



Certification:

The Sarvani Santosha Yoga Teacher Certification Course satisfies all the requirements for the 200 hrs. Upon graduation, you will be equipped with the necessary knowledge, experience and confidence to teach Sarvani Santosha Yoga. You will also receive a diploma and You will be eligible to become a Registered Yoga Teacher with Yoga Alliance at the 200 hrs level.

The 200 hrs certification training will be completed in a 2-week fulltime session,

. The 300 hrs Certification is also available after completing the 200 hrs certification, to total 500hrs.

Curriculum:

No previous teaching experience required! Applicants must have a minimum of 6 months yoga practice-one year or more preferred. Our posture/asana practice is based on a comparative study of the major styles instructed in the U.S. such as Anusara, Ashtanga, Bikram, Iyengar, Kripalu, Kundalini, Sivananda, Sampoorna. Some Martial arts Tai Chi/Gong fu/korean Gung Fu is also demonstrated which can be integrated into the yoga sun salutation.

At the 200 hour level you will develop your own specialty such as: Kids Youth yoga, Baby & Mom PostNatal Yoga, PreNatal, Cardiac Rehab, Cancer care, Chronic fatigue & Fibromyalgia, Depression and other common concerns.

You will be prepared to manage a private lesson or a group/classroom of students using gentle and therapeutic poses or intense power yoga for athletes.

The following topics will be covered:

- 50 Postures & Sun Salutations
- Sanskrit Terminology
- Anatomy of Body Systems
- Breathing & Cleansings Techniques/Pranayama
- Working with Medical Ailments, Special Needs & Pre Natal/PostNatal Students
- Meditation & Energy including Nadis, Chakras, Bandhas & Mudras
- History, Philosophy & Reading of Yoga Sutras & Bhagavad-Gita
- Student Teaching & Hands-On Experience
- Study of Sequencing Postures

Course Requirements for graduation are:

- Mandatory 165 hours group class time
- 12 hours assisting in public classes
- 23 hours of independent research & study

Curriculum continued:

Asanas (Postures): Practice and teaching techniques.

Pranayama (Breathing Exercises): Mastery of Prana or energy.

Meditation, Mantra & Japa Yoga: Use of Divine sound.

Vedanta Philosophy: Study of the Universe, Self & Truth.

Karma & Reincarnation.

Astral body, Nadis & Chakras.

Raja Yoga: Mysteries of the Mind and how to control it.

Jnana Yoga: Self Knowledge, inquiry into "Who am I?"

Bhakti Yoga: The path of devotion to God, including the practices of chanting, worship and self-surrender.

Nada Yoga: Study and application of sound vibration as a tool for healing and uplifting the emotions and the mind.

Karma Yoga: The path of right action and selfless service.

Bhagavad Gita: Study and its application to daily living.

Anatomy & Physiology: As they pertain to Hatha Yoga.

Proper Diet: For optimum health and peace of mind.

Yoga Kriyas: Cleansing techniques.

Ayurveda: Basic introduction to this ancient healing art.

Daily Schedule

8:30 am - Meditation, Pranayama, Nada Yoga

8:45 am - Santosha Yoga Asanas, Pranayama

10:15 am - Brunch

11:15 am - Karma Yoga

12:00 pm - Break & Personal Studies

1:00pm - Yoga Philosophy lecture

2:00 pm - Break

2:15 pm - Santosha Yoga Asanas, Pranayama

3:30 pm - Break

3:45pm - Yoga Philosophy lecture

5:00pm -Break & Snack

5:30pm to 6:30pm - Kirtan, Nada Yoga, Meditation

Program:

- The most effective way of learning and teaching is from direct experience.
- This is the traditional teaching where you will inherit the fruits of the wisdom of the Rishis from ancient time to present day in the Sivananda/Sampoorna lineage and Muktananda lineage, Braco lineage, Mother Meera lineage, Amanchi lineage, Anandi Ma lineage, and Karunamayi lineage.

- During the programs you will be in close contact with Angel Wild, who will be assisted by other adept Yogi's, who will teach you and inspire and enlighten you.
- Away from your home, business, appointments, everyday responsibilities and the distractions of the home environment, you can focus all your attention on the course and experience the positive benefits of Sadhana.
- Throughout the programs each moment is lived with awareness, bringing about growth and transformation.
- The In Person programs are limited to forty-five students giving everyone the opportunity for much individual attention and ample teaching practice time.
- The course will give you a solid foundation and enough knowledge of Yoga for a lifetime of practice and the skills necessary to pass these teachings on to others.

Nearby Lodging in Bed & Breakfast or hotel:

Courtyard by Marriott Bradenton Sarasota Riverfront

Manatee Palms: <https://www.hotels.com/ho2180459104/manatee-palms-b-b-bradenton-united-states-of-america/>

<https://www.guestreservations.com/holiday-inn-express-suites-bradenton-west/booking>

<https://www.imglegacyhotel.com>

<https://www.airbnb.com/s/West-Bradenton--FL/homes>

Diet

In our little Buddha cafe at each Yoga retreat destination (mobile traveling café) you can purchase two healthy vegetarian meals, served buffet style. The diet includes simple and deliciously prepared fresh fruits, vegetables, whole grains, legumes, tofu and some dairy (optional).

Rates & Notes

The \$3,000 cost of the **In-Person** teacher training in beautiful Anna Maria Island covers tuition and course materials. Full participation in all activities is required. No red meat, alcohol, tobacco or narcotics are allowed.

Please bring a mat for asanas (or you can purchase one ahead of time by emailing: angel.wild.official.channel@gmail.com). Please complete and return the attached application form with the appropriate deposit. (The appropriate cost and deposits are on the application form).

No refund of deposit after you have been accepted for the course. In case of an emergency you may transfer the deposit once, to purchase a package of yoga group classes or one on one individual yoga classes. The full fee is due before the start of the course and once the course starts, there is no refund whatsoever.

Virtual Sarvani Santosha Yoga Teacher Training Course:

15-days live-streamed Yoga training with Angel Wild and other adept yoga teachers.

The **Virtual** Yoga Teacher Training cost is \$2,000

. Special Discount –

This training has cost \$3,000, in line with most Yoga Teacher Training Courses currently offered. Angel Wild has reduced the price, eliminating the housing and meal expenses to make Yoga training affordable during COVID quarantine.

This virtual training will be held simultaneously with the In-Person 200-hour Sarvani Santosha Yoga Teacher Training Course occurring in beautiful Anna Maria island, FL or Martha's Vinyard, Mass. Each day, you will join the yoga community remotely using Zoom and follow the same schedule.

The course begins on Friday, at 8:30 am with orientation. Prepare by downloading Zoom and installing it on your computer before this time so you are ready for our first session together. We will provide you with instructions on how to download and set up your Zoom account when you register for the training.

The course finishes two weeks later on Friday at 6:30 pm.

Each day you will have direct contact with the instructors to imbibe the course material and to ask questions. We realize that it may be challenging to dedicate your full attention to this course while you are at home with everyday responsibilities. Therefore, we have arranged the schedule for you to have several hours in the middle of each day to tend to your own personal affairs and to study

Dates for Teachers Trainings:

The teacher training is offered on a ongoing basis.

2 Week full-time sessions, see application for dates.

***Accepting Applications ***

To register Please fill out the application and mail it with payment information

to: Yoga Club Nationwide, 11085 Bristol Bay Dr. Apt 1122

Bradenton, FL. 34209

If you have any questions please contact Angel at

941-840-8208, or email: angel.wild.official.channel@gmail.com