



BECOME A PROFESSIONAL YOGA TEACHER

AT ANANDA GAORII
Ashram, farm and learning center

Visit our website: anandagaorii.dk.



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Yoga Teacher Training 2023

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Yoga Teacher Training

2023

Upcoming courses

August: 31.07.-27.08.

November: 31.10.-24.11.

Sign up here





About the course

BRING YOUR PRACTICE TO THE NEXT LEVEL IN 26-DAY YOGA TEACHER TRAINING

Do you have a calling to follow your passion - teaching yoga? Have you been doing yoga for a while and now you have the desire to go deeper in your practice? Do you want to become a true yogi and get to learn how to live a sattvic lifestyle?

If one of the questions resonated with you, we invite you to our course of yoga teacher training, where we will give you all the tools and knowledge you need to accomplish your goals.

You will learn all you need in this course to begin working as a yoga and meditation teacher. Beyond that, it will significantly advance your spiritual journey even if you do not intend to follow a career as a yoga teacher. After the course, you will profoundly strengthen your hatha yoga practice, your meditation, and mindfulness practice.

In this brochure, you will find all the necessary information about the program and schedule, as well as some practical information about the price, location and accommodation of the course.



Course Program

LEARN WHAT TO EXPECT FROM THE COURSE

Yoga asanas: practice and teaching

- In-depth workshops on how to teach a broad range of classical yoga postures from easy to difficult;
- Learning how to guide your students in and out of asanas in a safe, clear and effective way;
- Special emphasis on asanas that help overcome problems in meditation and concentration;
- Common verbal cues for asana families;
- Warm-ups and other physical preparations for asanas;
- How to modify asanas and use props and belts to better help your students;
- Do's and don'ts for a healthy practice;
- How to use Mudras, Bandhas and pranayama in asana practice;
- Taking into account climate, time and other variables which affect the students;
- Including self-massage as a part of yoga practice;
- Guided deep relaxation / Yoga Nidra.





Teaching methodology and practice

- Daily supervised teaching practice;
- Learn how to sequence and plan classes;
- Understanding what students are looking for and what you are providing;
- Overcoming stage fright;
- Communication, voice, and language;
- Principles in giving physical cues and adjustments;
- Motor learning, demonstration, and learning styles;
- Class environment - creating the mood and setting the tone;
- Ethical guidelines and the role of a yoga teacher;
- Teacher integrity & Motivation;
- How to develop a meditative flow in your asana classes.

Meditation and Kiirtan

- The benefits of meditation;
- Demystifying meditation - how it actually works;
- Clear guide to effective meditation;
- Useful tips for better meditation;
- The power of mantra;
- Using kiirtan (chanting) to enhance your sitting practice;
- Meditation practices for class use;
- Daily practice of meditation;
- Keys to maintaining a daily practice;
- Meditation teaching practice.

Yoga Philosophy

- Yoga in the context of the Hero's Journey;
- The deeper meaning of yoga and tantra;
- Integrating The six schools of Yoga - Karma, Jinana, Bhakti, Raja, Hatha, and Tantra;
- 8 Limbs of Astanga Yoga;
- The 5 levels of mind and how to develop them;
- Yoga Cosmology - Who am I? Where do I come from and other big questions;
- Dharma - understanding the human mission;
- Yoga Ethics - the foundation of spiritual practice;
- Bio-psychology and the science of the Chakras;
- Pranayama and Vayus (energy flows);
- The History and Evolution of Yoga
- Karma & Reincarnation.



Yoga dance

- Lalita Marmika - a devotional dance used with Kiirtan (chanting) - awakens love and prepares the mind and body for meditation;
- Kaoshikii - an all-round exercise that elevates body and mind and treats 21 different diseases;
- Tandava - an ancient dance taught by Shiva that exercises the brain and develops courage and fitness.





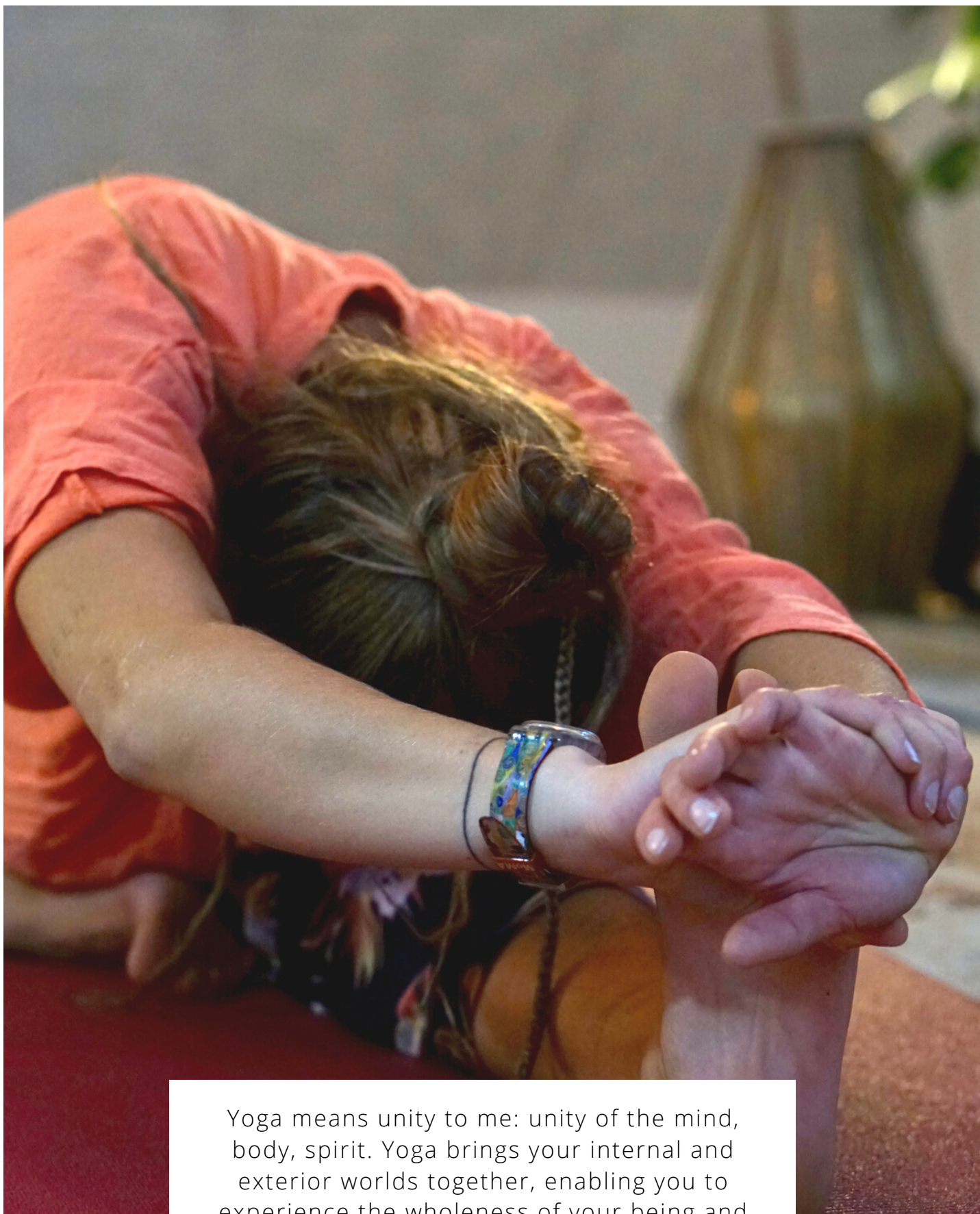
Yoga Anatomy and physiology

- Anatomical planes and terminology;
- Major joints, bones, muscles and movement;
- Types of tissues in the body and their function;
- Muscle contraction and lengthening;
- Primary families of asanas and the anatomical regions involved;
- The spine and common disorders;
- Injury prevention and cures;
- Common pathology and how to address it when teaching;
- An introduction to the systems of the body and their correlation to yoga practice;
- Yoga and stress management;
- Theory of balance.

Ayurveda

- The relationship between Ayurveda and Yoga;
- Understanding 3 Doshas: Vata, Pitta, Kapha;
- Right nutrition, Asanas, and care for each Dosha.





Yoga means unity to me: unity of the mind, body, spirit. Yoga brings your internal and exterior worlds together, enabling you to experience the wholeness of your being and the wholeness of existence.



-Nitya, yoga teacher assistant.



Daily Schedule

SO YOU KNOW HOW YOUR DAY WILL LOOK LIKE

DAILY SCHEDULE

The schedule might have minor changes during the course.

05.45 AM - Asana Class

06.45 AM - Meditation, mantra singing, pranayama

08.00 AM - Breakfast

08.30 AM - Karma Yoga

09.00 AM - Morning Workshops

12.00 AM-Noon meditation/meditation workshop

01.00 PM - Lunch

02.00 PM - Leisure / Study time

03.00 PM - Afternoon Workshop

05.00 PM - Asana Class

06.00 PM - Meditation, mantra singing,
spiritual reading

07.30 PM - Dinner

09.00 PM - Lights Out





LOCATION & ACCOMMODATION



Ananda Gaorii

EXPERIENCE ASHRAM LIFESTYLE

Ananda Gaorii offers a pleasing natural environment surrounded by rolling green fields and a beautiful organic garden. Being a bio-dynamic and organic farm on 13 hectares of land, the major portion of our healthy and tasty vegetarian meals provides food from our garden and bread from our organic bakery.

The Ashram is close to the forest and the beach which can be reached by bike or car when you have time off. Also, the lake is located in front of the main building where one can rest in between the program.

Daily chanting and meditation are part of the Ashram lifestyle so you will be immersed in the lifestyle, philosophy, and practice of yoga and meditation from the day you arrive and will be sharing the space with like-minded people who have a deep interest in the spiritual journey.

Individual instruction in six mantra-based meditation techniques is available for those who want to dive deeper into practice. These are paired with specifically tailored hatha yoga poses as well as a lifestyle of yoga that entails daily practice, yoga ethics (Yama and Niyama), service, vegetarianism, and periodic short fasts.

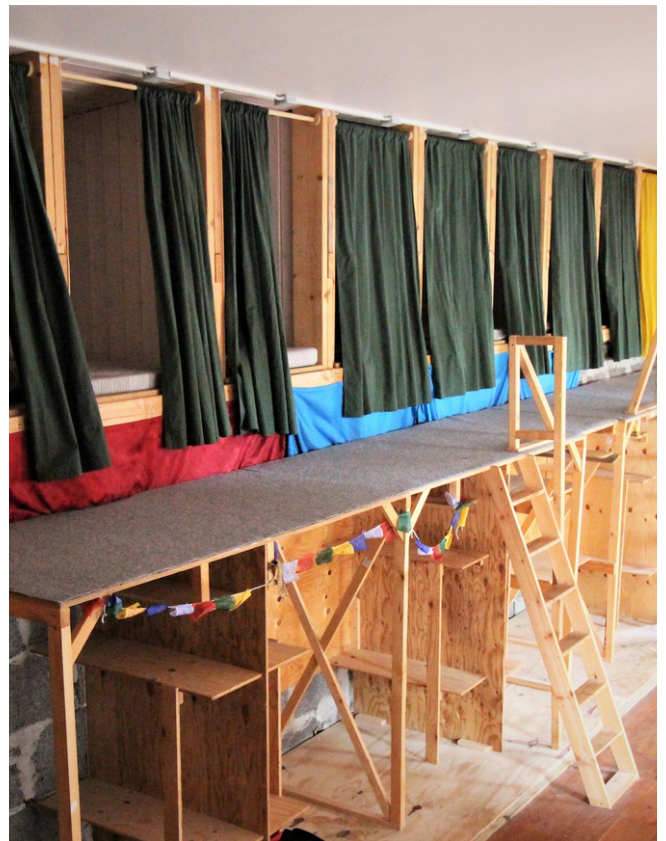


Accommodation

SEE WHERE YOU WILL YOU STAY

Facilities at the Ashram

Our accommodation options include single, double, and dormitory rooms with common restrooms. There are separate bathrooms and rooms for men and women. We have a large common area that includes several large meditation halls, a library, a dining room, and rest areas.



Practical information

SO YOU ARE WELL PREPARED BEFORE COMING

Things useful to have:

- Loose-fitting yoga pants or tracksuit pants for yoga;
- Swimsuit for the beach;
- Sweater or jacket for early morning cool;
- indoor slippers and walking shoes;
- Towel;
- Notebook;
- Small daypack or knapsack.



Ashram dress code:

Ananda Gaorii is an Ashram – a place to focus on spiritual development, where monks and aspiring monks live. So we kindly request everyone to wear modest clothing. For men, this means no short shorts above the knees, and not walking around without a shirt. For women, this means no short shorts or skirts above the knees and no low-cut blouses. Loose-fitting yoga pants and T-shirts/shirts with sleeves are preferred rather than tight-fitting yoga pants.



Course prices

STANDARD PRICE:

DORMITORY: 19,500 DKK

DOUBLE SHARED ROOM: 20,500 DKK

SINGLE ROOM: 21,000 DKK

APPLICATION PROCESS:

In order to start the application process, fill out the preregistration questionnaire first so that we know your motivation, pre-existing skills, and health conditions at the moment. After filling out the questionnaire we evaluate your information and reach out with further additional steps via email during the next 5 working days.

Please note that the registration has been confirmed when the course fee has been paid. You can pay it by following the registration form below.

**PRE-REGISTRATION
QUESTIONNAIRE**

REGISTRATION FORM

How to get here

By a car

The drive time is about 1 hour from Copenhagen to the destination place.

Address:

Holbaekvej 56, 4560 Vig, Denmark

By a train

By train the station is Vig. Travel time from Copenhagen is 1 hour and 40 minutes with one change at Holbaek Station. (You can also take bus 260 from Holbaek Station – cost and travel time are the same and your ticket is good for train or bus).

Still, have questions?

Contact us:

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Email:

gaoriiconnections@gmail.com

