



# BRAHMA YOGA • SPA Brahma Yoga

200 Hour Teacher Training Certification Program

## What is Brahma Yoga?

In the yogic tradition *brahma* signifies the “creative aspect in all things” and in Hindu mythology *Brahma* is the creator of the universe, the supreme being, universal consciousness, the highest reality. It is derived from the Sanskrit root *brh* (to grow, to become large); it denotes greatness in the sense of the infinite.

The essence of the style and practice of Brahma Yoga then is to “inspire the intuitive flow of creative spirit”. This is achieved by mobilizing the broad dimensions of yogic science and integrating these facets into an authentic and dynamic multi-style practice and teaching methodology.

## Why teacher training?

Teacher training is implemented as a vehicle through which a wealth of personal growth, spiritual enrichment, and depth of yoga practice can bloom and flourish. Whether one chooses to use their training as a springboard to a career change; to refine and accelerate their own personal journey in revealing their true self; as a mechanism for more effective interaction with family and friends; or strictly for academic and philosophic evolution, each of these options is no less valid than the others. The mindfulness and intent is what matters and therefore the program is suited to a range of individuals with different levels of experience in yogic science.

## What does the course encompass?

The 200 hour certification comprises 160 hours of training in the presence of the designated teacher trainers and 40 hours of independent study and practice (as a minimum). Its curriculum will extend over six months, reserving one weekend a month for intensive study. Written assignments and a daily personal practice are required. All necessary study materials (workbooks, manuals, etc.) will be provided. A list of supplemental texts will be suggested as adjuncts to facilitate study but will not required. The program is meant to evolve with each successive month so that the student is elevated from beginner understanding to that of intermediate awareness.

The course curriculum covers the full spectrum of yogic science as follows:

- Yoga as applied to physical body, subtle bodies, levels of mind, and all associated practices and related methodology .
- Overview of Ayurvedic principles
- Introduction to Sanskrit
- Examination of yogic philosophy and inner life
- Asana – morphology, movement, and application
- Pranayama – techniques and applications
- Meditation and guided relaxation practices
- Shatkarmas - purification and cleansing rituals
- Anatomy and physiology
- Instructor techniques
- Methodology for specific needs populations – pregnancy, physical challenges, etc.

Study intensives will be held one weekend of each month starting in January, 2012 and continuing through June, 2012. In addition to these weekends students will also be required to:

- Attend regular yoga classes
- Develop and catalog home study and daily practice
- Participate in group study
- Perform karma yoga
- Instructor observation
- Generate class planning
- Complete a practical teaching exam and/or written exam

Weekend intensives	= 120 hrs.*
Class Attendance	= <u>40 hrs.</u> * (includes 10 hrs.* observe time)
<u>Total Contact</u>	<u>160 hrs.*</u>
Home study/ Non-contact	= 40 hrs*
Total Hours Overall	= 200hrs*

(\*all hours stated as minimum)

Teacher trainers: co-director Nona De Felice-500R.Y.T., co-director Swami Shantimurti Saraswati (Shanti)-500E.R.Y.T.

Guest speakers will be announced as scheduled.

Tuition cost: \$3,300.00.

Brahma Yoga is a registered school of the Yoga Alliance. The Brahma Yoga Teacher Training program complies with the National Yoga Alliance Standards for registration and certification.

## How may I register?

**Application Form on next page.**

**or**

**To receive further information contact us:**

**Brahma Yoga Spa  
1050 Ocean Avenue  
Sea Bright, NJ 07760**

**T: 732.224.9004**

**F: 732.224.9002**

**e-mail: [questions@brahmayoga.com](mailto:questions@brahmayoga.com)**

**A deposit of 10% is required to secure your registration. Balance due by commencement of course. All major credit cards accepted. The deposit is nonrefundable and after that one month before the start of session all fees paid are nonrefundable.**

**Application to follow...**



**BRAHMA**  
YOGA • SPA

**200 Hour Teacher Training Application Form**  
**(Please print clearly. Attach separate sheets as necessary.)**

Name \_\_\_\_\_ Email \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

HomeTel \_\_\_\_\_ Work \_\_\_\_\_ Cell \_\_\_\_\_

DOB \_\_\_\_\_ Physician \_\_\_\_\_ Tel \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Relation \_\_\_\_\_ Tel \_\_\_\_\_

Please describe your general state of fitness: \_\_\_\_\_

Allergies, please describe: \_\_\_\_\_

Please list any medical concerns of which we should be aware and/or daily medications:

Please answer the following completely:

1. Please give an overview of the experience level in your yoga practice?
2. Please state the style and/or styles of yoga with which you are most familiar?
3. What is your intended goal with the knowledge you will gain through completion of the course?
4. Describe your expectations?
5. Do you currently have a home practice?
6. How often do you practice yoga each week?
7. Are you currently certified through any other teacher training program?
8. Do you feel it most important to emphasize practical or theoretical aspects in your training?
9. Would you be willing to participate in a travel weekend as part of your training incurred at your own expense?
10. Please state your reasons for choosing Brahma Yoga teacher training program?
11. Please include any additional information that you feel is important for us to know in regards to your practice, goals, or state of mind

**Tuition for the program will total \$3,300.00. This includes all workbook materials and related course items. Supplemental reading materials, such as those on our suggested reading list, and/or any workshops or other electives taken by choice of the student will not be covered by these fees. Students will be provided with a vegetarian lunch on course weekends.**

Continued next page...

**Please remit a deposit of 10% of the total tuition fee (or \$330.00) along with your completed and signed application form and mail or deliver to:**

**Brahma Yoga Spa  
1050 Ocean Avenue  
Sea Bright, NJ  
07760**

**Please call if you have any further questions : 732.224.9004**

**I have read and understand all the terms and conditions of my application. I affirm that all of the information provided by my own report is true and accurate to the best of my knowledge. I plan to honor my commitment to the teacher training program and to all requisite elements described. I will further commit to honor my fellow students and respect them as individuals. I will abide by the instruction given me by my teacher trainers and express any concerns or reservations I may have without bias. I fully understand that I am responsible for my own person, my course materials, and my state of physical readiness as a participant in this program. I hold no liabilities against any person, agent or establishment associated with the participation and/or design of this program. I agree to pay the total cost of tuition of \$3,300 beginning with a deposit of \$330 with this application which is nonrefundable and the remaining balance due on or before the inception of the training after which time all fees paid are nonrefundable. My agreement is binding on all these points.**

**Print Full  
Name** \_\_\_\_\_

**Signature of  
Applicant** \_\_\_\_\_

**Date** \_\_\_\_\_

**See attached page for suggested reading...**

**Brahma Yoga Teacher Training Suggested Reading List**  
**(All books available for purchase through Brahma)**

1. Asana Pranayama Mudra Bandha: Swami Satyananda Saraswati
2. Meditations from the Tantras: Swami Satyananda Saraswati
3. Four Chaptes on Freedom: Swami Satyananda Saraswati
4. Bringing Yoga to Life: Donna Farhi
5. The Golden Present: Swami Satchidananda
6. The Living Gita: Swami Satchidananda
7. Yoga & Ayurveda: Dr. David Frawley
8. Hatha Yoga Pradipika: Swami Muktibodhananda
9. Yoga Anatomy: Leslie Kaminoff