



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

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.

We are part of Latin America's most extensive Yoga instructors and practitioner 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 takes place in one of the world's most bio-diverse and exotic places: The Galapagos Islands.

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 swim 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 200 or **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 (300h requirement).
 3. Classes guided by the students to the local community (300h requirement).

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 Yoga applied to any case study (Optional/300h).
4. Audiovisual documentation of a guided class that integrates the Vinyasa Radja Yoga methodology (Optional/300h).

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.

Multi-Style YTTC lasts four weeks and comes in a retreat format to experience Yoga as a way of life and in the wider holistic development. In addition to technical studies, community service activities are taken within the Training. These count as part of the hourly program.

We are a group of international instructors with decades of practice and experience 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).

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 PACKAGE:

INCLUDES:

- 200 or 300 RYA Training
- Manuals
- Certificate upon successful completion
- Transportation
- Assistance from a local agent
- Entrance fees and guides to the excursions included in the Itinerary
- Rides on Paddle Boards or Kayaks, and walks (with the option of mobilization in cars or boats)
- Snorkel equipment
- Water, tea, and coffee served throughout the day
- Fruit and snacks are available all-day
- Airport pick-up and drop-off
- Transportation during the retreat
- Specialized workshops
- Group excursions/activities
- Nature hikes with a trusted guide
- Free excursions to sites of interest
- Pre and post-retreat support from our team
- Yoga mats, blocks, straps, and bolsters
- Weekend/day off excursions
- Evening activities/kirtan/movie night
- Accommodation and meals

NOT INCLUDED:

- \$100 Galapagos National Park entrance fee
- \$20 immigration card
- National and International flights
- Personal travel insurance
- Additional activities not included in the itinerary
- Gratuities/Tips

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. Ghatashta & AirYoga.
2. Hatha Yoga.
3. Raja Yoga.

I Module: Ghatahsta & Aerial Yoga

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

To-do:

- AirYoga Training
- 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 such as YogaSwings, Bolsters, and blocks 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.

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.

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, students will complete the hours, granting access to the certificate of 300 hours Multi-Style Yoga Teacher with emphasis on AirYoga.

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-Monday	Tuesday
0.5	6h30	Shatkarma	Free-Day Travel Adventures
1	7h00 - 8h00	Vinyasa Yoga	
	8h30	Breakfast	
2.5	10h00 - 12h30	Workshop	
	13h00	Lunch	
2.5	14h30 - 17h00	Workshop	
1	17h00 - 18h00	Yin/Radja Yoga	
	18h30	Dinner	

We offer personalized accompaniment.

Apply today and start living by doing something you love!

All Love,

Yan Rey

Teacher Training Director

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