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.
6. Please bring with you coverlet and carpet for Asanas and all necessary routine things of daily use.
7. Yogadan for the training camp is Rs. 5000/- or US$ 125/- for foreign 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
Secreaty, Sri Divya Jivan Sanskrutik Sangh
Yoga Teacher Training Course
Application Form

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

(2) Address: ................................................................................................................................
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(3) Phone: (R) ...................................... (O) ......................................... (Fax) ......................
Mobile: ............................................ Email: ..............................................................

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

(6) Profession: ............................................................................................................................

(7) Previous knowledge of yoga if any: ......................................................................................
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(8) Experience in teaching yoga if any: ......................................................................................
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(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.:
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(13) Have you your spiritual guru? If so please name. : ..........................................................
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(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.

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Signature of form recipient and date       Signature of applicant

SHRI DIVYA JIVAN SANSKRUTIK SANGH, SIVANANDA ASHRAM,
Jodhpur Tekra, Sivananda Marg, Ahmedabad 380015. Ph.: 079-6861234 Telefax:079-6862345
Email : sivanandad1@sancharnet.in & sivananda_ashram@yahoo.com Website: www.divyajivan.org
Flexibility Exercises:
Mild exercises or
25 types of Pawan Mukatasanas

Asanas while sleeping on back:
Eka pad uttanpadasana (left & right)
Uttanpadasana
Ardh-pawanmuktasana (left & right)
Pawanmuktasana
Naukasana
Dronasana
Kattiiutthanasana
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 Dhanuranasana
Dhanurasana
Pakshi asana
Paschimottanasana

While in sitting posture
Sukhasana
Padmasana
Siddhasana
Swastikasana
Vajrasana
Yogamudra (different variations)
Shashankasana or

Anandmadirasana
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
(viparit)
Urdhva Trikonasana
Parshva Viparit
Vrikshakrasana

Tipsy-Turvy Kriya
(Asanas on Head)
Sirsasana
Danda Sirsasana
Padma Sirsasana
Urdhva Vrikshasana

Pranayam (Breathing)
Sukh Purvak
Anuloma-Viloma
Sitali
Sitkari
Ujjayi
Bhashrika
Sivananda Pranayam

Kriyas
Kapalbhatti
Neti
Dhauti
Tratak
Sankhprakshalan

Relaxation
Shavasana
Makarasana
Yoganidra

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