



Rishikesh,
India

8th NOV - 5th DEC 2021

UNLEASHING THE TEACHER WITHIN

200 & 300 HOURS TTC



Unlock and unleash your yoga teaching potential.

We do not produce cookie-cutter yoga instructors.



We challenge and educate you to better know yourself as a teacher and grow your capacity from your ability to make sound decisions based on your needs and the needs of your students. This training will challenge you to investigate the why of how you teach, and ask questions that may not have occurred to you to consider, so that you can ultimately deliver your own lessons and curriculum with clarity and confidence.

WHY US?

This 200 & 300 hour Yoga Teacher Training in Rishikesh with Parveen Nair, Susheel Jain and Ramana Louis boasts the highest caliber of yoga experiential education from all teachers who have been Yoga Mentors over 18 years .

This internationally recognized 300-hour Yoga Alliance-approved curriculum is known to be among the very best of trainings. We set a high standard and our students graduate with vast teaching knowledge and skills, and resources and materials they can access and revisit forever.*



GENERAL AREAS OF STUDY:

- Teaching Methodology (for both “Hatha” & “Vinyasa Styles”)
- Myofascial Sling method movement warm ups for Yoga Asanas
- Functional Anatomy & kinesiology for Yoga
- Effective Sequencing for every level, for practice advancement and for stiff & injured yogis
- Creative sequencing with Somatic ideas
- The art of teaching
- When and how to modify yoga poses
- Observing and understanding bodies
- How or whether to touch students and when to use adjustment

WHY US?



GENERAL AREAS OF STUDY:

- Ethical with Anatomical reality Hands on (and off) adjustments
- Actions and alignment , how to construct effective verbal cues
- Purpose and use of props to enhance the natural movements of the body in Yoga Asanas
- Introduction to Yin and Traditional Chinese Medecine.
- Restorative Asanas as preparation to Rest , Recover and Resilience
- Breath Awareness leading to Yogic Pranayama Techniques
- Applied Philosophy of Yoga and Non duality
- Non Dual Text (Drg Drsya Viveka) leading to Non Dual Meditation
- Shatkriya Theory & Practice.

WHY US?



TRAINING CONTENT & STRUCTURE

1.

EMBODIED MOVEMENT (MYOFASCIAL SLING METHOD)

Is an gentle inquiry into the multilayer myofascial slings of the body, consisting of muscle strengthening and lengthening, fascia and ligament hydration to create stability and mobility. They all connect and function together to produce dynamic movement in the body. When myofascial slings work in harmony, they provide optimal alignment of bones and joints to produce innate movement.

- *Students will learn 4 templates in relation to the Superficial lateral lines , Superficial front line ,Superficial Backline and the Superficial Spiral Line*
- *These 4 templates will be used as gentle warm up before opening the body to Yoga Asanas.*
- *Students will also be introduced to fundamental somatic movements as rest and recovery patterns*

WHY?

2.

YOGA ASANA

Students will explore 50 Yoga asana in a progressive method according to anatomical reality of the body. These 50 yoga asanas are carefully picked to enhance our daily life movement requirements.

- *Counter indication and therapeutic effects of Asanas will be an essential part of the training.*
- *Functional approach in using the props to aid and enhance the practice of Yoga asanas such as yoga blocks, belts, blankets, chairs and bolsters.*
- *Women's practice and modification during menstruation*

Category of Asanas covered

> *Standing & Sub Categories*
> *Seated & Sub Categories*
> *Arm balance*

> *Back Extensions*
> *Inversions*
> *Restorative*

3.

VINYASA YOGA

- *Understanding Vinyasa flow with the help of Ashtanga Vinyasa Practice*
 - *Learning to design Vinyasa flow classes according to the traditional and modern approach*
 - *Customizing Vinyasa Flows according to the needs of the students*
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4.

ANATOMY

- *Functional and Physiology of the human body and its relationship with Yoga Asanas*
- *Anatomical reality versus esthetics of an Asana*
- *How to apply Anatomical directions in a asana class*

5.

PHILOSOPHY

- *Establishing the relevance of the Vedic philosophy to our daily lives*
 - *Studying selected versus from the Yoga Sutras of Sage Patanjali from chapter 1 and 2*
 - *Non Dual Text (Drg Drsyā Viveka) leading to Non Dual Meditation*
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6.

PRANAYAMA & SHATKRIYA

- *Breath and the anatomical Structure in the human body*
- *Learning to Notice the Breath and the effect of letting the breath lead*
- *Breath and movement*
- *Movements that enhances the natural breathing*
- *Yogic breathing fundamental practices like Brahmari , Skanda Mudra Ujjayi , Viloma , Kapala Bathi , Bastrika and Nadi Shodhana*
- *Jal Neti , Rubber Neti, Kunjal Kriya, Agnisara and Nauli.*

7.

YOGA LAB

- *How to teach a yoga pose*
 - *Actions and alignment*
 - Purpose and use of props
 - Observing and understanding bodies
 - The art of teaching
 - When and how to modify yoga poses
 - How or whether to touch students and when to use adjustments
 - How to effectively sequence an Asana and Pranayama class
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8.

INTRODUCTION TO YIN YOGA

- *Yin theory and intro to the elements of Traditional Chinese Medicine*
- *Practice of the 26 Fundamental Yin Yoga poses and modifications*

CLASS SCHEDULE

MONDAYS TO FRIDAYS (200 & 300)

Embodied Movement	30 min by Parveen Nair	6:30 am to 7 am
Asana Practice	2 hours by Parveen Nair	7 am to 9 am
BREAKFAST		
	1 hour	9 am to 10 am
Yoga Lab	1.5 hours by Parveen Nair	10 am to 11:30 am
Functional Anatomy	1.5 hours by Ramana Louis	11:30 am to 1 pm
LUNCH BREAK		
		1 pm to 3:30 pm
Vinyasa Yoga	1.5 hours by Susheel Jain	3:30 pm to 5 Pm
Pranayama/Yin	1 hours by Susheel Jain	5 pm to 6 pm
Philosophy	1 hours by Parveen Nair	6 pm to 7 pm
DINNER BREAK		
		7 pm



CLASS SCHEDULE

SATURDAY (200 HOURS ONLY TILL LUNCH)

Kriya & Vinyasa Yoga	2 hours by Susheel Jain	6:30 am to 8:30 am
BREAKFAST		
	1 hour	9 am to 10 am
Yoga Lab	1.5 hours by Parveen Nair	10 am to 11:30 am
Functional Anatomy	1.5 hours by Ramana Louis	11:30 am to 1 pm
LUNCH BREAK		
		1 pm to 3:30 pm
Below only for 300 hours Students		
Asana Practice	1.5 hours by Susheel Jain	3:30 pm to 5 Pm
Meditation / Yoga Nidra	1 hours	5 pm to 6 pm
No Dinner is served on Saturdays and on Sundays all meals to be had outside (depending on the covid situation)		

WHY US?



MEET OUR MENTORS

ACHARYA SHRI PARVEEN NAIR

A TEACHER BEYOND THE ORDINARY



Acharya Shri Parveen Nair is a uniquely inspiring teacher, he is best known for his ability to help students and teachers embody a spiritual practice of Yoga. He has refined his methods of teaching in the Advaita Vedanta school of thought. His non-dualistic approach towards Yoga has allowed his students to build an authentic Yoga Practice.

WHY US?

A Malaysian by birth, residing and teaching in the foot hills of the Himalayas, a travelling Yogi Shri Parveen is also a professionally trained classical dancer in both highly revered classical Indian dance of Odissi and Barathanatyam

MEET OUR MENTORS

Since 2002, Shri Parveenji has applied himself assiduously in mastering this ancient art of wellness beginning with the Shivanada Yoga tradition and later trained under his mentor, the late Yogini Karin O'Bannon in the Iyengar Yoga Tradition in Rishikesh. Over the years, his Yoga journey of Swadhyaya (Self-Study) has led him to intertwine the physical practice of Yoga with the gloss of spirituality. His teaching is highly influenced by the teachings of the great Yogi Shri Bagawan Ramana Maharishi and Shri Nisargadatta Maharaja. Shri Parveen perfectly blends the sublime with the dynamic in his teachings. Parveen brings something unique to the Yoga mat as he takes you through the somatic understanding of body mind integration and mindful alignment. His technique is based on embodied movements and integrated movement design, comprises of functional movement elements that when combined have an alchemical result to the practice and daily life. His idea is to bridge the values of Yoga into daily life. He also infuses the practice of sensory awareness, a practice of using the senses to perceive time and space from moment to moment to stimulate rest and rejuvenation

Acharya Shri Parveen established and co-founded Yoga Sadhana, two Shalas in Malaysia, one in Shenzhen City China and one in Berlin Germany. The door of his Yoga Shala in Rishikesh, the world Capital of Yoga, is always open to aspirants who are seeking to explore the subtle undercurrents of Yoga. Be it grasping the technical aspects of asanas, exploration of one's vital energy through Pranayama, or surrendering to the surreal through meditation, letting oneself drown in the exalted flow of Kirtanas or understanding the mystery of life in his Advaita Vedanta philosophy classes, Shri Parveen ensures that you have a life changing experience.

WHY US?

MEET OUR MENTORS

The Yoga Self-Discovery Retreats conducted by Shri Parveen has now become highly popular. You are left spell bound as he presents a delicately interwoven panorama of the non-dualistic approach to every situation. His expertise in the field of Vedanta philosophy is reflected in his retreats as well as daily classes. What sets him apart as an extraordinary teacher is his prowess in deciphering the holy scriptures of ancient India and imparting the essence to his students

Shri Parveenji also conducts Yoga retreats, Yoga Teachers Training Courses, Yoga Intensive Workshops internationally. He has worked with many yoga teachers and schools around the world, and has been re-visiting these schools annually since then. Countries that Shri Parveenji often being invited for teaching are Greece, Spain, France, Portugal, United Kingdom, Costa Rica, Guatemala, Thailand, China, Korea, Indonesia, Philippines and Malaysia apart from various parts of India.

WHY US?

MEET OUR MENTORS

SUSHEEL JAIN



Susheel is an E-RYT-500 International Teacher Trainer and he has been learning yoga since 2004. He started his yoga journey with Ramakrishna Mission in Hyderabad, India and later got trained in Sivananda Lineage in 2008, Ashtanga Vinyasa in 2015. He has also studied Aerial and Yin Yoga.

WHY US

MEET OUR MENTORS

Before becoming a yoga teacher he studied MBA and was having a career in corporate world as financial analyst. His management skills also reflect in this yoga trainings. He started teaching yoga part time in 2008 and in 2016 he became a full time yoga teacher Training Yoga Teachers from around the world in Goa, Dharamshala, China and Bali.

Susheel has taught yoga at various studios, corporate companies, hotels and hospitals. In the last 5 years he has worked with Green Yoga International, Kashish Yoga, Trimurti Yoga International and also conducted individual teacher trainings and trained over 500 yoga teachers.

“Yoga is for everybody” is the motive behind his teachings and he equips the new yoga teachers with the skills to impart the knowledge of yoga to all levels of students with compassion and ease. Having the knowledge of different styles of yoga he brings in a variety of teachings in his classes and teacher trainings. Having born and raised in spiritual environment, his teachings go beyond the realms of physical body and he also emphasises on breathing practices and pranayama in his classes.

WHY US?

MEET OUR MENTORS

LOUIS (RAMANA)



Co-founder of Yoga Sadhana , Malaysia. Louis Lim or Ramana (name initiated by his Guru), is an International Teacher Trainer and has been learning Yoga since 2008 under the tutelage of his Guru, Acharya Shri Parveen Nair. Louis also had the opportunity to study directly under the late Guruji BKS Iyengar and his family, the late Geeta Iyengar & Prashant Iyengar in Ramamani Iyengar Memorial Yoga Institute (RIMYI) in Pune, India.

MEET OUR MENTORS

In 2015, Louis was honoured to be invited by the Indian High Commissions and AYUSH, the Ministry of Indian Government for Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homeopathy representing the Association of Malaysian Yoga Teachers to participate and witness the **1st International Yoga Day** inaugurated by the Prime Minister of India, Shri Narendra Modi in New Delhi on 21st June.

His consistent yoga practice over the past decade with his guru has developed his strength and flexibility in the asana practice while cultivating a calm and steady mind. He has found the integration and discipline beneficial. His innate interest in the spiritual aspect of Yoga has brought him to study the Advaita Vedanta Philosophy, the Yoga Sutra and the Bhagavad Gita. Louis now pursues his studies in the ancient Vedic studies in Yoga, Ayurveda, Mantra & Meditation with the American Institute of Vedic Studies under the guidance of **Pandit Vamadeva Shastri, Vedacharya Dr. David Frawley, from the USA.**

*“**Understanding function not anatomy**” is the essence of Louis’s teaching in Anatomy & Physiology. As fascinated by the subject, he has systematically developed a unique teaching methodology integrating his knowledge on human anatomy, physiology and biomechanics into his training. This includes the thinking body, the moving body, the instinctive body and the emotional body, with all its sensory awareness to experience **embodiment**, making his classes experiential and fun. Louis co-teaches with his Guru Shri Parveen Nair conduct Yoga Teachers Training Courses and Yoga Workshops & Retreats internationally, in Asian, European & Central America Continents. Louis has co-trained and certified more than 100 qualified Yoga instructors both locally and internationally.*

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