



#### INTERNATIONAL CERTIFICATION

We are part of Latin America's largest network of Yoga instructors and practitioners. Our training is a specialty of the RA Yoga Integral® curriculum and gives access to the 200 or 500 hours of the higher diploma endorsed by Yoga Alliance USA.

## Multi-style Yoga Teacher Training

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Our School follows a lineage of secular spirituality, free of dogmas, to spread and teach Yoga to achieve health and explore other human dimensions aimed at self-improvement.

Our School is part of Latin America's most extensive Yoga instructors and practitioners network. Our Training is a specialty of the RA Yoga Integral® curriculum and gives access to the 200, 300, or 500 hours of the higher diploma endorsed by Yoga Alliance USA.

We promote research, education, training, dissemination, promotion, and diffusion of Yoga from a synthesis and scientific perspective.

We seek to recover the contributions of the various schools and traditions of Yoga throughout time, perspective, and vision.

### WHERE

This holistic experience of Yoga comes in a retreat format. It will take place in one of the most beautiful places in the world: The Ecuadorian Amazon.

Our time together on this adventure is an opportunity to expand and thrive together and to remember what is essential in life. Not only will you find tranquility and happiness, but we will raise the well-being of our homes, bodies, and planet!

We have witnessed and personally experienced magical transformations ourselves here. As our connection and awareness have grown over the years, we find ourselves pulled to create spaces of intentional connection and regeneration in that place.

### WHY?

What makes this training extra special is its location in space and time. The deep immersion in nature and the vital energy is all you need for transformational and regenerative experiences.

Connect to your spirit and nature with Yoga practices in this energetically active place! Take walks and swims in a unique and transformative paradise. Getting here is half the adventure... so enjoy the ride(s)!

## GENERAL OBJECTIVE

To train Yoga students to acquire the theoretical and methodological elements for an expert Yoga practice and develop didactic tools to participate as Yoga teachers. The Radja Yoga Teacher Training aims at beginners or advanced students from various Yoga schools and the general public.

## TEACHING TERM

The study plan to complete this Training is **300 hours** and consists of the following:

- 12 workshops of 15 hours each.
- 120 hours of practical experience. Completed in the modality of:
  1. Regular classes.
  2. Thesis work.
  3. Classes guided by the students to the local community.

### **To complete the curricular plan is required to:**

1. Study Plan completion
2. Approve theoretical and practical exams.
3. Write a small thesis/essay on Vinyasa Radja Yoga applied to any case study.
4. Audiovisual documentation of a guided class that integrates the Vinyasa Radja Yoga methodology.

### **Participants will be qualified to:**

- Establish and identify the alternatives to Yoga practice for themselves and their students.
- Identify strengths and weaknesses in the student's Yoga practice.
- Design, plan and execute gradual programs of practice in Yoga.
- Design and carry out sequential series of postures, breaths, and meditation.

## METHODOLOGY

Like any educational process, here are some exams to be done. We will also offer the necessary tutoring to resolve concerns before obtaining the certificate that recognizes you as an international Yoga instructor. These exams are practical and theoretical, using the teaching staff's digital platform.

The Training lasts four weeks and comes in a retreat format on the way to experience Yoga as a way of life. In addition to technical studies, community service activities are taken within the Training. These count as part of the hourly program.

We have a select group of international and national instructors who have decades of practice and teaching Yoga.

The Radja Yoga Training consists of three Modules. Upon completion of each Module, students will take their exams to receive three partial certificates and the final diploma (these evaluations are optional).

Teachers' material is uploaded to the **yogarevista.com** platform, to which the students have exclusive access with a personally given password.

### INTERNATIONAL CERTIFICATION

It is endorsed by Yoga Alliance, the most significant Yoga association in the United States, Ra Yoga Integral (Costa Rica), and Yoga Revista (Ecuador).

### ENROLLMENT APPLICATIONS

The central point for admission acceptance is the student's formal commitment to participate in a process that requires perseverance, self-discipline, and study.

The recommended age to participate in this course is 18 years old and over.

Participants are free to choose the Training that involves completing the 18 workshops or taking only the workshops that interest them as an opportunity to have more information and improve their practice.

### TRAINING COST:

#### *INCLUDES:*

- 300 RYA Training
- Specialized Teachers and activities per session
- Accommodation and meals
- Online readings and materials
- Classic texts
- Didactic material delivered by each teacher
- Articles
- Glossary
- Transportation from Quito to Tena-Ecuador.
- Assistance from a local agent
- Specialized guidance
- Entrance fees and guides to excursions included in the Itinerary

#### *NOT INCLUDED:*

- International flights
- Personal travel insurance

### **Important Information Upon Arrival:**

It will help if you arrive in Quito at least one day before the first Training day.

### NUTRITION

We seek to reduce CO2 emissions, so meals are vegetarian and eco-friendly.

- Most meals will be prepared with fresh, locally sourced products from agroecological farms.

- Some dishes at the lodge will be vegetarian and vegan versions of traditional Ecuadorian dishes.
- We will take some meals in town, where you can try the local food or stick with the veggie options.
- We usually have hearty breakfasts, lunches, and lighter dinners in Ecuador.

## STUDY PROGRAM

Teacher Training Program Modules:

1. Ghahasta Yoga: 100 hrs.
2. Hatha Yoga: 100 hours.
3. Raja Yoga: 100 hours.

### *I Module: Ghahasta Yoga*

Ghatastha Yoga (Biomechanics) is the proper use of the body based on elements from modern anatomy and physiology.

#### **To-do:**

- Body techniques: principles of alignment, anatomy and physiology, risk management, methodological elements for safe practices, ways to enter and exit postures, and use of props to achieve progressive exercises and adapt them to individual conditions.
- The origins and philosophy of Yoga.
- The historical and philosophical framework that shaped the development of modern Yoga.
- The classical texts of Yoga: The Yoga Sutras of Patanjali, Gheranda Samhita, The Bhagavad Gita, and The Hatha Yoga Pradipika.
- The Art of Teaching Yoga: Didactics and Methodology to teach psychophysical Yoga.

At this Module's end, the first 60 hours will be completed by students, enabling them to take the first exam and receive the first certificate as a Ghatastha Yoga Trainer.

### *II Module: Hatha Yoga*

Hatha is Energetic Yoga. Its technologies aim at exploring the body-mind relationship.

#### **To-do:**

- The historical, conceptual, and technical evolution of Hatha Yoga (Energy Yoga).
- The yoga postures (âsanas): sequencing, their meaning, execution, benefits; Prānāyāma (breathing technology).
- Sat Karman (purification techniques).
- The use of mental techniques: Bandas, Mudras & Kriyas.
- Didactics for teaching Hatha Yoga applied.

By this second Module's end, 120 hours of Training will be completed.

After passing the second exam, the students will receive a certificate as Hatha Yoga Trainer.

### III Module: Raja Yoga

Raja Yoga, or Mental Yoga, is the study and practice of concentration and meditation techniques.

Its objective is to experience the technology of higher Yoga.

To-do:

- The vision and methodologies for developing balance and emotional health through Yoga.
- Prathyāhāra, the management of emotions; practice various relaxation and meditation techniques.
- Introduction to Tantra or the Yoga of sexuality.
- The Mantra or use of sound as a door to meditation.
- Meditative techniques according to the Tibetan, Hindu, Japanese and American traditions.

At the end of this Module, 200 hours will be completed by the students, granting access to the certificate of 200 hours Radja Yoga Teacher.

### REGULAR SCHEDULE

We start every day with yogic practices and a delicious breakfast at the lodge and end it with intuitive movement, meditation, or a relaxing Yin Yoga practice. In between, we will have enough time to go on adventures, connect, and enjoy nature.

Traning Hours	Time	Sunday - Friday	Saturday
0.5	7h00	Shatkarma	Shatkarma
1	7h30 - 8h30	Vinyasa Yoga	Vinyasa Yoga
	9h00	Breakfast	Travel Adventures & Free-Day Activities
2.5	10h00 - 12h30	Workshop	
	13h00	Lunch	
2.5	14h30 - 17h00	Workshop	
1	17h00 - 18h00	Radja Yoga	Radja Yoga
	18h30	Dinner	

**We offer personalized accompaniment.**

Apply today and start living by doing something you love!

Best greetings,

Yan Rey

Teacher Training Director

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