

Svarūpa Foundation Yoga Training (FYT) / 2024

This is an Education/Training for Yoga 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 Foundation Yoga Training (FYT) gives students an in-depth study and practice of the Hatha Tradition. Asana is presented in dynamic form but with an understanding of alignment, modifications and adjustments. Restorative/Therapy Asana, Pranayama and Meditation form a secondary support in the Training. The student will learn both traditional and modern techniques. The content of the course, final assessment and certification gives students a foundation level certification to teach Yoga.

The content of this Training covers:

- Level One Syllabus of Asana (Dynamic Asana and Restorative Asana)
- Introduction and Foundation of Pranayamas and Kriyas
- Foundation of Meditation
- Introduction to the Subtle/Energetic Body
- Basic Sequencing of Asana
- Working with common challenges and special conditions
- Introduction to working with Ayurveda
- Level 1 Functional Anatomy in relation to Yoga Asana
- Mantra and Devotional Practice
- Teaching Methodologies
- Yoga Philosophy Introduction

Special Note

This training is intensive and requires that students have a reasonable amount of experience doing Yoga. A minimum of 2-3 years of steady practice is highly recommended. Students should also have an interest in the seated and inward practices of Pranayama, Meditation and Philosophy (formal experience is not required, but a desire to learn this is essential). Yoga is a transformative practice. It can bring joy and feel very bright and light, yet because it is also a transformative practice, it can be confronting, challenging and difficult at times. The journey is safe and carefully presented, but students must come ready to explore and dive in deep.

All dates, 2024 in Bern, Switzerland

Module One - May 3 - May 5

Module Two - June 7 - June 9

Module Three 10 day Intensive - evening of July 12 - afternoon July 21 (rest day, July 17)

Module Four - Sept 6 - Sept 8

Module Five - Oct 18 - Oct 20

Module Six - Nov 15 - Nov. 17

Additional Notes

- a) Weekend Modules include full days beginning at 8.30 and finishing at 17.30
Some optional evening programs are also offered, music/satsang/gatherings

- b) Study between modules will be recorded video material that students can work through at their own pace (approx 4 hours between each module - 20 hours total).

- c) Students are expected to attend the full course in order to graduate. An allowance of maximum 15 hours absence is permitted. To finish the certified level of the Training (including Yoga Alliance certification), the student must complete some post-course requirements, including written material and must offer and document three classes in the community for free. These classes can also be offered to friends or family or in a small group setting.

- d) 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.

- e) 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 FYT 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

Brigi Thomas-Moog

Ayurveda, Asana, Pranayama, Senior Assistant throughout course

Fees

The course is 4'590 CHF including Manuals, Inter-Module video support, all teaching hours, and post-course reviews. The studio provides all props (mats, blankets, blocks, etc) during the course.

Once your applicaiton 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 availble 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, organizing small tasks for the faculty during the course days, etc.

The Support Yogi position pays a reduced fee of 3'000 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 contacting:

brigi@svarupa.com