

# ADVANCED YOGA TEACHER TRAINING (RYT 500)

Helsinki, Finland 2016

## Do you want to...

- Take your career as a yoga teacher to the next level?
- Develop your teaching skills and deepen your knowledge in yoga with one of the best yoga teacher trainers in Europe?
  - Make bigger and even more positive impact in the world by teaching yoga?
- Grow your income to live a life that feels good to you and make it as a yoga teacher in this competitive business?
- Have a clear plan on how to design your career so that you don't burn out and still have enough money to sustain the life you want?
  - Fall in love with yoga again as a student?
- Have your own yoga sister/brother mastermind group ready to support you in every step of the way?

If you are a certified yoga teacher and answered YES to any of the above questions, our advanced yoga teacher training might be just what you have been looking for.

**Now Open for Applications  
for 2016 training,  
Helsinki, Finland**

*True*  
**APPLY NOW!**

**[laura@himahappiness.com](mailto:laura@himahappiness.com)**

## WHAT WILL YOU LEARN?

At HIMA we train our teachers to be fully qualified to teach all levels of yoga classes both to groups and individuals. Students will gain deep understanding on how to teach yoga to different kind of people including personalized yoga programs to individuals and groups with special needs.

### Techniques and yoga therapeutics

This module gives you deep and detailed look into sun salutations and major asana families such as standing, balancing, forward bends, backbends, twists, inversions, arm balances, hip openers and core strengthening.

In depth asana studies include:

- Alignment principles
- Benefits
- Risks

- Alignment and movements of energy in asana
- Preparatory poses, strengthening, counter poses and assists for advanced asana
- Variations, modifications and use of props
- Hands-on adjustments
- Transitioning in and out of poses
- Application of bhandha in Asana
- Therapeutic applications: Working with Injuries, Spinal issues, Anxiety, Depression, etc.
- Specialized Teaching such as teaching in institutional settings (schools, prisons, treatment centers), corporate yoga, and teaching yoga to athletes, senior citizens, etc.

After this module you understand the use of physical adjustments and learn different types of assisting depending on a student.

### Intelligent sequencing & teaching methodology

In this module you will learn intelligent sequencing (Vinyasa Krama) according to level, intention, energy, theme and other considerations of the students.

You will also learn how to design beginner, intermediate and advanced level classes for groups and private clients and how to develop themed course curriculums that run over a limited period of time such as courses for yoga studios, yoga workshops and yoga retreats.

Understanding how to use your voice in order to create desired affect and atmosphere is essential to advanced yoga teacher. In our training you get deep understanding of advanced ways to create desired atmosphere using your voice as a tool. You will also learn systematic instruction of poses and verbal adjustments. Understand the difference of action commands and passive instruction will benefit your teaching.

### Anatomy & Physiology

Yoga anatomy and physiology plays important role in our training program. You will study both physical and subtle anatomy.

You will dive deep into biomechanics and kinesiology in asana practice and teaching yoga. The emphasis is on how to use all of this knowledge to become a better yoga teacher.

Anatomy studies gives you detailed and systematic approach to:

- blood circulation, and effects of yoga on circulation,
- visceral anatomy and effects of asanas on viscera,
- nervous system – precautions and positive effects of yoga on nervous system,
- embryologic body types,
- neuroanatomy of the brain and effects of yoga on the brain
- how yoga can benefit people with systemic illness, precautions in students with systemic illness

Subtle anatomy studies include in depth study of prana, vayus, nadis, chakras, gunas and doshas and their applications in yoga classes.

### Yoga Philosophy, lifestyle and ethics

We at HIMA love yoga philosophy and you will get lots of that love when you enroll in our advanced teacher training,

Through interactive lectures, discussions and tasks to do independently, you will deepen your knowledge of Bhagavad-Gita, Upanishad, Yoga sutras of Patanjali, Hatha Yoga Pradipika and contemporary yoga philosophy.

You will learn how to apply your knowledge of yoga philosophy in everyday life and in teaching yoga.

This part of the training has two central goals. **1)** It allows you to understand the living a life of a yogi based on balanced exercise, nutrition and rest, and positive thinking and meditation. **2)** You will also understand teaching based on tradition, guidance from one's teacher and one's own personal experience and teaching yoga as a service.

## Meditation

You will deepen your knowledge and own practice of meditation, relaxation techniques, mantras and chanting.

This module includes the theory and practice of concentration.

You will learn many different meditation techniques and guidelines on establishing a regular practice.

You will be introduced into the six yogic practices (neti, dhauti, nauli, basti, kapalbhati, trataka) for physical and mental purification and balance.

You will also learn the pure meaning of shatkarmas and their relationship to doshas and advanced yogic practices.

## Pranayama

Pranayama studies are very important in our advanced yoga teacher training,

After this module you'll understand how, when and what type of Pranayama to teach depending on the student's ability, need and level of practice, and how to intelligently progress. You'll learn many different pranayama techniques and asanas, bhandhas and mudras relevant to pranayama.

A detailed, systematic, step by step approach to practicing and teaching Pranayama.

## Business of Yoga

Yoga business is booming almost everywhere in the world these days and still most of the yoga teachers are earning very little money and are barely able to support themselves. We want to give you tools to change that.

In this module, you'll learn how to truly be successful in the yoga business. We will give you the foundation to build your own yoga business, with or without a physical location.

You will learn how to market your services effectively and how to plan, organize and advertise sold out yoga workshops and retreats. You will also get an overview on how to manage your own yoga studio.

## Practicum

You will learn how to teach beginner, intermediate, advanced, mixed level and specialized yoga classes as well as individual yoga programs.

This part of the program will help you develop and deepen your own unique teaching style and expand your teaching skills by observing other teachers lead live classes.

You will get feedback and recommendations from Tanya and your peers to further develop your teaching.

## TRAINING SCHEDULE

The training will be held in Helsinki, Finland from February to September 2016. We will meet in three twelve day intensives over a period of eight months.

### 3 x 12-day intensives

15<sup>th</sup> – 26<sup>th</sup> February 2016

05<sup>th</sup> – 16<sup>th</sup> June 2016

05<sup>th</sup> – 16<sup>th</sup> September 2016

We start the days early in the morning and finish at 4pm. Around noon, every day, there is one hour lunch break.

Each intensive has daily practice and some or all of the following:

anatomy, physiology, subtle anatomy, asana technique, yoga therapeutics, philosophy, sequencing, teaching methodology, assisting/adjusting, Ayurveda, meditation, pranayama, business, practicum

## MEET THE TRAINERS

### TANYA POPOVICH (Lead Trainer)

E-RYT 500, Yoga Acharya (Master of Yoga by Yoga Vedanta Forrest Academy), Jivamukti Yoga Certified Teacher, Unnata® Aerial Yoga Teacher Trainer, Swaha Yoga Center Founder, 200-hr and 500-hr Teacher Training Director, International Yoga Therapy Institute Faculty & Athens Manager, Yoga Love-in Founder

I was initiated into Transcendental Meditation at the age of fourteen, as my parents had long been TM practitioners. Dealing with loss and change at that time, my meditation practice became the one thing that was stable and constant. I studied Fine Arts and Design at the University of LaVerne, and read loads of books by sages and masters. After my University graduation I travelled to Rishikesh

and immersed into a yogic lifestyle at The Divine Life Society. There I discovered Integral Yoga, addressing person's complete make-up – Physical, Vital, Mental, Psychic, and Spiritual. In this beautiful setting, I also learned about the life of Swami Sivanada and his close disciples and was highly inspired by those saints and lives they lived.

In the following decade I had dedicated myself to studying Yogic practices in both the East and West. Through classical, integral systems such as Sivanada Yoga and Satyananda Yoga, I learned to practice and teach yoga for the whole being, integrating all its parts from physical to spiritual. Through Anusara Yoga I met teachers that taught me the complex yet unbelievably intelligent biomechanics of the body. Through Unnata® Yoga I learned to elevate my practice in the air and access alignment through relaxation. Finally through Jivamukti Yoga I am applying ancient teachings in the modern world through actively living and creating in it, because we can make a difference!

In 2011 I co-founded Swaha Yoga Center in Athens, Greece, the first Jivamukti Yoga Affiliated Center, as well as the first Aerial Yoga School and the first Yoga Therapy Institute in Greece. Being a strong advocate of Unity in Diversity, at Swaha we offer a wide variety of classes and teacher trainings. Through those we address all aspects of one's being: physical, vital, mental/emotional, cognitive and spiritual, in a non-dogmatic, approachable and fun way.

Since I started traveling and teaching outside of borders of Greece, idea of Yoga Love-ins was born – gatherings where likeminded people come together to share their love of yoga, nurture one's own and each other's spiritual growth and develop compassion and brotherhood.

I hope that through my teachings I can inspire peace, love and compassion for oneself and one another. For if we find peace within we can more peacefully live with others; love more, quarrel less, until one day we recognize we are one and the same.

### JUTTA AALTO (Anatomy)

Osteopathy Bachelor of Science, Teaching anatomy and body consciousness courses from 2012 onwards, Teaching anatomy in yoga teacher trainings since 2013 (Iyengar + flow yoga teacher trainings), Iyengar teacher training Level 1 certificate 2015 – looking to graduate as an Iyengaryoga teacher 2016 (after accomplishing level 2)

Jutta owns her own osteopathy practice

Jutta has been interested in training body skills since young age starting with synchronized swimming in the youth, moving eventually to yoga through dance, somatic studies like contact improvisation, Alexander technique, Continuum movement and even a little circus as a young adult.

Movement has played so important role in her life that figuring out her career it was impossible to think doing anything which involves prolonged sitting or being bodily passive. Osteopathy studies offered a perfect choice for Jutta since the work is actually all about movement as well as listening, learning, using cognitive skills and problem solving all focused on healing.

When Jutta was studying anatomy in osteopathy school she had hard times not falling asleep during long theoretical lectures. That's why Jutta had to go and "redo" anatomy in her own practise, at a studio, finding all the anatomy parts in her own body through movement. She also participated in an "experimental anatomy" course aimed at dancers, which, along with her own way of learning

anatomy, struck her to start developing her own method of teaching anatomy through practice – through real time, sensory experience.

After graduating to be an osteopath she started to work on her lectures and courses in experimental anatomy and body consciousness which led her to local Iyengar Studio in Helsinki where she got a warm welcome to try the classes after keeping an anatomy session there.

After a lot of experience in various body skill training methods, intense anatomy studying and teaching she found something new from Iyengar classes, a new way to discover the body. The journey of discovery has been continuing weekly after that since 2012 in gentle but firm care of her yoga teacher. It does not cease to amaze Jutta how profoundly the body can be learned and discovered deeper again and again, not forgetting the whole packet of humanity that comes along with it.

Iyengar yoga has offered Jutta a perfect tool to teach experimental, -in body- anatomy in practice and she is passionate to share her insights with the world.

### MÅNS BROO (Philosophy)

Måns began his yogic path in his late teens, when he joined the Hare Krishnas and lived in an ashrama, devoting himself fully to the path of bhakti-yoga. After about a year he moved back into the world, trying to apply the teachings he learned in the ashrama, and also delving more deeply into the teachings of the tradition of Krishna-bhakti. These studies eventually led to a Ph.D. in Comparative Religion from Åbo Akademi University, Finland, where he works as adjunct professor.

Måns has also studied Sanskrit at Uppsala University, Sweden, and (together with Martin Gansten) published a critically acclaimed first ever complete translation of the principal Upanishads into Swedish. He has published an introduction to the Hindu scriptures in Swedish and a book of religious poetry in Sanskrit. He is also the editor-in-chief of a Finnish yoga-magazine Ananda and teaches and writes about yoga philosophy.

### FACILITY

The training is conducted at the unique and beautiful HIMA Happiness House that is designed for good life, yoga and happy moments.

From HIMA Happiness House you will find our Organic Café for healthy eating, beautiful sea views that make studying more rewarding and 2 yoga rooms.

The seaside house is conveniently located on a quiet street in the central area of Helsinki, in Siltavuorenranta.

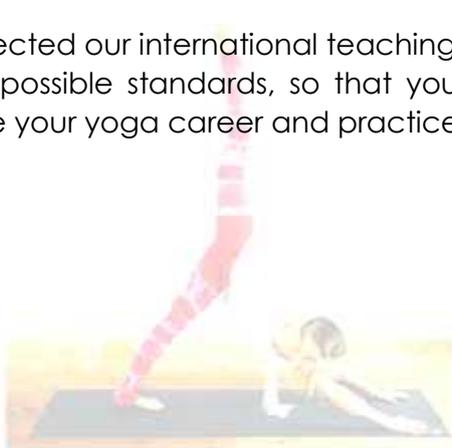
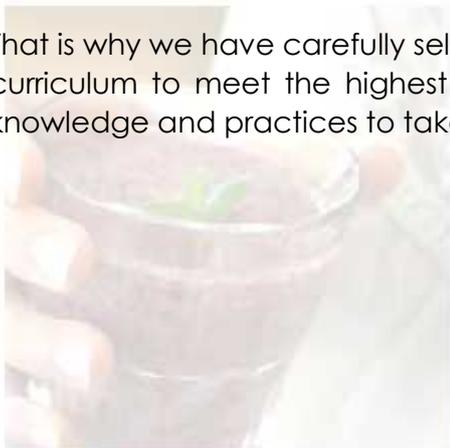
There are many hotels near by if you are participating from outside Helsinki or Finland. We are more than happy to assist you finding a good place for accommodation while visiting us.

## TUITION

We acknowledge that investing in your yoga education is a big decision. When you invest in an education with HIMA Happiness, you're investing in a high quality, professional certification.

We want to make sure that you get the value, experience and credentials you are looking for – not just empty words.

That is why we have carefully selected our international teaching faculty and designed the course curriculum to meet the highest possible standards, so that you are able to get the best tools, knowledge and practices to take your yoga career and practice to the next level.



## OPTION 1

### Early Bird Price valid till 14 Dec 2015

€4635,00 (save 350 euros)

You can pay the price as follows:

€500,00 upon being accepted to training

€4135,00 in January 2016

**or**

€500 euros upon being accepted to training

€1108,75 euros in January 2016

€1108,75 euros in March 2016

€1108,75 euros in May 2016

€1108,75 euros in July 2016

(with this option there is €300 increase in price)

## OPTION 2

### Normal Price after 15 Dec 2015

€4985,00

You can pay the price as follows:

€500,00 upon being accepted to training

€4485,00 in January 2016

**or**

€500 euros upon being accepted to training

€1196,25 euros in January 2016

€1196,25 euros in March 2016

€1196,25 euros in May 2016

€1196,25 euros in July 2016

(with this option there is €300 increase in price)

Once your application is approved, a €500,00 deposit will reserve your space

In case you need more payment options, pls contact us by e-mail [laura@himahappiness.com](mailto:laura@himahappiness.com)

Please note: All payments are non-refundable

## HOW TO APPLY?

We carefully select our applicants through application process.

To apply please send us an e-mail [laura@himahappiness.com](mailto:laura@himahappiness.com) with headline Application for RYT500 Advanced Yoga Teacher Training and answer to the questions below:

- Name, address, e-mail, phone number, date of birth,
- Where and when did you get your RYT 200 yoga teacher training
- How Did You Find Out About Our Teacher Training?
- Do You Have Any Injuries Or Health Conditions?
- How Long Have You Practiced Yoga?
- What Is Your Preferred Style Of Yoga? How Many Times A Week Do You Practice?
- Practice Experience: What Styles Are You Familiar With?
- Do You Have A Meditation Or Pranayama Practice (How Much/How Often)?
- Why Do You Practice Yoga?
- Are You A Teacher Now? Where? How Long Have You Been Teaching?
- Teachers With Whom You've Studied:
- What Do You Hope To Gain From Our Program?
- What Areas Do You Struggle With In Your Practice And What Areas Are Easier For You?
- Attach your RYT200 Yoga Teacher training certificate to your application with your photo.

If you have any questions we are happy to help you.

For more information please call us +358 50 439 9940.

## What happens after sending your application?

Once we receive your application we go through it with our training team and will contact you within one week by e-mail or phone.

## HOW DO YOU KNOW IF THIS IS THE RIGHT COURSE FOR YOU?

We encourage you to look inside and listen to your heart. Deep down, you know what is right for you and what you truly desire.

This unique training is an opportunity that could be the start of a whole new chapter in your life and career. If this is something you truly desire, then take the change and apply today.

We have come to learn that taking advantage of the opportunities that we have truly felt excitement towards have brought us so much fulfillment and joy that it has been worth the risk every time.

Fear have always presented itself just before the decision, but following our dreams anyway have been so rewarding.

If you truly want to take the next step in your life as a yoga teacher then make the decision and do whatever it takes for you to be able to participate. Whether it is our training that you feel most suitable for you or some else. In any case, make your dreams come true. Everything is possible if you really decide to do it.

Your dreams can come true!