

2012

OM YOGA SCHOOL UK TTC



Jo Prakash

OM YOGA SCHOOL UK

7/29/2012



ॐ OM YOGA SCHOOL UK TEACHER TRAINING
COURSE

**Taught By Yoga Siromani Jo Prakash
And Dr Om Prakash**



Lord Ganesha Prayer

**"Gajananam Bhoota Ganadi Sevitam,
Kapittha Jambu phalasara bhakshitam
Umasutam Shoka Vinasha karanam
Namami Vighneswara pada pankajam"**

"Oh Elephant-faced, worshiped by the existing beings, of all living beings, tasting the elephant apple (kaith) and jambolana (jamun), the Son of Uma, destroyer of grief, I bow to the lotus feet of Ganesh who is lord of all."

DEDICATED TO SRI SWAMI SIVANANDA



We offer our greatest respect to the founder of the Divine Life Society, master of Sivananda Yoga Vedanta School; it is here that our personal spiritual journey started thanks to his wisdom he shared with the world.

“OM BOLO SATGURU SIVANANDA MAHARAJ KI JAI”

Welcome to ॐ OM Yoga School UK, the training school of dynamic, classic hatha yoga techniques.

As a student of this school you will learn all aspects of yoga including kriyas, bandhas, and postures including variations, vinyasa, chakras, yogic philosophy and sacred ancient texts plus much more in the curriculum.

Using the ancient Indian system of “gurukula” (guru meaning teacher and kula meaning home) where students would live with their teachers as part of the family at their home, while learning the fundamentals of yoga in exchange for selfless service.

As students, you will be living alongside the teachers as part of the family, studying the principles of yoga; this will take place at The Yoga Shala (yoga home) in Side, Turkey.

This is a home environment in which you will feel and really be part of the family, which is of extreme importance for your transformation from student to teacher. You need to be confident first as a student, to be confident you need to feel comfortable with the people you are with.

Because of this system of gurukula we are using, personal attention to every student is guaranteed, so you will be sure that by the end of the course you will feel more than adequate to be teaching others.

You will be challenged on a physical level, with mind adjustments as you progress, by the end of the course you will physically and mentally feel strengthened and energised.

This yoga teacher training course consists of 140 contact hours with highly qualified instructors and 60 non-contact hours in your own time, within the course.

Upon completion you will receive an accreditation by ॐ OM Yoga School UK whereby you will be qualified to teach worldwide with RYS200 status, leading to further accreditations as and when you require, the cost of this 4 week intensive is £2750, this includes accommodation and 2 meals a day.

The modules are as follows:-

- Yoga Philosophy
- Anatomy and physiology
- Yoga teaching, techniques and practice (TTP)
- Methodology
- Practicum

Philosophy

This part of the course is the study of the basis of yoga; it is the ancient philosophy behind yoga and references to Ancient Hindu texts in the description of yoga and the four paths of yoga.

Observations and restraints that should be followed as written by Sage Patanjali Maharishi in the Yoga Sutras and the study of the Bhagavad Gita known as the word of God (Lord Krishna), the ancient Sanskrit epic about the practice of yoga and how it applies in modern day life.

Accompanied with this is the lifestyle and ethics within the yogic culture including; Ayurveda, the three gunas, principles of nature and its cycles and ages and the law of metaphysics.

Categories within this include karma and reincarnation, astral bodies and vegetarianism with references from authorities and legends in the subject such as Sri Sri Paramahansa Yogananda, Harish Johari and Swami Sivananda.

Anatomy and Physiology

Within this module you will be studying the different body systems including musculature, skeletal, respiratory, digestive, central nervous and cardio vascular system.

Correct posture and spinal movement and which techniques to use to determine and correct poor posture.

Studying of the brain hemisphere's in relation to breathing and within yogic texts. Study of subtle nerves known as nadis and the three main nadis - ida, pingala and sushumna and parts of the brain they enter.

The subtle psychic centres of the chakras found along the spine to the head and the relationship with the nadis.

The study of the different layers of the body (koshas) and the astral body and the rising of the kundalini in relation to the nadis, chakras and yoga.

Yoga Teaching, Techniques and Practice

This module consists of training as a student first and then learning the principles of techniques, practice and analysing different aspects of yoga.

This includes Surya Namaskar, asanas and variations, vinyasa, pranayama, meditation, mantras and kriyas.

You will also learn about the different modes of teaching

Long holding postures,

Restorative yoga,

Dynamic vinyasa flow,

Asanas and variations,

Preliminary and strengthening exercises

And more

A number of sun salutation sequences including Surya Namaskar as taught by Swami Sivananda and further options to progress gradually to a longer, more varied Vinyasa style warm up.

Learning the correct techniques for alignment and body co-ordination with appropriate breathing transitions between movements.

Analysing and learning about the many asanas from headstand and variations, twists, basic and intermediate back bends, arm balances and variations, and more. Learning how to teach from experience in each posture.

Learning how to sequence a number of asanas into a flowing movement with correct breathing transitions and correct technique gained from experience.

Vinyasas will range from beginners to intermediate options.

Analysing and learning about how to breathe correctly using yogic techniques such as abdominal breath, full yogic breath and anuloma viloma. This breathing accompanies any yoga class or student.

Practicing and learning about the different forms of meditation using a number of different techniques such as visualisation, autosuggestion and guided meditation. Learning the principles of why yogis meditate. This includes the study and practice of mantras.

Learning the ancient body cleansing techniques to accompany hatha yoga for internal cleanliness such as neti, sutra neti, kapalabhatti, kunjla kriya and nauli.

Methodology

Different teaching styles and how to adapt classes to different styles from vinyasa to restorative yoga.

In this subject you will also learn how to set up the right environment for a class, how to observe and determine a student's level of practice and establish when and where corrections are needed.

How and when to demonstrate, how to address the class and arrangement of students in relation to where you are teaching so they can all see clearly.

Step by step principles of adjustment and how much force to exert and which part of the body you will use for the correction.

Isolating your student's body areas that need physical manipulation and variations for special needs.

The atmosphere and your temperament within your class and how to manage a class.

Working in a health and safety environment, public liability and insurance, self-employment or employed in a gym or other establishments.


Ethics all yoga teachers should follow for continuing personal development.

Practicum

This module is purely based on your practical ability in teaching with the aim to build in confidence and knowledge by observing, analysing and assisting in a class environment.

You will progress from teaching with guidance from an instructor to confidently, preparing, teaching and managing a class, all within the rules of health and safety, without the support of an instructor.

You will be required to attend additional classes to observe, participate and analyse with your own interpretations about the style of yoga.

Students have been vetted and accepted according to their level of practice and experience, people with no experience or lack of personal practice will not be taught by  OM Yoga School UK as it is our belief that yoga is a discipline and not a hobby.

The course will require dedication and perseverance, you cannot be absent for classes or refuse to take part in subjects you believe are irrelevant. The manual you will work from has been created with basic knowledge that is necessary and which should be mastered for you to become a teacher. Failure to do so can result in non-completion of the certificate until you are at an acceptable level, Feedback will be given by instructors about your progress on a regular basis. Homework will also be given as well as personal self-study during the course and additional workshops will be within your curriculum in which you will need to attend.

As a teacher, it will be your duty to continue with personal development after certification as yoga is a lifelong practice.

There is a lot to learn and we hope you enjoy the course and enjoy your time as a teacher once qualified.

INSTRUCTORS



Yoga Siromani Jo Prakash
Dip. SYVC, REPs L3, E-RYT500, RPYT, RPYT, RPYT, RPYT

Yoga Siromani Jo Prakash has over 7000 teaching hours experience, she completed her teacher training course with the Sivananda School, in Madrid in 2004, she taught at several gyms and spas in Hertfordshire and Bedfordshire before establishing her own classes in Bedfordshire.

Jo has taught at retreats abroad and in the UK, performed at the Yoga Show under the guidance of Yoga Acharya Subramaniam Manoharan, written articles for various magazines and been on the radio with the BBC several times talking about the subject of yoga, they even visited her studio and aired live from her class.

A busy working mother of two, she applies yoga practically in daily life combining different techniques from kriyas, self-study, yoga study, pranayama and meditation. She believes that the best way to develop is through balance, not just in yoga, but in life.

Yoga Siromani Jo Prakash believes that strength and flexibility of both the body and mind should be equal for maximum health; Jo's classes combine long holding postures, dynamic flow, target asanas, restorative and chakra balance yoga, so no area of hatha yoga is imbalanced.

With this same approach she also applies different parts of yoga to her own practice be it bhakti yoga, raja yoga, jnana or karma yoga, to keep variety and prevent stagnation or boredom of practice.

As a teacher her enthusiasm of yoga is infectious to her students, she is able to advance them to a higher level by determining their strengths and weaknesses, so she knows what they are capable of, increasing their confidence and advancement in yoga.



Dr Om Prakash

BSC, M.B.B.S, M.S, D.O.London, MC Oph

We are lucky enough to have a medical doctor teaching on the yoga course, the anatomy and physiology as a subject and the medical health benefits and contraindications of hatha yoga techniques.

Dr Om Prakash was born in India, where yoga was and still is a way of life, daily he practices raja yoga (asanas, pranayama and meditation) and bhakti yoga which he believes is essential for maximum health and well-being of the mind, body and spirit.

His philosophy of yoga is not to take anything to the extreme and look after your health through correct living in all areas of life.

As a lifelong “yogi” he has regularly commenced karma yoga throughout his career by participating in charitable work in third world countries, operating and travelling at his own expense to provide free medical attention at medical camps to those most needy.

His knowledge of yoga from a lifetime of self-study and yoga study means his knowledge and understanding of the both the human body and the spirit are extensive.

His belief in health, diet, exercise and mental relaxation are essential for human well-being, physically, mentally and spiritually.

At the age of 27 he came to the UK after qualifying as a medical doctor in Agra University, India.

He studied at the Royal College of Surgeons in London where he specialised in Ophthalmology.

Here at ॐ OM Yoga School UK we believe you will receive the best foundation for any aspiring yogi or yogini to blossom into a great teacher and student of yoga, receiving a deeper insight into yoga as a whole rather than an exercise form only, allowing you to help yourself and others in all areas of life.

COURSE SCHEDULE

This is an intensive course of 1 months consisting of 200 hours, (140 contact hours and 60 non-contact hours) where upon completion you will be certified by OM Yoga School UK, accredited by Yoga Alliance with RYS200 status, and should you wish to further extend your qualification you can obtain an RYT200 status.

The dates for this course are from **29th July 2012** until **26th August 2012**, based on every day studying with Sunday as a day off. This consists of 28 days in total, each day starting from 8am-4pm contact time and includes 30 minutes for lunch and 30 minutes afternoon break, with a further study time of 4pm-7pm (non-contact) followed by evening dinner.

Each day follows a timetable of:

Sunday Arrival

Week 1 (Mon-Saturday)

8-10am TTP

10-10.30am Breakfast

10.30-12.30pm TTP

12.30-1pm Break

1-4pm Philosophy

4-7pm Study time

7-8pm Dinner

Week 2 (Mon-Saturday)

8-10am TTP

10-10.30am Breakfast

10.30-12.30pm TTP

12.30-1pm Break

1-4pm Anatomy and Physiology

4-7pm Study time

7-8pm Dinner

Week 3 (Mon-Saturday)

8-10am TTP

10-10.30am Breakfast

10.30-12.30pm TTP

12.30-1pm Break

1-4pm Teaching Methodology

4-7pm Study time

7-8pm Dinner

Week 4 (Mon-Friday)

8-10am TTP

10-10.30am Breakfast

10.30-12.30pm TTP

12.30-1pm Break

1-4pm Practicum

4-7pm Study time

7-8pm Dinner

Saturday certificates and completion

As your knowledge grows, so will your experiences of yoga, you will start to develop in a yogic lifestyle that you are suited to, you should permanently strive on self-study and improvement, after completion of the course you have sufficient information on which to start your spiritual journey, as that is the essence of yoga, a life time of voyage in which to find your SELF.

Upon accomplishment of this course you should feel that your practice of yoga has already changed, this will vary from person to person depending on their original perceptions of yoga, and this will continue to change as you continue to mentally change with the study of yoga.

Embrace the changes that start to occur within, this is a natural process of growth and development necessary for personal progress, these changes will become part of your teaching classes, ensuring you are able to move your students further on their yogic path.