (Indian bread), lentils (Dal/Sambar), salad, vegetable curries, and a dessert occasionally.

Fruit Lunch and it should be fine. If you are eating heavy brunch around 9.30 am, you will not feel hungry for lunch. A light stomach is also required for our afternoon theory and practice classes. If fruit is not enough and you are still hungry, we can arrange rice/curry for you.

Still Starving?

Mysore is notoriously famous for its snacks, bakeries, sweets, chats and coconuts on the streets. Whenever you go out to the town you can also buy dry fruits and other healthy foods from local stores and bakeries.

Drinking Water

We provide filtered water for drinking purpose. Bring a water Bottle.



MONEY MATTERS



The currency in India is Rupees (INR) which you can get from many money exchange banks/agencies/agents in Mysore. Our official money agents will also come to our campus for one or two days at the start of the course to enable you to change money. Please avoid changing money from any Indian airports as they give very low rates, after deducting taxes.

For paying the course fees, room and food charges to us, we accept cash in Euros, Australian/US Dollars, GBP, Indian Rupees or any major currency as per the current exchange rates on www.xe.com. Please check with us if you are not sure about your currency, before bringing here.



If you don't feel comfortable with carrying cash, it is possible to pay the course balance online with credit/debit card, with 4% extra in processing fees.

Plenty of ATMs (Cash Machines) exist all over India – but the amount of money you can withdraw at one time is only Rs. 10,000 (\$160) per transaction. You can use multiple ATMs for multiple transactions.

The Visa/Master pre-paid or gift Credit/Debit cards are other options!

<http://www.westernunion.com/> and www.moneygram.com/ are two popular International Money transfer services – either you or your family/friends can send over money anywhere in the world within minutes literally.

Bank Transfers and Paypal is the last option when all other options fail, as you will have to bear extra cost of 10% to 20% to cover transaction, exchange fees and other taxes for inward remittances in India.

WHAT TO BRING?

Photocopies: Please bring one or two copies each of your passport main page (the inside cover which has the passport number and photo) and the page that has the India Visa, for your own records. Also leave one set at home with your family or friends or else you can scan it and keep in your emails as spare copy to print whenever you need.

Photo: Please bring a passport-size photos showing your Smiling Face close-up to attach with the certificate (for teacher training students).

Yoga Wear: At least three pairs of loose fitting clothes for yoga class, as you are going to sweat during yoga and need to change the clothes often. Cotton garments are ideal for this weather... Silk and synthetic materials or tight fitting yoga wear are not comfortable for tropical weathers here. You can also buy Yoga pants/tops in the ashram boutique.

Only for Meditation: We recommend the students to come for morning meditation in fresh clothes after a shower. Wearing fresh white clothes for meditation is helpful, but not mandatory. Otherwise you can keep one pair of clothes just for morning meditation.

Cultural Sensitivities: We request the students to respect the local culture and sensitivities by dressing modestly – covering shoulders, knees and mid-riff and avoiding cleavage at all times in India. It makes a huge impact on how you will be treated/respected by Indians.

Except on the Beach and tourist areas, shorts, mini-skirts, sleeveless tops or displaying your cleavage or belly-button would be attracting unwanted attention and comments. Having a scarf handy is always useful.

Warm Clothes: Please bring a light woolen sweater and a few pairs of socks, as our ashram can be chilly in the nights and early mornings.

Towels & Bedding: You will get bed-sheets, pillows and light blankets from the rooms here. Towels are also provided and changed on demand – though you may bring your own towel for your own comfort.

Toiletries: You can buy organic toiletries like soap, shampoo, toothpaste, tooth brush, etc. in the ashram boutique. These are very affordable compared to the prices in the west!

For Women: Sanitary pads are available in India - but we hear our students talking something like “not good and not right sizes” etc...
Tampons are not easily available in India.

Yoga Mat: A new yoga mat is provided for all four week courses. And our yoga halls already have plenty of yoga mats. Also possible to buy new mats in our ashram for less than \$10.



Electricity: If you are bringing any electronic equipment or chargers, you may also need a [Universal Plug adapter](#) as your plugs may not fit in India.

JUST TO REMIND YOU!

- ✓ Notebook and Pens
- ✓ Flash Light
- ✓ Alarm Clock
- ✓ First-Aid Medicine
- ✓ Sun-glasses / Sun-Screen / Sun-Hat
- ✓ Insect Repellent (preferably non-chemical)
- ✓ Water Bottle
- ✓ Sandals for room / campus



A Beginner, Intermediate and Advanced yogis (from left to right) ☺

Preparations

Yoga Teacher Training is a professional course with standards to be met by both students and teachers. We have to assess the student's attendance, participation and knowledge and skills of teaching, before certifying him/her as a professional yoga teacher.

This course is intensive and quite demanding both physically and mentally. You need to have prior training of your body to handle two yoga classes – each one lasting for two hours at least, besides 30 minutes stillness meditation in the morning.

You will be sitting for two theory classes a day – 90 minutes each and we also have a few classes/video shows after dinner on alternative nights.

One of the common complaints we hear from students is their bodies and mind are getting tired easily with this kind of intensive schedule... Actually it is a psychological reaction, rather than a physical tiredness. Most of us hate disciplined and being watched and judged. Then our mind reacts in negativity – which can result in frustration and comparing with other students and thinking that teachers are too harsh etc.

To be able to enjoy this program fully, you need to have three things:

- 1) Preparing your body and breath with regular yoga practice for a few weeks before coming here. So we suggest the students to go to yoga classes or self-practice on your own for at least four weeks regularly.
- 2) Psychological preparedness and right attitude towards the course and teachers. You have to know that nobody is compelling you to come here or follow the strict schedules. It is your own choice to try this, knowing that it can be challenging physically and mentally.
- 3) Resting or taking a short nap during the afternoons makes a difference.

So, it is all about opening yourself to the reality of your own body, breath and mind and be ready to accept it without any judgements or comparing with other students.

The course is designed to experience the realities of body-mind-ego!

What you can do before coming here?

Assuming you are not a complete beginner and have been practicing yoga for some time, we want to suggest you to practice this intermediate yoga series to prepare you physically and psychologically for the Teacher Training.

If you can practice this series every day for at least two to four weeks (before the course starts), it will save your time to get your body into practice. Then you will be able to focus more on the subtle and advanced levels of practice and learning teaching.

Yoga Practice



- 1) Six rounds of Sun Salutations
- 2) Single/ Double leg lifts - 10 to 20 times
- 3) Triangle Series – 1 minute on each side
- 5) One/two Backbend Poses - 2 minute
- 6) One/two Forward Poses - 2 minute
- 7) Spinal Twist – 1 minute on each side
- 8) Shoulder Stand – 2 minute
- 9) Fish pose – 1 minute
- 10) Headstand/ Dolphins – 2 minutes

Yoga Nidra: Relaxation

Lie down in Corpse position for at least 5 minutes after yoga.
Feel different body parts, starting from feet upto the head.
Auto-suggest each part to Relaaaaaxxxxx.....

Pranayamas: Breathing Practices

Alternative nostril breathing, without Kumbhaka (retention):
Close the right nostril and breath in through left as much as you can
Close the Left and breath out through right as much as you can
Now Breath in through Right and then breath out through Left

That makes one round. Try for six rounds.

Duration and quantity is not important at this stage. Focus your mind on keeping the flow of breath without a break, jerk, sound or any strain.

Please try to master Kapalabhati – which is very central to Hatha Yoga.



Meditation: 5 minutes



*It is a rare photo of a real yogi
lost in his meditation*

If you are already practising any particular technique, continue with that. For beginners and non-regular meditators, follow the following simple steps. If you are not a regular practitioner, don't sit for more than ten minutes and try it on an empty stomach.

- 1) Sit in any comfortable position, with the upright spine.
- 2) Relax the body part by part – with auto-suggestions.
- 3) Deep and slow Abdominal breathing, till you can exhale at least 16 numbers without a break or jerk.
- 4) Count the number of breaths upto 20 and back to 1.
- 5) Do nothing – just feel your body and watch out thoughts – without judgments or analysis...
- 6) Peace vibrations – either through words or visualizations.
- 7) Fill yourself with the feeling of Peace, Presence, and Contentment.
- 8) Finally, offer the benefit of your practice for the good of the universe.

SUGGESTED READINGS

We want to train yoga teachers who teach from the heart of spontaneous compassion, and knowledge gained through personal experience. The bookish knowledge about yoga is helpful in the starting stages... But if you are limiting yourself by accepting everything in books and teach or learn only what is in books, you are not going to be an authentic source or inspiration for your future students.

So, our first suggested reading is, read yourself. Listen to your body, watch your thoughts, feel your emotions, and feel the life around you. All this needs to be done dispassionately, without analyzing and comparing it with your past knowledge gained by senses, society, or books... By this practice if you gain even a single second of insight... it is more worthy than all the books on yoga in this world.

We want you to come to our Teacher Training with an open mind and daringness to think and question even what we teach you.

If you can get hold of these books, please go through them:

- 1) "Asana, Pranayama, Mudra and Bandhas" by Swami Satyananda
- 2) Patanjali Yoga Sutras (any commentary in English)
- 3) "The Anatomy Coloring Book" by Wynn Kapit and Lawrence Elson
- 4) Yoga Philosophy – whatever books are available to you.
- 5) [Wiki Page on Yoga](#)

ASHRAM GUIDELINES

We expect all our students are matured adults and coming to this retreat with spiritual inclinations. Thereby ready to deal with *any* challenges, as an opportunity to grow in wisdom. Though we don't like to impose any rules and regulations, we still would like to remind you the following things, for the sake of making you stay focused and committed to the purpose of your stay here.

- 1) All classes are mandatory and you are expected to complete at least 200 hours of attendance to be eligible for a certification. If you are not feeling well, please inform the course coordinator.
- 2) Drinking alcohol or eating meat or taking any mind-altering substances in our campus or coming to our campus in intoxicated state is not accepted.
- 3) Silence Hours from 10 pm to 10 am is strictly observed throughout the campus. Absolute Silence needs to be maintained in the yoga hall at all times, except for talking to the teacher and subject related discussions during the class.
- 4) A prior permission from the teacher is required for using any electronic gadgets like computers in the classroom. Mobiles are strictly off the limits from the class room and dining hall.
- 5) Please don't take the cups, bowls, plates, spoons etc. from Dining hall to your rooms. It is considered disrespectful to eat or drink tea etc in the Yoga Hall.
- 6) Any damage to fittings and furniture caused by you will be charged.
- 7) Any recordings of photo, videos, audio of this training and place are subject to approval of permission from the Director of Ashram. One is allowed to record only with the condition that you are ready to share the originals with the Ashram and delete from public domain, if the ashram deems it objectionable.
- 8) Internet lines in ashram have a limited bandwidth per month. We request guests to use it for minimum emails and communication and avoid upload/download activity.
- 9) We reserve the right to dismiss the student from the course or to deny the certificate, for the following reasons: violent behaviour, sexual misbehaviour, disrespect to the teachers, not showing interest in the program, taking drugs or alcohol, disregard to the silence rule etc.
- 10) If any student leaves the course before completion, he/she will not be refunded. In case of personal or health emergencies we may consider the situation on individual basis.

Please read this page carefull as you will have to sign on this, along with the appliation on the day-one after arriving here.

Looking forward to see you here soon.

NAMASTE