



Certification:

The Santosha Yoga Teacher Certification Course satisfies all the requirements for the 200 Hour Yoga Teacher Training. You will become equipped with the necessary knowledge, experience, and confidence to teach yoga in the community and private sector. You will receive a Certificate of Diploma and become eligible to become a Registered Yoga Teacher through Yoga Alliance at the 200 hour level.

You have a choice of completing the 200 Hour Certification program in a Two (2) Week Full Time Intensive Session or in the 20 week Saturday or Sunday Session.

Curriculum:

The Santosha curriculum is based on a composite of the most popular styles practiced in the world today set in an environment conducive to learning and helping you grow and evolve to your full potential. Students will participate and learn the basic foundational asanas (poses) of Classical Indian Hatha Yoga along with variations and modifications learned in various styles such as Shivananda, Sampoorna, Anasara, Kundalini, Ashtanga and Iyenger.

At the 200 Hour level you will become inspired to live yoga and teach an individual specialty with creative style such as: Classical Hatha yoga, Yoga for Athletes (Power Yoga), Vinyassa Flow (Ashtanga), Gentle Yoga, Yoga for Seniors, Kids Yoga, Baby and Mom Yoga, Prenatal and Post Natal Yoga, and Therapeutic Yoga.

There will be an emphasis on integrating Yoga with Humanitarian Ideals and a desire to Serve in our emerging world. The following topics will be covered:

Asanas (Poses): Practice and teaching techniques of yoga postures. including Sun Salutation, variations, and modifications.

Pranayama (Breathing Exercises): Mastery of Prana and Energy.

Mantra and Japa: Use of Divine sound.

Study of Sacred Texts: Patanjali's Yoga Sutras(The Eight Limbs Of Ashtanga Yoga), the Hatha Yoga Pradipika, and the Bhagavad Gita.

Vedanta Philosophy: Study of the Universe, Self, and Truth.

continued

Curriculum continued

Meditation Instruction, stages, and benefits.

Karma and Reincarnation theories.

Astral body, Nadis, and Chakras and Kundalini: Study of the Subtle energy pathways and centers in the body.

Raja Yoga: The path the Mysteries of the Mind and how to control it.

Jnana Yoga: The path of Self Knowledge and inquiry into, "Who am I."

Bhatki Yoga: The path of devotion to God, including the practices of chanting, worship, and self-surrender.

Nada Yoga: The path and study of application of sound vibration as a tool for healing and uplifting the emotions and the mind.

Karma Yoga: The path of right action and selfless service.

Anatomy and Physiology: As they pertain to Hatha Yoga.

Sanskrit Terminology

Proper Diet: For optimum health and peace of mind.

Yoga Kriyas: Cleansing techniques.

Ayurveda: Basic introduction to this ancient healing art.

Study of Health benefits of a yoga practice on the physical, mental, emotional and spiritual systems.

Overview of Working with medical and physical limitations through therapeutic yoga.

Overview of working with prenatal and post natal.

Study of creative sequencing beginning with warm up and ending with complete relaxation and meditation.

Santosha Course Requirements for 200 Hour Graduation:

- Mandatory 180 hours group class participation. (Make up days available)
- 3 private 1.5 hour class sessions.
- Ability to demonstrate knowledge of assisting.
- 3 hours leading of group practice class.
- 20 hours Independent Study.

Daily Schedule

8:30 am - Meditation, Pranayama, Nada Yoga
9:20 am - Santosha Yoga Asanas, Pranayama
10:15 am - Brunch
11:15 am - Karma Yoga
12:00 pm - Break & Personal Studies
1:00 pm - Yoga Philosophy lecture
2:00 pm - Break
2:15 pm - Santosha Yoga Asanas, Pranayama
3:30 pm - Break
3:45 pm - Yoga Philosophy lecture
5:00 pm -Break & Snack
5:30 pm to 6:30 pm - Kirtan, Nada Yoga, Meditation

Our Program:

- The most effective way of learning and teaching is from direct experience
- This is the traditional teaching where you will inherit the fruits of the wisdom of the Rishis from ancient time to present day in the Sivananda/Sampoorna lineage and Muktananda Lineage.
- During the programs you will be in close contact with Aimee Colber, who will be assisted by Barbara Colber, adept Yogi's, who will teach you and inspire and enlighten you.
- Away from your home, business, appointments, everyday responsibilities and the distractions of the home environment, you can focus all your attention on the course and experience the positive benefits of Sadhana.
- Throughout the programs each moment is lived with awareness, bringing about growth and transformation.
- The programs are limited to twenty students giving everyone the opportunity for much individual attention and ample teaching practice time.
- The course will give you a solid foundation and enough knowledge of Yoga for a lifetime of practice and the skills necessary to pass these teachings on to others.

-Overnight accommodations are available at \$60 a night which includes brunch and dinner.

Nearby Lodging in Bed & Breakfast or hotel:

- The Newtown Inn (www.theinnatNewtown.com)
- The quid, 245 second hiil rd, New milford, ct. (www.thequid.com) 860-354-6143
- Barrymore, 11 glenn rd,newtown, CT.(www.innsite.com/inns/A005037.html)
- Dana-Holcombe House B & B 29 Main St. Newtown, CT. 203-426-2000
- Tucker Hill Inn, 96 Tucker hill rd, middlebury, ct. 203-758-8334
- Hummingbird Hill, 891 Main st S, woodbury, ct 203-263-3733
- Cornucopia at oldfield B & B, 782 Main St, Southbury 203-267-6772 (discounted for yoga students).

Inexpensive Nearby lodging:

- Courtyard by the Marriot, Danbury, CT \$67
- Red Carpet Inn, New Milford, CT \$39
- Quality Inn & Suites, Danbury, CT \$69
- Rocky River Motel, New Milford, CT \$39

-About 45 min away but near a huge waterfall, a lake & many, many hiking trails & skiing:
Constitution Oak farm, Beardsley rd, Kent, CT 06757 860-354-6495

Rates & Notes

The cost covers tuition and course materials. Full participation in all activities is required.
No meat, fish, eggs, alcohol, tobacco or narcotics are allowed.
Please bring a mat for asanas (or you can purchase one here).
Complete and return the attached application form with the appropriate deposit.
(The appropriate cost and deposits are on the application form).
No refund of deposit after you have been accepted for the course. In case of an emergency you may transfer the deposit once, to purchase a package of yoga group classes or one on one individual yoga classes. The full fee is due before the start of the course and once the course starts, there is no refund whatsoever.

Dates for Teachers Training courses

The teacher training is offered on a ongoing basis.

***Accepting Applications ***

To register Please fill out the application and mail it with payment information to:
Santosh Center P.O.Box: 172, 27 Hawleyville Rd, Hawleyville, CT 06440.

If you have any questions please contact Aimee at 203-243-0155 or at 203-364-0851.