

**POLAND 2019    TEACHER TRAINING**  
**SRI SRI YOGA**

The Sri Sri School of Yoga teacher training is guided by the teachings of the Yoga Shiromani Sri Sri Ravi Shankar and includes the various paths of Yoga: Gyana (the path of knowledge), Bhakti (the path of devotion and sincerity), 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.



**AUTHENTIC YOGA  
IN ITS PURE FORM**

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**YOGA TEACHER TRAINING 2019 • 200H RYT**  
**7-28 SEPTEMBER • TARASKA • POLAND**

Sri Sri Yoga Teacher Training recognised by Yoga Alliance.

- 3-week residential format
- 200H RYT Yoga Alliance Certificate
- International Trainers & Yoga Community

**Teaching Yoga.**  
**Living Yoga.**



online webinar - masterclass & free experience  
calendar [www.srisriyogapoland.pl](http://www.srisriyogapoland.pl)

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

## FORMAT

200H FORMAT recognized 200 RYT YOGA ALLIANCE, aligned with syllabus from AYUSH, Government of India.

## DATE

7- 28 September 2019 • Poland - Art of Living Centre in Taraska.

## LANGUAGE

English.

Translation needs to be required in advance • Fee: 210€ (shared by the Number of participants in need of)

### SUBJECTS & METHODOLOGY

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



## OUR STUDENTS' SHARING ABOUT THE SCHOOL...

### 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 the online Google APPLICATION FORM- if not done yet
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 to physical health and mental state that can support rigorous training.
- Regular yoga practice of at least 1 year.

### NOTE ON THE PRACTICE OF SUDARSHAN KRIYA® YOGA

- 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.
- For those new to this technique, they will get trained during the Teacher Training itself.

# SUBSCRIPTION FEE

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**Application Deadline** August 25<sup>th</sup> • **Early Bird payment** by July 30<sup>th</sup>

The subscription fee is differentiated and divided into 2 different installments:

## ● Entrance Fee - 200H RYT TRAINING

**To be paid at the moment of acceptance to confirm your place.**

- **910€ Early Bird up to 30<sup>th</sup> July**
- 1.200€ after 30<sup>th</sup> July

## ● Service Fee (Accommodation, Board, Services, Materials)

**To be paid by 30<sup>th</sup> August 2019 – Fee depending on chosen Accommodation.**

- |  |      |
|--|------|
| ○ Double room with bathroom on the corridor  | 980€ |
| ○ 3 sharing with bathroom                    | 820€ |
| ○ 4 sharing with bathroom                    | 690€ |
| ○ 4-5 sharing with bathroom on the corridor  | 560€ |
| ○ shared lodge with bath in another building | 472€ |

## 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.

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

## Bank Account Details

### **IN EURO (€)**

ART OF LIVING EDUCATION POLSKA

IBAN: PL34114019770000306547001002

BIC/SWIFT: BREXPLPWMBK

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

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## CONTACTS

SRI SRI SCHOOL OF YOGA EUROPE

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

