

Svarūpa Foundation Yoga Training (FYT) - 2024/2025

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.

2024 in Bern, Switzerland

Module One - October, Fri 25 -Sun 27

Module Two - November, Fri 29 - December, Sun 01

Module Three: Digital - pre-recorded and video guided. Since this is a busy month for many. we prepare videos to follow with meditations, breathwork and asana, some small reading assignments.

2025 in Bern, Switzerland

Module Four - January, Fri 10 - Sun 12

Module Five - February, Fri 21 - 23

Module Six - March, Fri 28 - 30

Module Seven - May, Fri 02 - Wed 07

Weekend Modules / Hourly Details

Fridays are always half days beginning at 14.30 and finishing at 19.30

Saturdays and Sundays are always 8.00 - 11.30 and 13.00 to 17.00

Special Notes:

*March 17-23 This is an important week of learning Ayurvedic principles, doing a week of cleansing (guided with a Manual) morning pranayama & meditations which you can join in the studio, live on ZOOM from your home, or recorded at your convenience. You can customize this week to suit your schedule, your dosha and your lifestyle. Highly useful.

Svarūpa FYT Faculty

Stephen Thomas

Céline Ryf

Christina Eggenschwiler

Brigi Thomas-Moog

If this is what you're looking for, request an application by contacting:

brigi@svarupa.com