

sādhana māla

sādhana is a Sanskrit word which means spiritual practice; it is the means of moving from where we are now to a new place of greater understanding and fulfilment. It requires effort and intention. Any practice, or indeed action, taken with right intention and attitude, could be considered sadhana.

māla is also a Sanskrit word which has many meanings. It is a collection of beads on a thread which is used as a meditation aid to remind us to be present and awake. It is also a garland, and an offering.



Sadhana Mala / AYS Yoga Teacher Training Taunton April 2011

Yoga
a
tapestry
of
the
soul

Teacher
Training
a
journey
of
growth
and
empowerment

A training course accredited with the British Wheel of Yoga (BWY) and recognised by the Association for Yoga Studies (aYs)

The Faculty The course will be run principally by Dave Charlton and Ranju Roy, who have more than forty years combined Yoga teaching experience. There will also be input from other specialist guest tutors including Ruth Gilmore, who will deliver the A&P input.

Course Content The course will offer a thorough grounding in the basic elements of yoga practice such as asana, pranayama and meditation appropriate to teaching group classes in a modern context. This will be supported by a strong foundation from the Yoga Sutra and other key texts such as the Upanisads, Bhagavad Gita and Hatha Yoga Pradipika. We will link the study material directly to practical application so that the theory comes alive in every aspect of the practice. There will also be input on anatomy & physiology, professional aspects of teaching and the history of Yoga.

Course Structure The course consists of a minimum of 360 hours with at least 300 direct contact hours, structured as 15 non-residential weekends at a venue in Taunton (Friday evening – Sunday afternoon), and 2 five-day residential mid-week intensives.

When The next course will commence in April 2011 (with introductory days and interviews in late 2010, early 2011), and last 2 years.

Cost The basic course is £2960 to include all tuition, payable as an initial deposit and 18 monthly instalments. An info sheet is available explaining this in detail and outlining all likely additional expenses.

Prerequisites Prior completion of a minimum of 60 hours study through the Association for Yoga Studies (aYs) Foundation Course or the equivalent (e.g. British Wheel of Yoga Foundation Course). Extensive experience or other training may also be considered as fulfilling these requirements on an individual basis. The course tutors reserve the right to decide on eligibility or appropriateness of any prior training.



The Sadhana Mala Approach The Sadhana Mala Yoga Training offers a 21st century Western approach to Yoga rooted in traditional Eastern wisdom and principles of practice. The appropriate application (viniyoga) of Yoga techniques can help to support us in our lives, assist us in recovery from various health conditions and move us towards greater wisdom and fulfilment. The skilful Yoga teacher can address the full spectrum of individual needs and interests. This training will seek to provide the core competences and versatility to achieve this.

Why Do This Course With the core faculty of Dave and Ranju we believe that this course is offering a unique combination of expertise that will provide a thorough grounding in the teachings of Krishnamacharya applicable to the modern teaching context, through a non-dogmatic and open approach. To find out more about the tutors, the course and their approach please check out the website.

We also offer further follow-on training focussing on individual tuition and the application of Yoga as a therapy. This is fully integrated and consistent with this course, and, should students decide to continue with this, would provide a complete training exceeding a total of 750 hours.

How Do I Apply For further details, and to receive an application pack, please contact Sadhana Mala. You will need to complete an application form, attend an introductory day to find out about the course in detail and, in most cases, attend an individual interview.

Sadhana Mala
01823 275766
info@sadhanamala.com
www.sadhanamala.com

Please register your interest early to avoid disappointment.

