

## Yoga Sutra Shala - Yoga Teacher Training Courses



### Overview:

We aim to give you the best of both an Eastern, spiritual approach and a Western scientific approach to Yoga Teacher Training, with a holistic approach to pranayama, asana, chanting and meditation and an exploration in to the philosophy that forms the solid foundation of these practices, so that you can grow, develop and gain confidence in your practice and bring yoga fully in to your life, on and off the mat.

Through supported teaching practice you will benefit from continuous opportunities to apply what you are learning and to realise your potential in sharing it with others.

You will learn from not only the course leader, Namit Kathoria, but also from other experienced teachers, giving you a comprehensive idea of how and where you might like to continue on your yoga path.

We offer each course to a maximum of 8 students, allowing us to give our full attention to your development and giving you the space to grow.

Our intention is to share with you the true spirit of yoga, with its depth of knowledge, wisdom and discipline. In addition to this we would like to explain Western developments in the path of yoga - such as the science behind yoga and the anatomy behind the asanas - in order to help you to develop your own yoga practice, to help you to develop yourself as the best practitioner and teacher that you can be: In balance, in harmony, in good health and in peace.

In terms of the physical side of yoga, you will learn about:

- Alignment and how to adjust correctly and sensitively.
- Using different asanas for opening and strengthening different muscle groups.
- How to sequence vinyasa flows as well as hatha yoga classes.
- The fundamentals of yin yoga.
- How to develop your own practice.

In terms of meditation and philosophy we will cover:

- Metta (loving kindness)
- Being present
- Connection to the earth
- Being an observer of the thoughts and feelings
- Many other interesting topics

### Please note:

The course is INTENSIVE and is ideal if you are wanting to spend the 4 weeks putting your heart and soul into learning. If you want a holiday while doing yoga then a retreat would be much more fun for you.

In order to receive your certificate, you will need to apply yourself, keep an open mind and demonstrate that you fully understand what it means to be a Yoga Teacher. If you are not able to do this during your course, you will have an additional opportunity to do so and hence qualify at a later date.