

YOGA ADVANCED TRAINING FOR TEACHERS

TAUGHT BY ANDREI RAM

**A TWO WEEK IMMERSION COURSE
FOR YOGA TEACHERS OR
DEDICATED YOGA PRACTITIONERS**



This immersion course is for those who wish to transcend the mere physical aspect of the practice of yoga.

It will provide techniques to realize an integral yoga practice, and to direct a self-realization process for students.

Ideal for yoga teachers who want to move beyond the physical aspects of yoga, or for practitioners who want to develop integral wellness out of their own yoga practice.

The course consists of two separate weeks of intensive immersion. 300 hour certification granted upon satisfactory completion of all assignments. All classes will be taught personally by Andrei Ram.

WHEN: January 19-26, 2014
and April 5-12, 2014

WHERE: Inn Walden, Aurora, Ohio
www.yourwalden.com

COST: \$2540
**\$300 deposit to
reserve your spot**

Sign up with Charry at
BeBright365@gmail.com

Feel free to email her with any
questions regarding housing, food,
and the course.

Andrei Ram
www.innerparadise.org

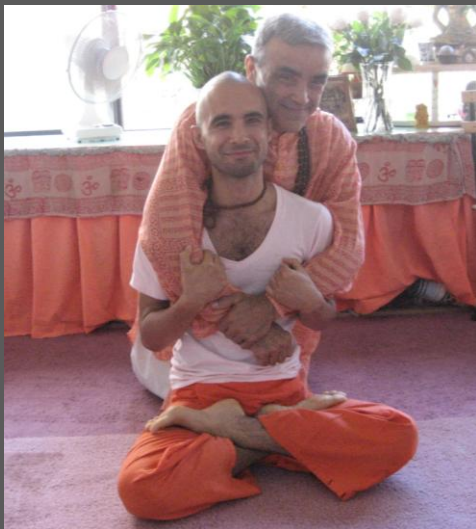
COURSE CONTENT

- The Science of Yoga: Definition, Methodology and Purpose.
- The 4 pathways of Yoga: Karma Yoga, Bhakti Yoga, Jnana Yoga and Raja Yoga.
- Hatha-Raja Pedagogy:
 - Asana; main postures and variations.
 - Vinyasa; principles, structure and sequence design.
 - Assistance and Adjustments; principles and methodology.
 - Physical Anatomy (Annamayakosha)
 - Pranic Anatomy (Pranamayakosha)
 - Pranayama, Bandha and Vayu (Locks and Pranic Currents)
 - Initiation on the traditional method to teach meditation (Shaktipat)
- Yoga Nidra; practical methodology.
- Koshas: Self's Integral structure.
- Guidelines for the Yoga Sutra practice.
- Guidelines for the Bhagavad Gita practice.
- Kriya Yoga; Supreme Self-Realization meditation techniques.
- Dharma: the yogi process of transforming the wheel of Karma towards Ultimate Liberation and Absolute freedom.

Andrei Ram has designed this course to prepare serious practitioners who would like to undertake the responsibility of passing on the Yoga tradition. All teachings are based on traditional Hatha-Raja Yoga lineage.

Today's yoga business has created the impression that one can become a yoga teacher just by attending Teacher Training certification programs. In reality the process of becoming a yoga teacher can be achieved exclusively by constant devoted practice of the Yoga Science.

Following this honest principle, the main emphasis of this course is practice (Sadhana), instead of a mere academic intellectual approach. This course consists of 15 days of guided practice, with the specific purpose of developing the kind of practical discipline that can prepare a person to become a true yoga teacher.



All teachings are based on traditional lineage bestowed by Sri Dharma Mittra.

Andrei Ram does not subscribe to the standardization espoused by the Yoga Alliance, for it is inconsistent with his focus on the direct transmission of the yoga lineage.

OM NAMAH SHIVAYA!