



**BECOME A  
PROFESSIONAL  
YOGA TEACHER**

**AT ANANDA GAORII**  
Ashram, farm and learning center

Visit our website: [anandagaorii.dk](http://anandagaorii.dk).



# Contents

## Yoga Teacher Training 2023

- 04** About the training
- 05** Program
- 10** Daily schedule
- 11** Location and Accommodation
- 14** Practical information
- 15** Application process
- 16** How to get to the Ashram



# Yoga Teacher Training

## 2023

### Upcoming Trainings

August: 31.07.-27.08.

November: 31.10.-24.11.

[Sign up here](#)





# About the training

BRING YOUR PRACTICE TO THE NEXT LEVEL  
IN THIS 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 adopt the yoga lifestyle more fully?

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

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



# 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;
- Learning 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.





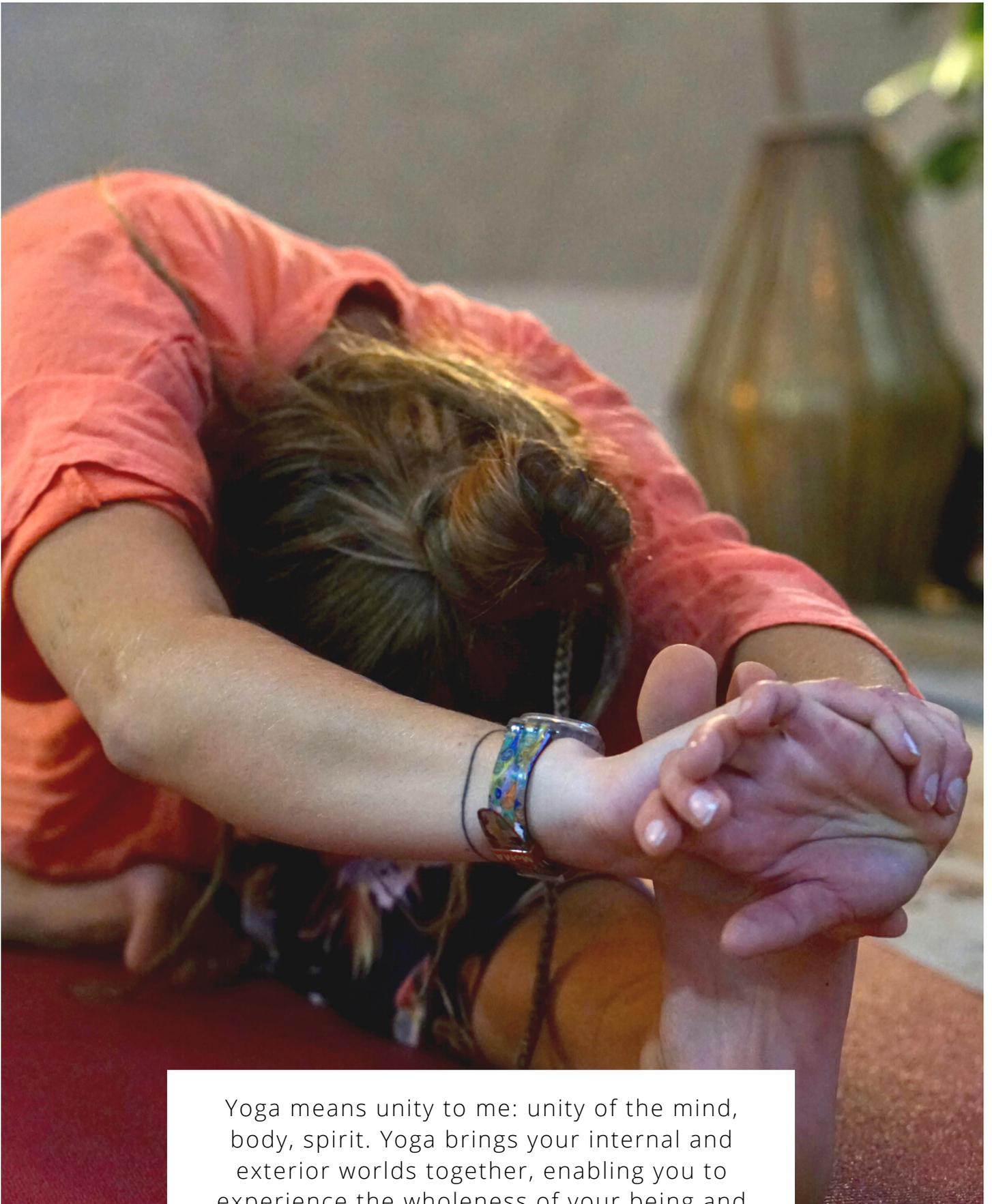
## Yoga Anatomy and physiology

- 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 WHAT 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

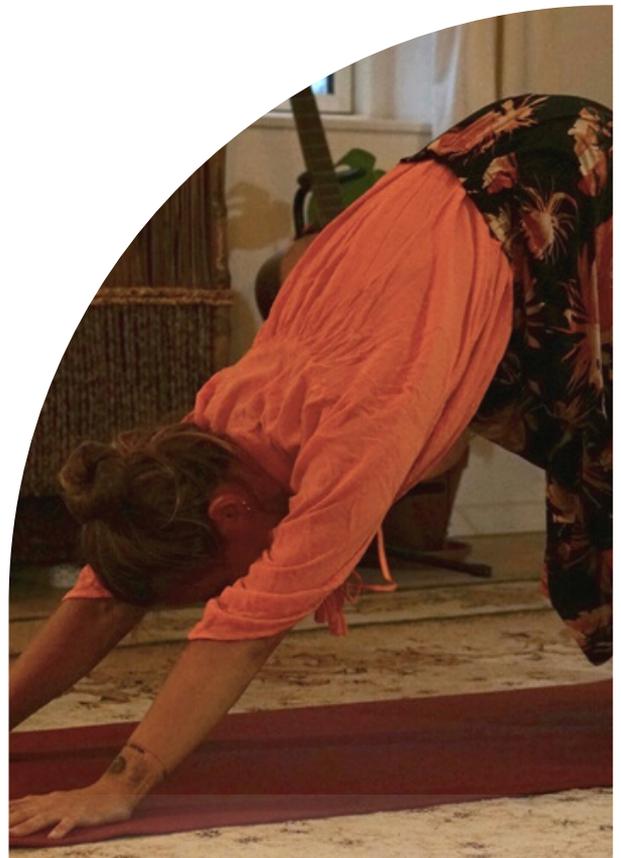
03.00 PM - Afternoon Workshop

05.00 PM - Asana Class

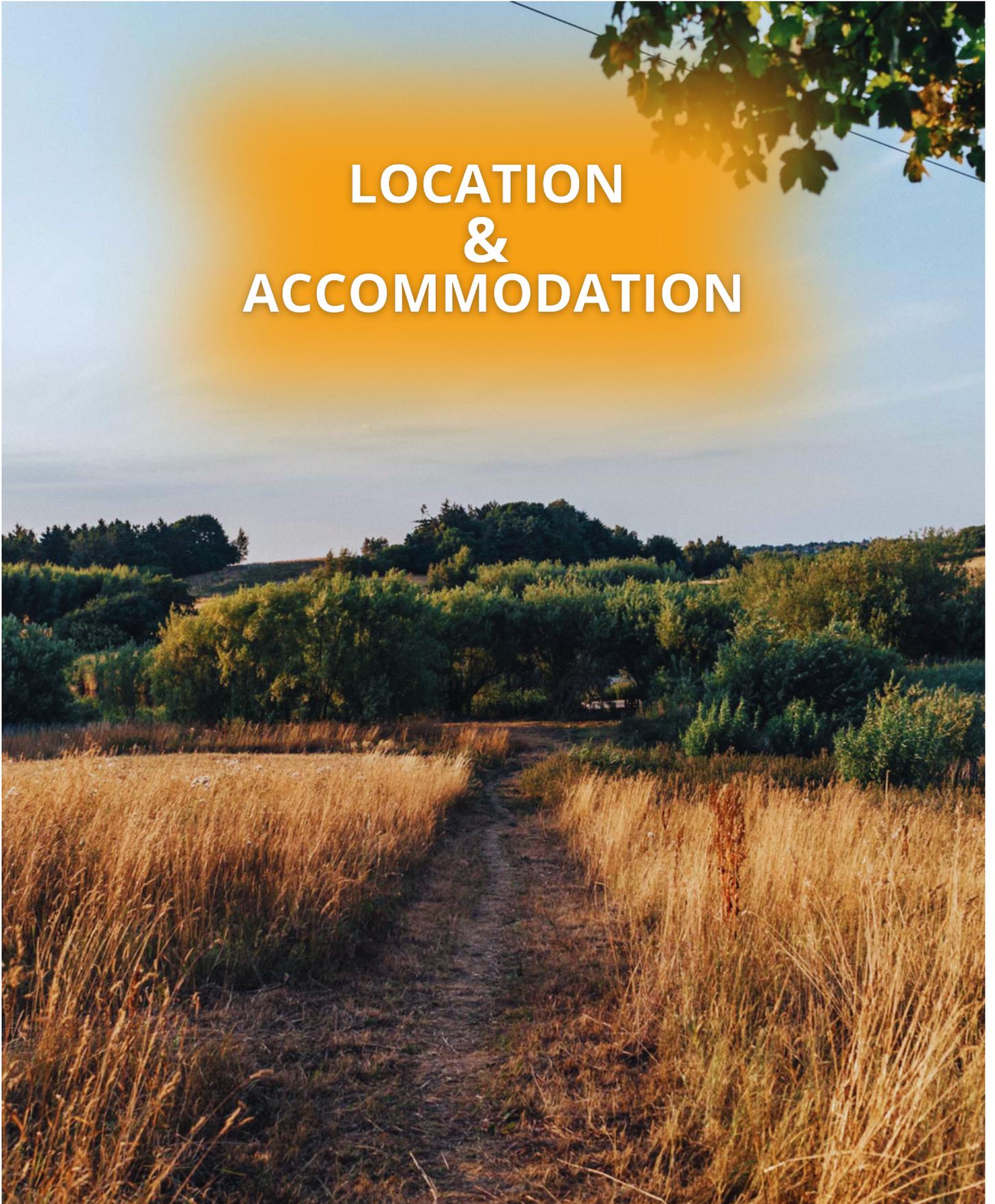
06.00 PM - Meditation, mantra singing,  
spiritual reading

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. It is an Ashram and seminar facility on a 13 hectare organic farm and includes a prize-winning organic bakery. Fruit and vegetables from our garden and bread from our bakery provide the major portion of our healthy and tasty vegetarian meals.

The Ashram is close to the forest and beach which can be reached by bike or car when you have time off. There is also a small lake on the property with wildlife and trees where you can relax in between activities.

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.

Personal guidance in six mantra-based meditation lessons is available for those who want to dive deeper into practice. The lessons include individually tailored hatha yoga poses as well as a lifestyle of yoga that consists of daily practice, yoga ethics (Yama and Niyama), service, vegetarianism, and intermittent fasting.

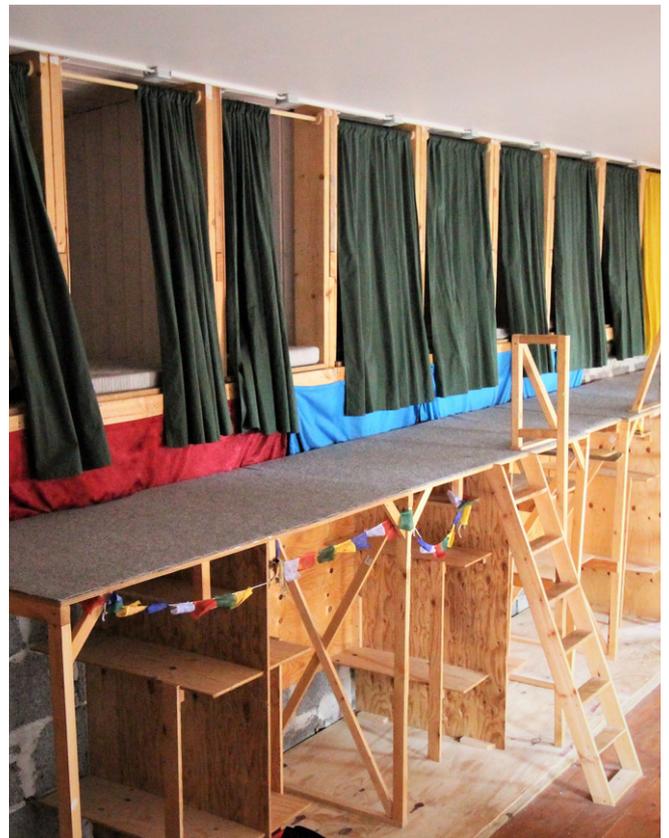


# Accommodation

SEE WHERE YOU WILL YOU STAY

## Facilities at the Ashram

Our accommodation options include single, double, and dormitory rooms with separate dormitories for men and women. Shower and toilet facilities are shared but there are separate blocks 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

## Useful things 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, and not walking around without a shirt. For women, this means no short shorts or skirts 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 something about your motivation, pre-existing skills, and current health condition. After filling out the questionnaire we will evaluate your information and contact you with additional steps via email within 5 working days.

Please note that your registration will be treated as confirmed only when the course fee has been paid. You can pay it by following the instructions contained in the registration form.

[PRE-REGISTRATION  
QUESTIONNAIRE](#)

[REGISTRATION FORM](#)

# How to get here

## By car

The drive time is about 1 hour from Copenhagen to Ananda Gaorii.

## By train

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

## Address:

Holbaekvej 56, 4560 Vig, Denmark

## Still, have questions?

### Contact us:

#### Phone:

+45 50132174 (Nitya)

#### Email:

[gaoriiconnections@gmail.com](mailto:gaoriiconnections@gmail.com)

