

HIYC Teachers' Training Course:

19th February to 31st March 2010, Arambol, Goa
(including the Intensive Course and a one-week break between weeks 3 & 4)

Overview

In order to maintain a high standard of learning and participation, the Course has specific pre-requisites and a Code of Conduct. For details, please see our website at: www.hiyogacentre.com. A list of Frequently Asked Questions (FAQs) is also featured there.

Our Intensive Courses require a full-time commitment by students, involving 4.5 hours of training per day, with an additional 2.5 hours of obligatory daily self practice. There are talks / lectures twice a week. For the Teachers' Training Course, students are expected to continue self-practice of inverted positions and Pranayama early in the mornings, so that during the late morning sessions, we may focus on and explore in depth, the pedagogical aspects of each Asana. It is also during these late-morning sessions that we learn to diagnose problems and identify imbalance and misalignment. During the afternoons, participants learn instruction, the sequencing of postures, as well as the identification of mistakes and correction with a group of Beginner students.

Pre-requisites

For participation in our Intensive Courses, one must have completed 3 weeks of training in the Five-day Courses. This may be completed at any time during the year, but must be done with Sharat, in order to cover the basics & foundations of his method. This applies to everyone, irrespective of their previous Yoga experience. The Intensive Course—*Yoga and Ayurveda*—which immediately precedes the upcoming Teachers' Training Course, is a must for participation in the TTC.

Booking and Deposit

To ensure participation in the Course, please book your place in advance. This booking requires a deposit.

Please contact us for fee amount and deposits.

Program Schedule for TTC

A meeting of all participants takes place on the evening before the course starts and is compulsory for all. The program and the exact schedule will be introduced, jobs will be distributed and all questions will be clarified.

First Three Weeks - Intensive Component

(Note: During this component, the course will begin with a pooja and a purification practice)

Schedule: Days 1 to 6

7.00 to 7.30 am	-	Pooja (Prayers & Chanting)
7.30 to 11.00 am	-	Asana class
11.00 am	-	Brunch
12 noon to 2.00 pm	-	Ayurveda Talks and, on alternate days, Talks on Yoga
3.00 to 4.30 pm	-	Self-practice
4.30 to 5.30 pm	-	Pranayama
7.00 pm	-	Dinner

Schedule: Day 7

This day shall be free for everybody. However, it is compulsory for all participants to collectively practice the Pranayama without the teacher (the time can be decided the day before). No lunch or dinner will be served.

Last Two Weeks - Teaching / Pedagogical Component

Schedule: Days 1 to 5

5.30 to 8 am	-	Individual practice of Inverted Postures and Pranayama
8.30 to 12.30	-	Asana class with pedagogical insight
1.00	-	Lunch
3.30 to 6.30 pm	-	Assisting the Beginners Course
7.00 pm	-	Dinner

Question and answer sessions will take place twice a week after dinner

Schedule: Day 6

6 to 8 am	-	Individual practice of Inverted Postures and Pranayama
8.30 to 12.30	-	Asana class

1.00 - Lunch

The remainder of Day 6 and entire Day 7 are free.

During the Intensive Course, ***Yoga and Ayurveda***, a qualified Ayurvedic doctor will be present and will guide us in exploring the following themes:

- What is Ayurveda? Misconceptions & Basic principles;
- Panchamahabhuta and Tridosha Theory;
- Five elements of nature: Body as an epitome of nature;
- Tridosha: Properties and functions;
- Tridosha and their actions on various systems of the body;
- Diagnostic & treatment methods of Ayurveda;
- Healthy body and healthy mind;
- Daily regimen and seasonal regimen; &
- *Prakriti parikshan* · Determination of body constitution

Requirements for Participation

Listed below are the requirements, with which students have to comply in preparation for the course. They serve to keep the Teachers Training Courses open to those Yoga students with a true and genuine interest in personal growth, transformation, and facilitating others' individual journey.

Completion of at least 3 weeks of training, or of several courses with Sharat, in consecutive years.

Daily practice of Sharat's style of Hatha Yoga is an absolutely indispensable prerequisite.

Every participant should adapt a daily rhythm according to the Course schedule 3 weeks before it begins. This means moderation in terms of diet and establishing a sleeping pattern according to the Course schedule so that adapting to the rhythm of the program is made easier.

Students are strongly encouraged to rid themselves of any addictions at least a few months prior to the start of the program, in order to prevent suffering from withdrawal symptoms during the duration of the Course.

Every participant must arrive at least one week prior to the start of the program, to adapt to the climate and to prepare in the ongoing Five-day Course for the demands of the Course.

Pregnant women must inform us of their status before the course commences and speak with Sharat about any concerns.

Applicants may be called upon to have a personal meeting with Sharat.

Every applicant is required to complete and sign a form, stating their agreement with the Course requirements, Code of Conduct, as well as the terms and conditions of payment. A photograph of the student will be attached to this form.

Through these requirements we aim to create a situation free of disturbance, which allows for complete dedication and devotion to the present moment, so that all participants have the opportunity to imbue their Yoga practice with spiritual depth.

Code of Conduct

Listed below are the rules and regulations, to which students must commit for the smooth functioning of the Teachers Training Course:

The Course requires complete dedication, both on the part of the Teacher and on the part of every student. Therefore, it is recommended that students not living on campus, live as close as possible to the Centre in order to minimize opportunities for distraction. In this regard, students should not actively seek external stimuli or participate in activities not connected with Yoga. Prior to the start of the program, students will arrange to obtain everything they may need for the duration of the Course. With respect to reading, students are encouraged to only read material related to Yoga. A small library or book exchange can be created for this purpose.

The Course requires the student's utmost dedication and openness to his/her own personal growth, which means readiness for change and transformation.

Students are expected to devote themselves entirely to the Course, giving undivided attention and presence during class. Complete trust in the teacher and the teaching method are required. In the event the student feels unwell, it is still essential to attend all classes everyday.

Students are expected to be punctual for all sessions during the duration of the Course.

Students should be moderate in terms of the amount of food they eat. Any intake of food apart from the two main meals provided by the Centre is to be strictly avoided; one should be aware that overeating is detrimental to the program and purpose of the Course. It is also recommended that the afternoon break be utilized to rest and that students go to sleep early in the evening, to ensure full presence in class.

During the Course, each participant is required to suspend any personal spiritual practice and to concentrate only and fully on the practice being taught during the Course.

Positive criticism is welcome, in order to enhance the quality of learning and exploration.

For the smooth functioning of this Course, each participant is required to take on necessary tasks that contribute to the work of the Centre. These tasks - or Karma Yoga - may occupy up to one hour per day.

Each participant is experiencing their own processes as an individual, and should be completely aware of his/her thoughts, speech, and actions. Couples

participating in the course may continue to share their accommodation; they should, however, avoid interrupting one another's individual processes. If one partner is not a participant, couples are required to separate during the duration of the Course.

With the exception of tea, no drugs are to be consumed during the Teachers Training Course. The term "drug" not only refers to illicit drugs, but to alcohol, cigarettes and other stimulants (such as coffee) as well. Participants are encouraged to drop their habits 3-4 weeks prior to the start of the Course, to avoid experiencing withdrawal symptoms during the program.

The environment outside the Centre cannot be controlled. Tolerance of external disturbances, on the part of students, is requested.

Terms and Conditions of Payment

A deposit is to be paid in order to secure a place in the Teachers Training Course. Students should submit deposits only if they are certain of their ability to comply with the Course requirements, the Code of Conduct, as well as the terms and conditions of payment. If completion of the required three rounds of Five-day Course & Intensive Course has not been fulfilled at the time of booking, a place in the TTC can be secured when submitting the deposit, with the understanding that the participant will fulfill this prerequisite.

Full payment is to be submitted 1 week prior to the beginning of the TTC.

It should be understood fully that money, once deposited, is not refundable, except if the participant:

Informs us three months prior to the beginning of the Course;

Becomes seriously sick or injured (a medical certificate is required in this case);

Has to leave to his/her home country, due to extreme conditions or personal crises;

Has been excluded from participation in the Course, due to not adhering to the requirements, Code of Conduct, or the terms and conditions of payment.

Under these circumstances, an amount of USD 25 will be withheld to cover the Centre's administrative expenses.

In the event that the participant resigns during the duration of the Course, the refunded amount will only include the cost of the days not participating in the Course. An administrative fee of USD 25 will also be withheld.

If the applicant resigns due to reasons other than those listed above, a refund is not possible.

Disclaimer:

Please note and understand that we reserve the right to,

- Undertake short-term changes in the program & structure of the Course;
- Make exceptions to the above procedure in individual cases;

- Change the price of Courses according to circumstances that are beyond our control; &
- Exclude people from the Course who do not adhere to the above conditions, and who would therefore be a disturbance.

Be Happy.

Sharat,

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