

## **Svarūpa Advanced Yoga Teacher Training (AYT) / 2024-25**

This is a Sadhana and an Education/Teacher Training for Yoga teachers and experienced students that want an in-depth exploration, education and personal growth in the traditions of Hatha Yoga. *Hatha Yoga is the general term applied to any practices of Yoga that involve Asanas, Pranayama (breathwork), Meditation, Kriyas (inner cleansing), Mudras, Devotion and the underlying Philosophies for approaching an inner and outer life.*

The Svarūpa Advanced Yoga Teacher Training (AYT) gives students a Continuing Education Program in practices of the Modern and Ancient Hatha Tradition.

Asana is presented in dynamic form but with a deeper understanding of alignment, modifications and adjustments. One can expect to see growth in all the practices of Yoga but also to learn the deeper subtle aspects of the practice. How to make it more complex and advanced is only one aspect. Allowing the work to be simple but to move into deeper layers of the conscious is another.

Therapeutic Asana, Pranayama, Breathwork, Yoga Nidra/Prana Vidya and Meditation support this Training. The content of the course, final assessment and certification gives students a chance to take a deep Sadhana over the length of the course, to have a sangha (a group of dedicated students working together) and to improve in teaching and facilitation skills, planning and holding space in group and 1-1 settings.

The content of this Training covers:

- Level One + Level Two Syllabus of Asana (Dynamic Asana and Restorative Asana)
- Foundation and Level 2 Pranayamas and Kriyas
- Inner work of Yoga Nidra/Prana Vidya & Meditation
- Continuing studies in Subtle/Energetic Body
- How to evolve Sequencing of Asana, Pranayama for teachers and self-practice
- Key support as a teacher/facilitator
- Working with challenges and special conditions
- Evolved studies in Ayurveda
- Anatomy and simple Therapeutic applications Yoga Asana
- Mantra and Devotional Practice
- Evolving the Teaching Methodologies
- Yoga Philosophy - exploring philosophy across the ages and wisdom traditions

### *Special Note*

*This training is intensive and presents a level of maturity in the experience of Yoga. Students should have a minimum of 5 years of steady practice (this is highly recommended). In addition to the Asana, students should have experience in the seated and inward practices of Pranayama, Meditation and Philosophy.*

*Dates 2024 in Bern, Switzerland*

**Module 1** - Opening Weekend, Sept. 21/22 Full Days (includes opening ceremony)

**Module 2** - 3.5 day Module, Oct. 31 evening - Nov 1-3 Full Days

*Dates 2025 in Bern, Switzerland*

**Module 3** - 3.5 day Module, Jan 16 evening - Jan 17-19, 2025 Full Days

**3B** *guidance through an Ayurvedic Spring Cleanse 2025 (timing/approach adapted to suit the student)*

**Module 4** - 4 day Easter Immersion, April 18-21, 2025 Full Days

**Module 5** - 4 day Pfingsten Immersion, June 6 - 9, 2025 Full Days

**Module 6** - 5 day Summer Retreat, - Aug 27 - Aug 31, 2025 Full Days

*Self-directed content*

there is video content and reading material in addition to the above live Modules, which is offered for the student to review at their own timing during the course. The video content gives an additional insight and depth to the course. Parts of the Modules are also recorded for review and support.

Additional Notes

a) Full days beginning at 8.30 and finishing at approx.17.30

Some optional evening programs are also offered, music/satsang/gatherings

b) special access\*\* Students of the ATT have full access to the Thursday morning practices (Live or recorded) throughout the entire year of the course beginning Sept 26, 2024. This represents an excellent way to stay connected to the deep practice of Pranayama, Kriya, Cleansings, and focused themed Asana as well as a guided Spring Cleanse taught from an Ayurvedic perspective. (the cleanse can be done live or recorded).

c) Study between modules will be recorded reading and video material that students can work through at their own pace.

d) Students are expected to attend the full course in order to graduate. An allowance of maximum 15 hours absence is permitted.

e) Students are expected to maintain regular practice throughout the course, and it is recommended to attend public classes of the faculty when possible. Students enrolled in the TT are offered a 20% discount off Svarupa Abo's during the time of the course.

f) The course will be taught in English and German. Reasonable fluency in both languages is required. Course submissions can be written in German or English.

## **Svarūpa AYT Faculty**

*Stephen Thomas*

Asana, Pranayama, Meditation, Kriya, Subtle Body, Philosophy

*Céline Ryf*

Asana, Meditation, Mantra, Devotion, Philosophy, Teaching Methods

*Christina Eggenschwiler*

Asana, Functional Anatomy, Teaching Methods

*Senior Assistant - Brigi Thomas-Moog*

plus Ayurveda

some special guests throughout the course in 2025 TBA.

special digital video support Doug Keller (USA) in Tantric Philosophy and Asana Therapy

## **Fees**

The course is 5'850 CHF including Modules, Manuals, Inter-Module video support, digital Library. The studio provides all props (mats, blankets, blocks, etc) during the course.

*Important. Students will benefit tremendously from having all props at home for the self study and video content parts of the course. Teachers will especially need this set up. Therefore, a yoga mat, 2 blocks, 2 straps, 2 yoga blankets and 1-2 bolsters are needed. A yoga chair is also highly recommended. There are a few books that must be purchased by the student, but the full Manual and most support documents are included in the AYT!*

Once your application is accepted, a non-refundable 500 CHF fee is required to hold your space.

Full course fees are due 60 days before the beginning of the course.

*In the event that due to medical issues or pregnancy the student needs to leave the course, Svarūpa offers registration in another FYT up to 2 years from current course. Payment plans are also available with a small additional administrative fee.*

Support Yogi - 1 or 2 positions are available for students that wish to help in the course. Duties include preparing the room before and after the sessions, organising small tasks for the faculty during the course days, etc.

The Support Yogi position pays a reduced fee of 3'500 CHF for the Training.

*For more details on this, please note that you are interested in your application*

**If this is what you're looking for, request an application by visiting the svarupa website under Teacher Trainings. (Registration officially opens Dec 1, 2024)**

