

Study guide | 2-year Yoga Teacher Training



Level

The program is an in-depth two-year study. Participants of all educational backgrounds are welcome. Regular participation in training classes, as well as the desire to develop yourself are assumed. Within the program you will be invited to get the maximum out of yourself. Your own growth is essential and your fellow students will encourage, support and inspire you and vice versa.

Goal

- Personal development and inner growth.
- Development of a daily Yoga and Meditation practice.
- Integration of Yoga into daily life.
- Development of skills and expertise to teach Yoga.

Target group

Yoga practitioners between 18-80 years, with the desire to develop personally and to deepen their own Yoga practice and/or to teach Yoga to others.

Requirements

Basic knowledge of Yoga postures and philosophy.

Exemption policy

- With the 200 hour Yoga Vidya teacher training (4 weeks intensive) you may enrol into the 2nd year of this 2-year Yoga Teacher training.
- With the 200 hour training at the Sivananda organization (4 weeks intensive) you may enrol into the 2nd year of this 2-year Yoga teacher training after an approved demonstration lesson.
- Other courses or classes have no effect on this training.



Study load

- 723 study units of 45 minutes spread over 2 years.
- Additional personal practice and study of 30 – 90 minutes daily.

Conditions

- Basic knowledge of asana and yoga philosophy is necessary to have an idea what to expect in this training.
- Regular participation in the training lessons and the desire to develop yourself are assumed.
- Every day you will have to set aside approximately 30-90 minutes for your personal practice.
- During the second year we ask you to abstain from using drugs, alcohol, tobacco, meat and fish (for the purpose of deepening your practice and increasing purity & mental strength).
- The training will be given entirely in English. The literature is mainly English too. It is therefore necessary that you are familiar with the English language.
- Prerequisite for admission to the exam is a presence of at least 90% of the weekly classes and full attendance of the 6 intensive weekends and the 2 intensive weeks.
- Missed classes and weekends can be replaced by following suitable workshops/seminars at Yoga Vidya Rotterdam or at the Yoga Vidya seminar houses (Germany). This involves expenses.
- If the program has to be aborted for any reasons, the remaining training fee has to be made. Completion of the course in a future Teacher Training group is possible.

Course material

You will receive a comprehensive Yoga teachers' manual, Asana charts and a Mantra book. These educational materials are from that moment your own. The following books must be purchased:

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In the first year:

Mandatory:

- 'Yoga Vidya Asana Book' by Sukadev Bretz or 'YOGA – your home practice companion' by Sivananda Yoga Vedanta Centre
- 'The Bhagavad Gita' with commentary by Sri Swami Sivananda
– free available as pdf-file

Compulsory:

- 'The Complete Illustrated Book of Yoga' by Swami Vishnu-Devananda
- 'Meditation and Mantras' by Swami Vishnu-Devananda

In the second year:

Mandatory:

- 'The Yoga Sutras of Patanjali' by Sri Swami Satchidananda

Compulsory:

- Anatomy Atlas of choice
- 'Hatha Yoga Pradipika' by Swami Vishnu-Devananda

De prices of the above books lay around €25 per book.

Certificate / Exam

- The association Yoga Vidya is the largest European training institute for yoga teachers. The Yoga Vidya course content refers to the guidelines of the German Association of Yoga Teachers (BDY) and the European Yoga Union (EYU). The 2-year program exceeds the minimum required hours for these programs.
- Yoga Vidya is recognized as training institute by the international organization Yoga Alliance.
- This 2-year yoga teacher training is recognized by the Yoga Alliance with 500 hours. Once registered with the Yoga Alliance you may use the title RYT 500.
- You will receive a certificate as 'Yoga teacher (BYV)'



Exam

- The Federation of Yoga Vidya Teachers (BYV) will coordinate the examinations.
- The practical exam will take place in Bad Meinberg (Germany) during the intensive week of the 2nd year.
- The written theoretical exam will take place during the exam weekend in January or February at the end of the 2-year training period.

Second chance possibilities

- Practical exam: You will receive the result on the same day.
In case of a negative result, you may do exam again the next day.
If the performance is still not good enough, you may do your practical exam again during the exam weekend.
- Theoretical exam: In case you do not succeed in the written exam, you might be tested orally the same day. If the result is still insufficient, you can redo the whole exam-weekend. This involves additional expenses.

Catch up regulations

You need to be present during a minimum of 90% of the weekly training classes. During the intensive weekends and the intensive week full presence is required.

Weekly training lessons

- You may miss 9 training lessons in two years without the need to catch up on classes. All classes that you miss above these 9, you will need to catch up on.
- To catch up on classes is only possible if you have already missed classes. To save hours on beforehand is not possible.
- You may catch up on classes by following Yoga classes, Satsangs or workshops at Yoga Vidya Rotterdam or at our Yoga Vidya partner Ashrams.



Always inform your head training teacher about the need or wish to catch up. Together with your head training teacher you will look for the most suitable classes, course or workshop. Catching up with workshops or special classes/ courses involves expenses. Catching up with regular classes and Satsang is free of additional charge.

- Additionally you will need to do home study on the covered topic. Please contact and ask your fellow students.

Weekends in Rotterdam

- During the intensive weekend full presence is required.
- In case you have to miss a whole weekend or part of it, you will need to discuss the possibilities of replacing this weekend with your head training teacher.
- Please take all data in account and be fully present during the intensive weekends.

Intensive week in Germany

- Full presence is required. To arrive later or to depart earlier is not possible. You will have to be present in Germany during the whole week. Strive for being present during all classes in order to undergo the full experience of the intensive practice.
- In case you have to miss the whole week, please discuss the catch up possibilities with your head training teacher.
- Please take the date of the yearly intensive week into account.
- Be ware that cancellation of the intensive week shorter than 2 weeks in advance involves expenses.

Force majeure

If the training classes cannot take place for a certain period due to force majeure, the missed lessons will be scheduled as soon as possible on an alternative date. If the situation stays for a longer period, the classes will be streamed online.



Teachers

Head training teacher

- Rama Shakti Janine Brall. Most classes will be provided by Rama Shakti. In case of longer disease or inability to teach, a teacher with similar qualification will be scheduled.

Additional teachers

Experienced teachers of Yoga Vidya Rotterdam:

- Michael Engelaan, Angélique Boset, Justien Beijm, Seriko Odagiri and others.

Guest teachers

For specific topics guest teachers will be invited. There will be a minimum of 2 guest teachers during the training period. Below a list of teachers that have given classes in the teacher training in the past:

- Sina Kaden, Ineke Theel (Yoga for the back)
- Linda Hartenberg, Lonneke van Iersel (Anatomy)
- Swami Ma Tripurashakti (Hatha Yoga, Meditation, Yoga philosophy)
- Harilal Karanath (Yoga philosophy & Yoga therapy)
- Yogesh Patel (Hatha Yoga and philosophy)
- Swami Saradananda (Hatha Yoga and philosophy)
- Rama Schwab (Hatha Yoga & philosophy)
- Swami Tattvarupananda (Vedanta philosophy)

Teachers Intensive week

- The intensive week in Germany will be taught by one or more experienced teachers from the Training centre in Germany.