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श्री दिव्य जिवन सांस्कृतिक संघ
SHRI DIVYA JIVAN SANSKRUTIK SANGH

Trust Reg. No. (1) F-537 (2) Guj. -452

Yoga Teacher Training Course

Yoga Teacher Training Residential course has been arranged at Sivananda Ashram, Ahmedabad from 21st December 2004 to 10th January 2005. Necessary instructions are as follows:

1. The age of the participant should be from 20 to 40 years only.
2. Those who have undergone the training of Yogasan and Pranayama, who desire in future to train others in this field or who are personally interested in training for their own Sadhana are requested to fill up the form and send at the Ashram address.
3. (i) This training will include the practice of Yogasans, Pranayams, Meditation, Kriyas, Mudra, Bandha, Shankh-Prakshalan, and Yoganidra etc., (ii) Expert Faculties—will teach them Ashtang Yoga of Patanjali, Different types of Yogas, Anatomy and Physiology.
4. Application form includes the following details (i) Name (ii) Age (iii) Address (iv) Education (v) Profession (vi) Phone (vii) Email (viii) Previous knowledge of yoga if any (ix) Experience in teaching yoga if any (x) Languages known (xi) Hobbies (xii) Have any addiction? What? Give details. (Tobacco in any form is prohibited during Ashram stay) (xiii) State if you suffer from any illness? If so give details of illness and medical treatment etc., (xiv) Have you your spiritual Guru? If so please give his name. (xv) Are you connected with any spiritual or social institute? State the nature of your service.
5. During the Stay and work if it is a lady, the dress code will be white salwar-Kameez/ trouser and top and if it is a gent, the dress code will be white Kurta(Jhabha)-Payjama/ pant and shirt.
7. Please bring with you coverlet and carpet for Asanas and all necessary routine things of daily use.
8. Yogadan for the training camp is Rs. 5000/- or US\$ 125/- for foriegn students for the term. It includes your arrangement of your education, lodging and boarding. The payment is to be made on or before 13th December 2004 by Chq./ D/D. / Cash on “Sri Divya Jivan Sanskrutik Sangh” Ahmedabad, along with the form. Foreign Students will pay upon their arrival at Ashram.
9. The admission to the course will be according to the merits and aptitude of the applicant. If you are admitted to the course, you are requested to join the course on 21st December 2004 between 10 to 11 a.m. at Sivananda Ashram, Jodhpur Tekari, Ahmedabad, with your daily routine things. The course will be over on 10th January 2005 after 4.00 p.m..
10. If a participant is disqualified on the ground of discipline of the course he will be leave the course midway, and due to any reason the amount of yogadan will not be paid back.
11. There will be Exam of Theory and Practical. Certificate will be given after completion of the course.
12. The sole purpose of this training course is to promote healthy mind to the future generation in particular and mankind in general. We honestly try to seek the grace of God hereby. These are our honest efforts to receive the grace of Almighty Lord.

- YOGA A WAY OF LIFE

Secretary, Sri Divya Jivan Sanskrutik Sangh



SHRI DIVYA JIVAN SANSKRUTIK SANGH, SIVANANDA ASHRAM,

Jodhpur Tekra, Sivananda Marg, Ahmedabad 380015. Ph.: 079-26861234 Telefax:079-26862345

Email : sivanandad1@sancharnet.in & sivananda_ashram@yahoo.com Website: www.divyajivan.org



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Yoga Teacher Training Course

Application Form

(1) Name:
(Surname) (Name) (Middle Name)

(2) Address:
.....

(3) Phone: (R) (O) (Fax)
Mobile: Email:

(4) Age with Birthdate: (5) Education:

(6) Profession:

(7) Previous knowledge of yoga if any:
.....

(8) Experience in teaching yoga if any:
.....

(9) Languages known:

(10) Your hobbies:

(11) Have you any addiction? What? (Tobacco in any form is prohibited during Ashram stay):

(12) State if you suffer from any illness? If so give details of illness and medical treatment etc.:
.....

(13) Have you your spiritual guru? If so please name. :
.....

(14) Are you connected with any spiritual social institute? If so state the nature of your servic. :

I have read all these instructions. I join this course with the attitude of a sadhak and I will be strictly follow rules, regulation and discipline of the teacher training Programme and Ashram. Kindly enrol me for the same and oblige along with Fees for the course for indian students Rs. 5000/- or for Foreign students US \$ 125/- paid in Cash/ Chq. or D/D. in favour of "Shri Divya Jivan Sanskrutik Sangh" payable at Ahmedbad. Fees once paid will not be refunded in case I leave the course midway or am disqualified on the ground of breach of discipline of the course.

.....
Signature of form recipient and date

.....
Signature of applicant



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YOGA TEACHERS' TRAINING COURSE
LIST OF ASANAS

Flexibility Exercises:

Mild exercises or
25 types of Pawan Muktasanas

**Asanas while sleeping on
back:**

Eka pad uttanpadasana (left &
right)

Uttanpadasana

Ardh-pawanmuktasana (left &
right)

Pawanmuktasana

Naukasana

Dronasana

Kattituthanasana

Setubandhasana

Chakrasana (all its variations)

Viparit Karni Mudra

Sarvangasana

Halasana

Karnapidasana

**While sleeping on stomach /
abdomen**

Bhujangasana

Baddha Naukasana

Urdhv Naukasana

Ardh Shalabhasana (left & right)

Shalabhasana

Ardh Dhanurasana

Dhanurasana

Pakshi asana

Paschimottanasana

While in sitting posture

Sukhasana

Padmasana

Siddhasana

Swastikasana

Vajrasana

Yogamudra (different variations)

Shashankasana or

Anandmairasana

Supta Vajrasana

Ushtrasana

Goumukhasana

Mahamudrasana

Vipareet Paschimottanasana

Ardh Paschimottanasana

Vakrasana

Ardh Matsyendrasana (left &
right)

Matsyendrasana

Ashwasanchlan Kriya

Udar Akarshan Kriya

Swan Kriya

Parvatasana

Balancing Asana:

Kakasana

Bakasana

Padmabakasana

Kukutasana

Garbhasana

Lolasana

Mayurasana

Padma Mayurasana

Godohan Mudra

Pashva Vakrasana

Padangushthasana

Standing Position Asanas

Tadasana

Tiryak Tadasana

Kati Chakrasana

Utkatasana

Vrikshasana

Hastapadasana or

Pad Hasatasana

Janusir asana

Sirangushtasana

Bhunamanasana

Konasana (left & right)

Trikonasana (left & right)

Parshva Trikonasana

(left & right)

Viparit Trikonasana

(left & right)

Parshva Viparit

Trikonasana (left & right)

Veerbhadrasana

Ardh Chandrasana

Purna Chandrasana

**Tipsy-Turvey Kriya
(Asanas on Head)**

Sirsasana

Danda Sirsasana

Padma Sirsasana

Vrikshachakrasana

Urdhva Vrikshasana

Pranayam (Breathing)

Sukh Purvak

Anuloma-Viloma

Sitali

Sitkari

Ujjayi

Bhastrika

Sivananda Pranayam

Kriyas

Kapalbhatti

Neti

Dhauti

Tratak

Sankhprakashalan

Relaxation

Shavasana

Makarasana

Yoganidra



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