

TEACHER TRAINING COURSE

Prospectus for Students The course is conducted under the auspices of NIRVAANA. Teaching will be at NIRVAANA Centres.

Course Director : Dr.Vinay

The structure of the course and its teachings has been formulated by Dr.Vinay and are based on 25 years of his experience of teaching Yoga and training Yoga Teachers in India, U.S and U.K. The following details are intended to give a general idea of the proposed course and it will be modified according to the needs of the students.

AIMS:

- NIRVAANA is committed to create a disease free society by preventing and curing various diseases.
- Yoga is not a religion it is a way of life and can be done by everyone irrespective of age, caste, creed, and sex.
- A person who practices yoga puts their body into a positive state therefore adding to their life and their total well being.
- The courses will provide a comprehensive training in many aspects of Yoga so that course graduates will be capable of providing professional, responsible and high quality teaching to their students.
- It will give students a deep understanding of the essence of Yoga and their practical application.

OBJECTIVES:

By the end of the course, all the students will:

- Have expanded and developed their own practice of Yoga so that they are fully competent and experienced in all the techniques which they will be required to impart to others.
- Have the knowledge and ability to teach the practices safely according to the personal needs of their students. Understand the main principles of teaching Yoga, including the planning, presentation and evaluation of a Yoga class; and demonstrate their ability to apply these in the class situation in a calm and well co-ordinated way.
- Have acquired sufficient knowledge in anatomy and physiology, and know how to relate this to Hata Yoga practice.

POTENTIAL STUDENTS:

- Males and Females above 18yrs of age those who are new to YogaYoga at Community Centre and who are presentable, medically fit, flexible about the timings and can speak either Hindi or English.
- Yoga teachers who wish to upgrade their knowledge and skills by undertaking a further course of study. Yoga practitioners who wish to become Yoga teachers.
- Yoga practitioners who wish to develop their own knowledge and practice of Yoga , and deepen their understanding of themselves and others.
- The course has dual emphasis-it will emphasize and promote both the deepening of personal Yoga practice and the development of the skills and experience required to teach Yoga to others.

