

Yoga Sutra Shala - Yoga Teacher Training Courses



Requirements:

In order that you can enjoy and get the most out of your investment in this course, we recommend that you have:

- ✓ A good level of general fitness.
- ✓ At least 1 to 2 years of regular yoga practice.
- ✓ a good level of English (for listening, speaking and reading)
- ✓ Motivation to learn and determination to carry you through both the physical and emotional challenges that will come up.
- ✓ An understanding that yoga is a lifelong journey and that doing the course is just the beginning of your learning as a yoga teacher.
- ✓ The desire to share knowledge with others and to teach with compassion and kindness.
- ✓ Absorbed as much as you can from the reading list (see below).

“Educating the mind without educating the heart is no education at all.”
—ARISTOTLE

Your recommended reading list:

Ann Swanson The Science of Yoga

BKS Iyengar Light on the Yoga Sutras of Patanjali

Eknath Easwaran The Bhagavad Gita: Introduced and Translated
The Upanishads: Introduced and Translated

Sharon Salzberg Lovingkindness: The Revolutionary Art of Happiness

Thich Nhat Hanh: The Art of Living

Our Appointment with Life:
Sutra on Knowing the Better Way to Live Alone

Further reading:

Ray Long The Key Muscles of Yoga: Scientific Keys Volume I
The Key Poses of Yoga: Scientific Keys, Volume II

Eckhart Tolle: The Power of Now
Stillness Speaks

***“The more that you read, the more things you will know,
the more that you learn, the more places you’ll go.”***
— DR. SEUSS