

Founders of Shiva Hatha Yoga



Swami Shankarananda is a Self-realised master in the Shiva Yoga lineage. In the 1970s he lived and studied with many famous yogis in India, including his spiritual master, Swami Muktananda, and the hatha yogi, Hari Das Baba. Swamiji established the Shiva School of Meditation and Yoga in 1991 with Devi Ma. He is the author of many books including the comprehensive guide to meditation and spirituality in daily life, **Happy for No Good Reason**. Swamiji carries a powerful spiritual energy that enlivens all of the courses and spiritual practices of Shiva Yoga. He is well known for his ability to awaken the *kundalini* energy, the goal of all yogas. You will have many opportunities to hear the wisdom and experience the love of this great yogi.

Swami Bhairavi Ananda (Devi Ma) met Swami Shankarananda in 1974 and has studied and worked with him since then. The Dean of Shiva Hatha Yoga, she oversees the daily activities of the Mt Eliza Ashram. In 1997 Swamiji encouraged her to begin teaching yoga. She incorporated the Golden Eleven series that Swamiji developed with her previous training and Shiva Hatha Yoga was born. Since then it has evolved into a comprehensive yogic discipline as the Acharyas and Senior Yoga Teachers have contributed their insight, understanding and practice. Devi Ma is a skilled Shiva Process facilitator and will teach some of the classes. She is also the former president of the Yoga Teachers Association of Australia.



The Shiva Yoga Approach

The Shiva Hatha Yoga Teacher Training was created to meet the growing demand for qualified teachers. Our curriculum is both spiritual and practical; it combines the ancient yogic teachings with a modern Western approach. We offer a series of lectures and an apprenticeship that prepares and inspires you to be the best yoga teacher you can be. We are committed to graduating teachers who not only understand the postures and philosophy of yoga, but also have an *experience* of the true meaning of yoga.

This training is grounded in traditional sources while emphasizing practical use in modern life. You will study the **Yoga Sutras of Patanjali**, the current philosophical context for yoga, the **Hatha Yoga Pradipika**, a foundational text of the Hatha Yoga tradition and **Kashmir Shaivism**, a teaching that gives a direct intuitive realisation of the essence of yoga. These will give depth and power to your personal practice and the way you share it with your students. These teachings are a resource that you can use to enliven your yoga classes.

Any great teacher lives the teaching in an integrated way. Meditation and Self-Inquiry are indispensable in creating that integrated life, and are the inner meaning of Hatha Yoga practice itself. Swamiji, Ma Devi and our trained teachers will provide ground-breaking guidance and instruction in meditation and Self-Inquiry. You will learn new and skillful methods that not only deepen your spiritual life but give a new way to deal with the areas of career, relationship and health, both personally and professionally.

Each student is encouraged to make use of a mentor. This mentor is available for practical and personal assistance. While being given tools to develop your own practice, you will also be asked to attend classes regularly from a variety of Shiva Yoga Teachers. Eventually you will teach each other and receive constructive feedback.

Our training is an offering that is yours to make use of in your own way. Included are classes on how to set up your own yoga studio and become a professional yoga instructor. Shiva Yoga teacher training is one of the most comprehensive yogic disciplines available.

Thanks to a wonderful abundance of information and teachers, I became confident enough to open a yoga centre. Every week my classes grow and the feedback I receive is extremely positive. I feel this is a reflection of the quality of the training I received at Shiva Yoga.

Felicity McKenzie

Course Outline

Our course is a unique opportunity to study hatha yoga in the context of the transforming power of the ancient tradition that is Shiva Yoga. Over 18 months you will experience a profound transformation of your body, mind and spirit as you grow in inner strength, wisdom and peace. The course will include:

- ❖ **Vinyasa:** discover the secrets of asana sequencing and transitions. Develop adaptability in the practice and teaching of asana.
- ❖ **Scriptural Study:** the traditions and origins of yoga, its spiritual and practical philosophies.
- ❖ **Anatomy and Physiology:** learn how the body works from the perspectives of modern Western science.
- ❖ **The Subtle Body:** discover the insights of ancient yogis regarding the role and movements of energy through your body.
- ❖ **Pranayama:** the breath and the life force. Learn breathing practices and the role the breath plays in physical movement.
- ❖ **Meditation, Self-Inquiry and Self-Study:** learn the essence of spirituality from an authentic and alive tradition.
- ❖ **Coaching:** learn the principles, practice and methodology of teaching others.
- ❖ **Business Development:** practical advice to empower you in sharing your new experience with the world.

Body

Developing Your Practice

You will attend weekly hatha yoga classes throughout the 18 months. Regular practice of asanas will strengthen and balance your body, and increase flexibility and vitality. Your mentor can assist you in a personalised practice.

Anatomy and Physiology

Understand the effects of yoga practice on the body from a physical perspective. In this segment you

will learn the structural anatomy and physiology of the human body, including the muscular and skeletal systems. This includes basic bio-mechanics in application to asanas, asana movement and transition. Learn about the benefits, physical cautions and contraindications of specific asanas and their effect on the body.

Asana Practice

Use specific guidelines to structure your asana practice and class outlines. This includes learning about static asanas, creating vinyasas (sequences), using counter-poses, applying bandhas, modifications and variations of postures. We will also discuss using props.

Pranayama

Pranayama means the extension of vital breath. In this segment you will learn the laws of yogic breathing, giving you a new relationship to your breath and the life force in the body. Always beginning with the natural movement of breath, you will gradually explore increasingly sophisticated breathing techniques for both meditation and asana practice. By developing an awareness of the movements of breath you will learn how to use its parts; inhalation, exhalation and retention. Learn gentle exercises to calm the mind and emotions for meditation and relaxation. Learn also the role of the breath in asana practice and how when rightly used the breath gives movement to the body. Combined with the breath, asana practice becomes a tool useful for numerous purposes from physical vitality to spiritual experience.

Mind

Study of Ancient Yogic Texts

The course will include study of the following foundational texts of hatha yoga:

Yoga Sutras of Patanjali

The *Yoga Sutras* outline practices or spiritual disciplines expounded by the Indian sage, Patanjali. They detail eight 'limbs' (ashtanga) or means for inner transformation.

Hatha Yoga Pradipika

The *Hatha Yoga Pradipika* is an ancient scripture of hatha yoga practice, detailing techniques of asana, pranayama and shatkarma (cleansing practices), designed to purify the body and discipline the mind, preparing the individual for transcendent states of meditation.

Specialisation

A series of introductory lectures on various specialty areas including pre- and post-natal yoga; aspects of yoga therapy and others.

Mentorship Programme

You will be assigned a Shiva Yoga teacher who will act as your mentor and guide throughout the course. They will be available as your contact person, to answer your questions and process any issues that may arise.

Teaching Practice and Methodology

Throughout the course you will have the opportunity to be guided in effective communication and presentation. Experienced teachers will help you discover your own teaching style. This will be done through hands-on experience of teaching, personal mentorship and feedback from your fellow students.

Business Development

A series of lectures devoted to the development of your own business, including marketing, insurance, business name and A.B.N applications, basic bookkeeping and budgeting.

Spirit

Kashmir Shaivism

Kashmir Shaivism is a spiritual philosophy and practice that is at the heart of Shiva Yoga. It offers a liberating path of lively spirituality in the midst of your outer life. Life-positive and empowering, Shaivism is well suited to everyone seeking a spiritual path that affirms worldly life and divinises it. It springs from the direct visionary experience of the sages. Let the grace of this tradition

enliven and uplift your inner world. Texts studied include: *Shiva Sutras*, *Spanda Karikas*, *Pratyabhijnahridayam*, *Vijnanabhairava* and Swamiji's book, *Consciousness is Everything*.

Learn to Meditate

Meditation is a universal practice crucial to the true meaning of Hatha Yoga. Over four weeks you will be given everything you need to establish a powerful meditation practice. A broad range of techniques are given including traditional methods of mantra repetition, breath meditation and witness-consciousness. You will also explore the important issues of meditation practice such as the Inner Self or higher awareness, how to work with a negative mind and how to keep your practice alive.

Self-Inquiry, the Shiva Process method

The Shiva Process method of Self-Inquiry is a groundbreaking technology developed by Swamiji. You will discover the laws of your inner world and uncover the relationship between your thoughts and feelings. This will give you direct and profound psychological and spiritual insight. Self-Inquiry has the power to unblock practical issues and empower your decision-making. It heals the split between spirituality and outer life.

Satsang

One of the best ways to further your practice is to spend time in the company of a great master. Every Saturday night Swamiji speaks on the philosophy of meditation and the paths of yoga, drawing on a variety of traditions and contemporary spiritual teachers. Satsang is a delightful programme of meditation and chanting that teaches you how to sustain your experience of the inner Self.

Intensives

Intensives are one-day programmes which provide a fantastic opportunity to immerse yourself in the energy of the inner Self. You will develop an understanding of the Kundalini (yogic energy) and how this helps unlock your inner potential in yoga.

This course completely covers everything from the most practical aspects of yoga to an esoteric understanding of its goals. Focusing on the essence of the practice it gave me an experience of my true nature, the Self.

Tomek Adamkiewicz

Shiva Yoga believed in me. This course helped me discover my ability and commitment which I feel that I couldn't have done on my own. The teachers were filled with compassion and care.

Elise Wiseman

Instructors

Our yoga teachers are personally trained by Swamiji and Devi Ma. They are committed and highly experienced Shiva yoga practitioners. They will teach the courses and supervise your training. Guest teachers will also be presenting workshops throughout the course.

Instructors Include:



Swami Durgananda has been studying with Swami Shankarananda since 1995. She is a senior hatha yoga teacher and co-ordinator of the yoga teacher training course.

Durgananda is also a Shiva Process group facilitator and meditation instructor. A talented graphic designer for the Shiva Ashram, Durgananda brings creativity to everything she does.



Swami Atmananda met Swamiji in 1994 and has been living and working at the Shiva Ashram since 1997. He has extensive experience as a Shiva Process group leader,

and has been teaching Learn to Meditate courses for over three years. Atmananda is also a teacher in the philosophy of Kashmir Shaivism.



Swami Bhaktananda has been practicing yoga for 25 years and is a specialist in teaching yoga to pregnant women. She likes to focus on the mind/body connection

and uses meditation and postures to relax and invigorate the body.



Yogacharya Julia Renaud has been teaching yoga for 10 years. She developed an interest in pregnancy yoga prior to the birth of her son three years ago and has specialised in this area ever since. She has also completed a certificate in Childbirth Process Theory (part of Doula Training).



Mary Donaldson has been involved in ShivaYoga for 7 years. She will be teaching applied Anatomy and Physiology. She is a registered nurse and Shiva Hatha Yoga graduate.



Purnima Bunyevich has been a student of Swamiji's for 9 years. She is a Shiva Hatha Yoga graduate and in her teaching emphasises the link between breath

and movement, creating a natural and graceful hatha yoga class.



Acharya Sandy Kouroupidis, a computer consultant with extensive experience is a valuable member of our community who has successfully integrated his spiritual

and professional life. He will lecture on Business Development.



Acharya Anandi Fenwick is an experienced hatha yoga teacher and Shiva Center leader. Known for her great enthusiasm, Anandi likes the energising qualities of yoga.

Certification

Commitment

- ❖ Tuesdays 6.30- 9pm
- ❖ Sunday Workshops
- ❖ Weekly Hatha Yoga Classes
- ❖ Time with your mentor

We encourage you to attend as many hatha yoga classes as possible both here and elsewhere and also to participate in the other Shiva Yoga Programmes.

Assessment

Throughout the course you will be expected to complete a number of assignments and tests. There will be a final exam at the end of the 18 months and also a research assignment of your choice.

Once you have completed your course-work and final evaluations, you will receive your Shiva Hatha Yoga Teacher Certification. As a certified Shiva Hatha Yoga Teacher you will be eligible for membership in Yoga Australia.

Enrolment

To enrol please fill out the enrolment application form and return it with your \$550 deposit. (Please note your deposit is non refundable.)

Cost \$5,400 \$4,800 conc.

A discount of 10% is offered to those students who pay the balance of the course in full prior to the beginning of the course.

Cost Includes:

- ❖ All Tuition
- ❖ Handouts
- ❖ Shiva Hatha Yoga Classes
- ❖ Yoga Workshops
- ❖ 30% discount on other Shiva Yoga programmes (Retreats, Intensives, Shiva Process etc.)

Please Note: Cost does not include First Aid certification or Text Books. A First Aid Workshop may be offered subject to numbers.

Shiva School of Meditation and Yoga

The Shiva School of Meditation and Yoga is located forty-five minutes outside of Melbourne on the beautiful Mornington Peninsula. It is a centre of learning, meditation, physical work, practice, spiritual growth and transformation. Set on three and a half acres, it is an idyllic and tranquil setting to immerse yourself in the teachings and tradition of yoga.



Shiva School of Meditation and Yoga
27 Tower Road, Mt. Eliza, Vic 3930

For all course inquiries:

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Fax: 03 9775 2591

Email: askus@shivayoga.org

Website: www.shivayoga.org

Expand your mind. Enliven your body.

Enrich your experience of life through living with awareness.

Shiva Hatha Yoga TEACHER TRAINING COURSE

18 MONTH COURSE BEGINS MAY 3, 2011

- ❖ Learn to practice and teach the asanas
- ❖ Understand their function and sequence
- ❖ Become a certified yoga teacher and more:

Patanjali
Hatha Yoga Pradipika
Pranayama
Kashmir Shaivism
Meditation
Self-Inquiry

The study of yoga is the most fascinating and exhilarating journey you can undertake. More than a philosophy or practice, it works on every level of your being. Yoga is living life at its fullest.

Swami Shankarananda

This course meets Yoga Australia level one membership requirements.