

2 Weeks Advanced Training for Experienced Yoga Teachers

Participant:

You are having minimum of 3 years experience as a yoga teacher having successfully completed 200 hours or basic certificate course in yoga from a reputed institution. You truly enjoy yoga in your life and wish to further your education. You see the potential of growth within yourself, yet you need some guidance to make yoga and its efficacies a part of your lifestyle.

You are well read and have also given yoga lessons to various individuals and groups. You are an admired yoga teacher as a compassionate being who is interested in the welfare of his students.

Having received acclaims for your endeavors in yoga you now are further desirous of “Self Development”.

Mission:

To impart philosophy, knowledge, and techniques of yoga for complete self-development. Yoga recognizes complete or homeostatic development as development of the complete personality complex or chitta. This development is based on recognizing oneself and knowing oneself.

Our education scheme is based on the yoga concept of recognizing internal nature (Swabhava) of oneself and transforming it through attitude training (bhava). To motivate and inspire self-development as an ongoing process, using the various yoga techniques.

Benefits to Participants:

You will gain basic knowledge, philosophy and techniques of Samkhya – Yoga, so that you may practice them and maintain direction towards self-development. This education will enable the Sadhaka to teach yoga effectively. When we can practice yoga sincerely for ourselves, we can easily impart the same within our students and others.

Your participation will cause a positive shift in the physical, mental and emotional state through rigorous self-examination and reflection. The course will introduce a well-defined and affirmed path to complete homeostatic development. Touched, moved and inspired by the practices, you will feel and recognize this education as the furthering in your path of self-development, whereby this camp is only an auspicious continuity.

Responsibility of the Participant:

- To regularly attend the class
- Read additional books and material for research on yoga to derive complete benefits from the “**2 Weeks Advanced Training**”.
- To do the daily homework diligently

Daily Conduct	
6.30am- 7.00 am	Kriyas
7.00 am- 8.00 am	Asana practice
8.30 am - 9.00 am	Breakfast
9.00 am- 10.00 am	Karma yoga
10.00 am - 10.30 am	Break time
10.30 am - 11.30 am	Yoga Life Style & Holistic approach
11.30 am- 12.30 pm	Samkhya Philosophy
12.30pm - 1.30 pm	Lunch
1.30 pm - 2.30 pm	Free time
2.30 pm - 4.30 pm	Study “Yoga Quotient”
4.30 pm - 5.30 pm	Bhava or Attitude Training
5.30 pm - Sunset	Nature Walks or Home Work
7.30 pm to 8.30 pm	Dinner
8.30 pm to 10.00 pm	Conversations at the bonfire
10.00 pm	Lights out

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Day	6.30 - 7.00	7.00 - 8.00	9.00 - 10.00	10.30 - 12.30	2.30 - 3.30	4.30 - 5.30
	Kriyas		Karma Yoga	Life Style & Holistic Approach		Bhavas or Attitude training
1	jahneti, jeevamulashodhan, kapalradhanti, danta dhaut, karnarandradhanti, sutra neti	Asana practice	Karma Yoga	Desire & Introduction to Samkhya	Yoga Quotient and Self assessment	Bhava & Mirrors
2				Human Disposition & Purusha & Prakriti		Relation between bhavas and gunas
3				Yoga and Life Style & Gunas		Gunas and Bhavas
4				Shreyas and Preyas & Constituents of Creation		Bhava
5				Antarayas & Constituents		Key Concepts of Dharma
6				Antaraya		Dharma Bhavas

7				Pilgrimage		
8				Klesha & Samkhya		Jnana bhava
9				Vikar & Samkhya		Key Concepts of Jnana
10				Viraha & Samkhya		Vairagya bhava
11				Purushartha & Samkhya		Key Concepts of Vairagya
12				4 Yoga		Aishwarya Bhava
13				Bhavanas & Parikarmas		Key Concepts of Aishwarya
14				Kevala		Concluding Samkhya-Yoga- Lifestyle
15				Self Assessment		Certification



Office: 2/67 Nutan Laxmi Society, N.S.Road No.8, JVPD Scheme, Mumbai-400049, India

www.aimyoga.in
aimyoga@gmail.com

Tel: 91-22-26209811, 9867379694
9869132775

Course Charge :

USD 2000/- for 2 weeks for the course for Non-Indian citizens

INR 65000 for Indians

Registration Fees :

USD 200 for 2 weeks

INR 10000 for 2 weeks

Course Duration : 1st November onwards

Venue :

Mokhavane Village ,

Kasara Station,

Maharastra, India.

Contact Us :

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Date
To

Sub : Deposit of USD in favour of AIMYOGA

Nostro Correspondent of our Bank : **Standard Chartered Bank, New York**. Code:- **SCBLUS33**

Nostro Account No of Indian Bank with respective Correspondant Bank : **3582021188001, INDIAN Bank Chennai**.

Full Address: Indian Bank, Treasury Branch, 2 Jehangir Street, Chennai: 600001. SWIFT Code : **IDIBINBBTSY**

Beneficiary Name : **AIM YOGA**

Account No: **974901122**

Name Of the Branch: **BHAVANS CAMPUS**

Dear Madam / Sir

I Mr / Ms. / _____ am depositing the sum of USD _____ as my registration fee for yoga education with AIMYOGA, India.

Cash / Cheque details : \$

Kind Regard