

GERMANY NOVEMBER 2019



**SRI SRI YOGA**  
**TEACHER TRAINING**

The Sri Sri School of Yoga Teacher Training is guided by the teachings of the Yoga Shiromani Sri Sri Ravi

A complete and profound practice that draws on the tradition of Vedic Knowledge.

Shankar and includes the various paths of Yoga: **Gyana** (the path of knowledge), **Bhakti** (the path of devotion and sincerity), **Karma** (the path of selfless service), **Hatha** (the path of determination) and **Raj Yoga** (the real path, without effort). During the program - through holistic training that includes the various philosophical, practical and spiritual aspects of the science of Yoga - you will learn to cultivate your whole being through effective practice of pranayama, asana, advanced yogic techniques that go beyond the body, deepen and make your personal experience of yoga alive, allowing a deep connection from which the natural and authentic teaching that distinguishes Sri Sri Yoga comes to life.



BLOSSOMING  
INTO  
A YOGI ♥

♥ BECOMING  
A YOGA  
TEACHER

**Sri Sri**  
SCHOOL OF YOGA

**200H RYT YOGA TEACHER TRAINING**  
9-30 NOVEMBER 2019 • IN THE BLACK FOREST, GERMANY  
TTPDESKEUROPE@SRISRISCHOOLOFYOGA.ORG

# Autumn 2019

## FORMAT

**200H Format over 3 weeks.**

Certificate 200 RYT YOGA ALLIANCE. Aligned with syllabus from AYUSH, Gov. of India.

## DATE

**9-30 November 2019 - Germany**

at the European Art of Living Centre in Bad Antogast, Black Forest.

## LANGUAGE

**English.**

**Translation** needs to be required in advance • Fee: 450€ (shared by the Number of participants in need of)

## FACULTY

**International Team of Faculty from Europe and India.**

**Leading Teacher Beatrice Iulini** - 500H RYT Trainer – dedicated yoga practitioner over the last 20 years, certified from AYUSH Government of India as Sri Sri Yoga teacher 350H, Director of Sri Sri School of Yoga Teachers Training for Europe. Certified as Sudarshan Kriya and Sahaj Samadhi Meditation trainer. Serving through Yoga Therapy in social projects.

## SUBJECTS & METHODOLOGY

1. Philosophy, Texts, Ethics and Lifestyle of Yoga
2. Asana sequence of Sri Sri Yoga
3. In-Depth Study of Asana for a deeper practice and learning of postures.
4. Anatomy and Physiology applied to Yoga
5. Group practice
6. Practice and study in small groups
7. Basic study of Sanskrit
8. Pranayama - Principles & Practice
9. Meditation - Practice and Teaching Techniques
10. Ayurveda & Yogic Diet
11. Teaching Techniques
12. Interactive classes to develop Communication and Student / Teacher Relationship skills
13. Yoga business
14. How to create your own Yoga Class.



# OUR STUDENTS' SHARING ABOUT THE SCHOOL...

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## Radostina Tsankova, Switzerland

“Sri Sri School of Yoga provides very profound and complete teaching of Yoga - getting in touch with ancient knowledge, coming from a path and lineage of Masters. I had my unique experience about all what we were studying and discussing, inspired by the example of our great teachers, full of knowledge, dedication, love and willingness to share their own path with us.

The programme gave me a new broader vision and deeper experiences, that has transformed me from within, helping me become my better version by recognising and leaving old patterns behind and getting in touch with my center and strength. The qualities and skills I acquire through the TTP and the daily practice of yoga, help me in every aspect of my life.” *Radostina Tsankova – Nurse, Sri Sri Yoga teacher 300H, AYUSH certification, Government of India*

## Stanislav Iatsevitch, Germany

“The course was a really live changing experience: diving both into the profound theory and intensive practice, learning from the teachers and from the fellow students, undergoing major changes on the level of the body and beyond - all this was happening in such a short time compared to the time it took me to get started!

The TTP has taught me to treat my body with friendliness and respect, to grow in a live knowledge and to go deeper in understanding what is said and written about Yoga. It gave me a lot of enthusiasm to share what I've been receiving, to guide Yoga classes and help other people to get their access to Yoga.” *Stanislav Iatsevitch – Software Engineer, Sri Sri Yoga teacher 300H, AYUSH certification, Government of India.*

## ADMISSION AND REGISTRATION METHODS

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### In 4 Steps

1. SUBMITTING A REGISTRATION FORM – [APPLY NOW](#)
2. ADMISSION INTERVIEW with one of our Teachers.
3. ACCEPTANCE EMAIL with instructions for payment and preparatory study materials.
4. PAYMENT OF THE ENTRY FEE by bank transfer directly to SRI SRI SCHOOL OF YOGA Europe.

### Eligibility

- A sincere interest in learning Yoga and eventually teaching it.
  - At least 18 years of age.
  - A certificate attesting physical health and mental state that can support rigorous training.
  - Regular yoga practice of at least 1 year.
  - NOTE ON THE PRACTICE OF THE SUDARSHAN KRIYA® YOGA
    - I. The **Sudarshan Kriya® Yoga** is not required as a prerequisite, although it is part of the personal practice during the Training and fundamental support for teaching in Sri Sri Yoga.
    - II. For those new to this technique, they will get trained during the Teacher Training itself.
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# SUBSCRIPTION FEE

The registration fee is differentiated into 2 different installments.

- **Entrance Fee**

990€ - registering by 15<sup>th</sup> September 2019

1.300€ - registering after 15<sup>th</sup> September up to 15<sup>th</sup> October 2019

To be paid to SRI SRI SCHOOL OF YOGA at the moment of Acceptance to confirm your place.

✿ INCLUSIVE OF

- 200H RYT Training
- 200H RYT certificate recognised by Yoga Alliance, to be able to teach internationally.

- **Service Fee** (depending on chosen accommodation)

From 882 to 1.449€

To be paid by 30<sup>th</sup> October 2019 to the European ART OF LIVING CENTRE Bad Antogast.

▪ Single room with bath	1.449€
▪ Double room with bath	1.344€
▪ Single room with bath on the corridor	1.239€
▪ Group room with bathroom	1.239€
▪ Group room with bathroom on the corridor	1.008€
▪ Dormitory	882€

✿ INCLUSIVE OF

- Accommodation and full board for 3 weeks
- Registration Services Fee
- Study & Course Materials

✿ NOT INCLUDED

- Shuttle from/to whatever train station or airport.
- Extra night at the Ashram
- Translation Service (to be booked in advanced while registering)

## Registration and Payment

- To register please fill in the [APPLICATION FORM](#). After selection and interview, you will receive an Acceptance email.\*
- **We require the payment of ENTRANCE FEE in 7 days after your receiving the Acceptance Email** to secure your spot on the TTP.
- There are currently no payment plans available.
- Remaining balance of payments are due by the dates of a month before the starting date of the TTP.

\* Registration is confirmed upon receipt of payment and upon receipt of the Acceptance email.

**Note:** All fees including tuition and accommodation, once deposited, are non-refundable and non – transferable.

### Bank Account Details

**FOR ENTRANCE Fee only**

Sparkasse Ortenau/ Offenburg  
Sri Sri School of Yoga Europe GmbH  
IBAN: DE 27 664500500004940369  
BIC: SOLADES1OFG

**FOR SERVICE Fee only**

Volksbank Offenburg  
Art of Living Germany e.V.  
IBAN: DE 14 6649 0000 0052 9751 07  
BIC: GENODE61 OG1

### CONTACTS

**SRI SRI SCHOOL OF YOGA EUROPE**

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[www.srisrischoolofyoga.org/eu](http://www.srisrischoolofyoga.org/eu)