



JUNE – SEPTEMBER 2019

200 HOUR MANTHAN YOGA TEACHER TRAINING

LEARN. UNDERSTAND. PRACTICE. EXPERIENCE. LIVE. BECOME.

This multi-style training covers various styles of yoga, Jnana Yoga, Raja Yoga, Bhakti Yoga, Karma Yoga, Mantra Yoga, Hatha Yoga, Kundalini Yoga, Vinyasa Yoga etc. Manthan means churn in Sanskrit. It refers to the great churning of the ocean in the yogic history.

The course will cover:

- Origin and Philosophy: the History of Yoga, Streams of Yoga, Yoga Sutras of Patanjali, Ashtanga Yoga and its eight Limbs.
- Asana or Physical practice: the foundations of each asana, the art of modification, progression in practice, safe alignment based on human anatomy and proper engagement of muscle groups, hands-on adjustments.
- Teaching Methodology: Sculpting a class for self-practice and private classes, crafting the skill of a teacher, art of lesson planning and group class sequencing.
- Anatomy: Biomechanics, anatomical planes and related joint movements, connective tissues, the skeletal structures and bones of body and functional applications of anatomy during asana practice.
- Physiology: Understanding the Five systems in our body: the Digestive, Respiratory, Circulatory, Nervous and Endocrine Systems.
- Hatha Yoga, Energies and Pranas: Pancha Koshas and Pancha Pranas, Pranayama Practices, Diaphragmatic, Thoracic, Clavicular Breaths, Nadis, Mudra, Bandhas.
- Ayurveda covering the Pancha Maha Bhutas, the Gunas and Doshas, and Ayurvedic Lifestyle.
- Meditation
- Mantras

Eligibility	The training is for aspiring yoga teachers and for practitioners keen to deepen their practice. It is recommended for yogis with an established yoga practice. Open to both ladies and men.
Teachers	Maksim Karki Yashwant Saran Yogesh Balasubramanian Abirami Ramasamy
Dates	Thursday 2-6pm, Friday & Saturday 8am-5pm Week 1. 27,28,29 June Week 2. 4,5,6 July Week 3. 18,19,20 July Week 4. 1,2,3 August Week 5. 22,23,24 August Week 6. 5,6,7 September Week 7. 19,20,21 September Week 8. 26,27,28 September
Location	Bodytree Studio Corner of Hazza Bin Zayed and Mubarak Bin Mohamed Streets, Abu Dhabi
Investment	AED 9,950 Early Bird - 10% off before 10 May

SIGN UP TODAY AND EMBARK ON THE JOURNEY OF BECOMING A YOGA TEACHER!

* All prices are inclusive of VAT
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