

We look forward to becoming an integral part of your yoga journey

#### SOHAM MISSION

Soham is real, watchable, entertaining, enlightening, authentic, life-changing content made for yogis by yogis. We like to think ourselves as "Netflix for Yogis". Whether you are a total yoga beginner, someone looking for healing from chronic pain, searching for mindfulness and meditation to soothe a busy mind, or trying to master a handstand, we will be with you every step of the way.

You'll discover a sense of the sacred and re-open the doors of reverence in your life.

Yoga is a spiritual tradition with profound depth.

Each class is part of a larger course designed by a select group of the leaders in spirituality and mindfulness.

#### WHAT WE OFFER:

- Vinyasa flow (Core Vinyasa, Intermediate/ Power Vinyasa)
- Mantra, Chanting and meditation.
- Modifications, other variations and advance variation of all postures
- How to use yoga props like block, strap & wall in your yoga practice.
- Observation and feedback on your personal practice by teachers everyday immediately after the asana class
- Method, principle, sequencing, adjusting, benefits and cautions of Yoga postures.
- Pranayama (breathing techniques), Bandhas (Yogic locked) and Yogic Kriya (cleansing techniques).
- Learning to teach yoga classes for beginners, intermediate and advanced levels students.
- Anatomy, Physiology and physical, mental and spiritual benefits of yoga.
- Basic Ayurveda, nutrition and the yogic diet.
- Introduction of Chakras, Nadis & Mudras.
- Yoga Philosophy (Eight Limbs of Ashtanga-yoga) with Patanjali's Yoga Sutra.
- Teaching Practicum



#### YOGA COURSE OVERVIEW

Our 200 hours Yoga Teacher Training is based on the Ashtanga Primary Series, combined with the creative sequencing approach used in Vinyasa Yoga. You will use the practice of the Ashtanga Primary series to build a strong foundation, deepen your understanding of functional anatomy, breath work, and energetic elements within each pose. Drawing upon this strong technical foundation, you will be experiment Vinyasa-style class, harnessing your creativity and inner voice.

#### PRE-REQUIREMENTS

Prior to attending a yoga teacher training, we recommend that students must have been practicing yoga regularly for a minimum of three months, have a closely related sports training or fitness background. Most importantly, we ask that students come to our trainings with an open mind and an open heart, ready to embrace the learning experience, and to be supportive of themselves and their fellow students.

## SOHAM YOGA PROGRAM

### 200 RYT Vinyasa Teacher Training

#### OBJECTIVE OF THE TRAINING

To let the student, Reflect and Experience Yoga "A Way of Life" and not just merely practices to be done in some hours a day.

To motivate the students to become good Yoga Sadhaka (Practitioner) and start working on the path of Yoga that brings transformation and not simply a change and helps them to acquire a Sound Body, a Superior Mind and a Higher Spiritual Consciousness.

- To prepare well trained Yoga teachers to teach Yoga to School students and young adults without any health problems.
- To develop overall personality of the learners.
- To motivate students to take up teaching YOGA as a profession.
- To provide inspiring, educational, intuitive, and authentic instruction to students at all levels of practice.
- To encourage and enable students to deepen their love for yoga, and to give them the skills and confidence to share that love with their own students.
- To create supportive learning environments in which students from all over the world come together with a common objective and create lasting friendships.
- To welcome you into our close family of worldwide graduates, a group of people you'll be able to grow with for years to come.

**Technique:** includes the training and practicing of Asanas, Pranayama, Kriya, Chanting, and Meditation.

**Teaching:** includes the training and teaching of demonstration, observation, assistance/correction, instruction, teaching styles, and learning about qualities of a yoga teacher and the student's process of learning.

**Anatomy and Physiology:** includes the study of physical anatomy, the skeleton, organs and muscles, cardiovascular system, Pancha Kosha & nutrition.

**Philosophy and Ethics:** this part includes the study of yoga scriptures, ethics for yoga teachers, life of a yogi.

**Practicum:** study of recommended books and participating in discussion and practice of all the above topics

**Yoga Business & Marketing:** Learn all the foundations for business and marketing for your yoga business, including finding teaching opportunities, outreach, social media, branding, and marketing.ve a closely related sports training or fitness background. Most importantly, we ask that students come to our trainings with an open mind and an open heart, ready to embrace the learning experience, and to be supportive of themselves and their fellow students.