

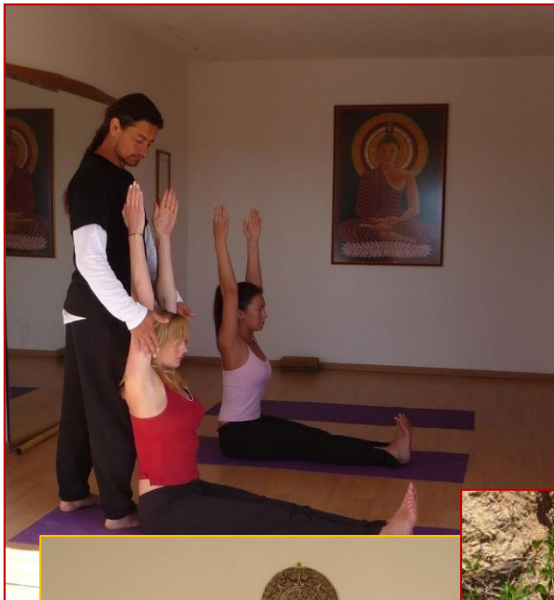
International Yoga Martial Arts and Meditation Knowledge Centre



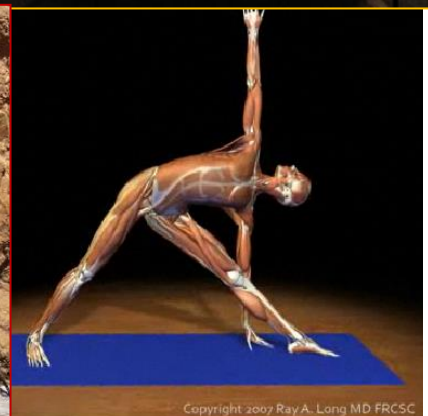
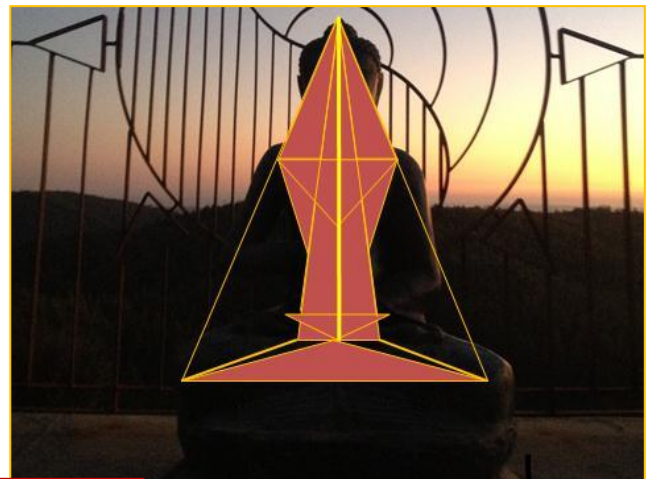
Certificate in Hatha Yoga Teaching[©]

**A Complete Hatha Yoga
Teacher Training Programme**

COURSE BROCHURE 2024-5



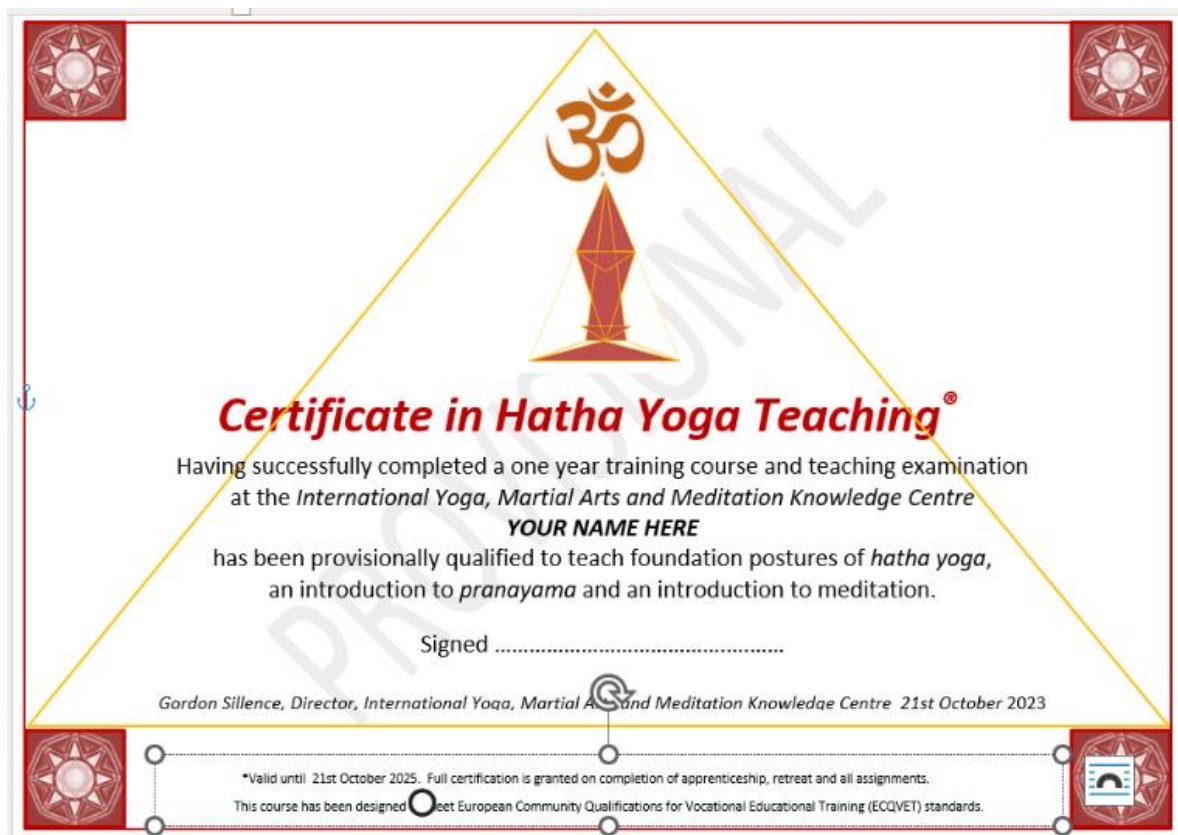
*A yoga
teacher
practice,
training and
teaching
system
dedicated to
Yogachayra
BKS Iyengar*



Head Instructor:
Gordon Lee Silence

CERTIFICATE IN HATHA YOGA TEACHING® - INTRODUCTION TO THE COURSE

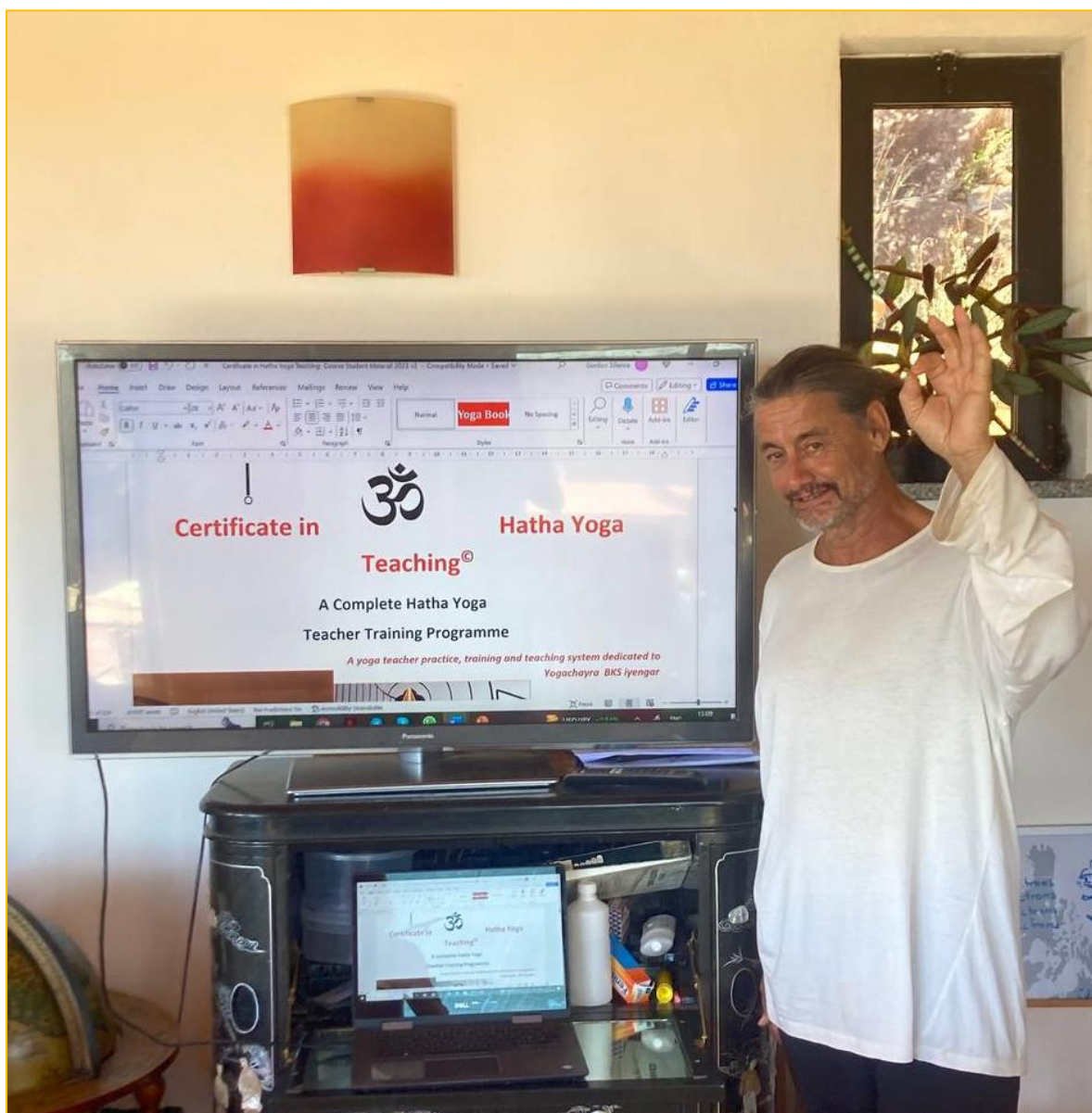
'It's not just about being good at your own Yoga, it's about your ability to teach others to do good Yoga. And it's not just about what style you teach either, it's about HOW as well as WHAT you teach – AND ... you will need to teach everyone according to their individual needs and abilities. This is what you can learn from my 40 years of practice and teaching ...'



This 12-18 month yoga teacher training course is a comprehensive mentored, personal work-intensive teacher training system, examining the detail of practicing and teaching *hatha yoga* correctly, incorporating *Iyengar-based asana & pranayama* work, NLP advanced communications skills, Zen/Buddhist/Taoist meditation and martial arts techniques, integrated with a high degree of group practice, self-practice and mentored teaching as well as written project work and demonstrations.

Students will master how to teach *Hatha Yoga* in a one year series of weekly online/in situ classes, monthly weekend intensives and four week-long retreats, followed by a six month to one year apprenticeship. Alternatively, a more intensive experience of the course is offered with on-site living in the retreat for the year under a personal daily mentorship programme. After project work submission, a practical examination on self-practice, an examination on teaching ability and a successful apprenticeship, the student will be awarded a professionally-recognised *Certificate in Hatha Yoga Teaching®*.

A unique aspect of the course is that successful participants will be able to quickly design and establish their own yoga services under the SuperYoga programme with full support of the Centre to jumpstart your initial teaching offer.



The course has been designed by Gordon Silence, who qualified as an Iyengar Yoga instructor in 1992, and also has been practicing and teaching meditation and the martial arts of Tai Chi and Wado-Ryu for over 30 years, as well as working in post-graduate level educational systems development and the application of Neuro-Linguistic Programming to learning, training, problem-solving and personal development.

He offers a unique insight into how Yoga really works by cross-referencing it with these other systems, using meditation and holistic quantum science as the connective framework for the clarification of yoga practice. He is the architect of the *diamond body torus flow transformation system* which he has dedicated to Yogacharya BKS Iyengar as his foremost inspirational yoga master, to his Martial Arts Senseis Shihan Steve Rowe, Chris Kent, Alan Gibson and Sifu Simon Wyard, and above all to his parents who opened his path to a World Vision of global and inner peace in this lifetime based on these teachings.

'On this course what you learn each month is given time to be deeply understood, practiced, corrected and internalized in order to prepare you to be a good and credible Yoga teacher,

and to develop the full potential of your own personal practice.'

The course has the following modules:

1. Course teaching methodologies – skilful learning and presentation strategies
2. *Yoga Vrksa* – the Tree of Yoga
3. Basic introduction to human anatomy - a systemic approach
4. Teaching method for *Iyengar* Yoga postures – 60 NLP scripts covering each posture individually
5. *Astanga* Yoga primary sequence practice
6. *Vinyasa* – from *Surya Namaskar* to your own torus flow forms
7. Introduction to *Pranayama* and the 3 *bandhas* – *torus flow in pranayama*
8. Yoga, Ayurveda and the influence of *Patajali*
9. The *chakra system* – torus activation of *kundalini* flow
10. Right Livelihood – Yoga as a Business or Service
11. Neuro Linguistic Programming (NLP) Skills for Yoga Teaching
12. Designing Client-centred Yoga Sessions and Programmes
13. Yogatherapy- Yoga and the treatment of health problems
14. Shiva, Tantra, Cannabis Sativa and Hatha Yoga
15. Pregnancy and Yoga
16. Spa Yoga teaching
17. Yoga for Children
18. Cross Training with Yoga – using yoga with Martial Arts, Tai Chi and in Sport Training
19. Yoga and Meditation – Diamond Body Torus Tensioning and Centering System
20. The Community of Yoga – Interacting with the Yoga Sangha SuperYoga Service.

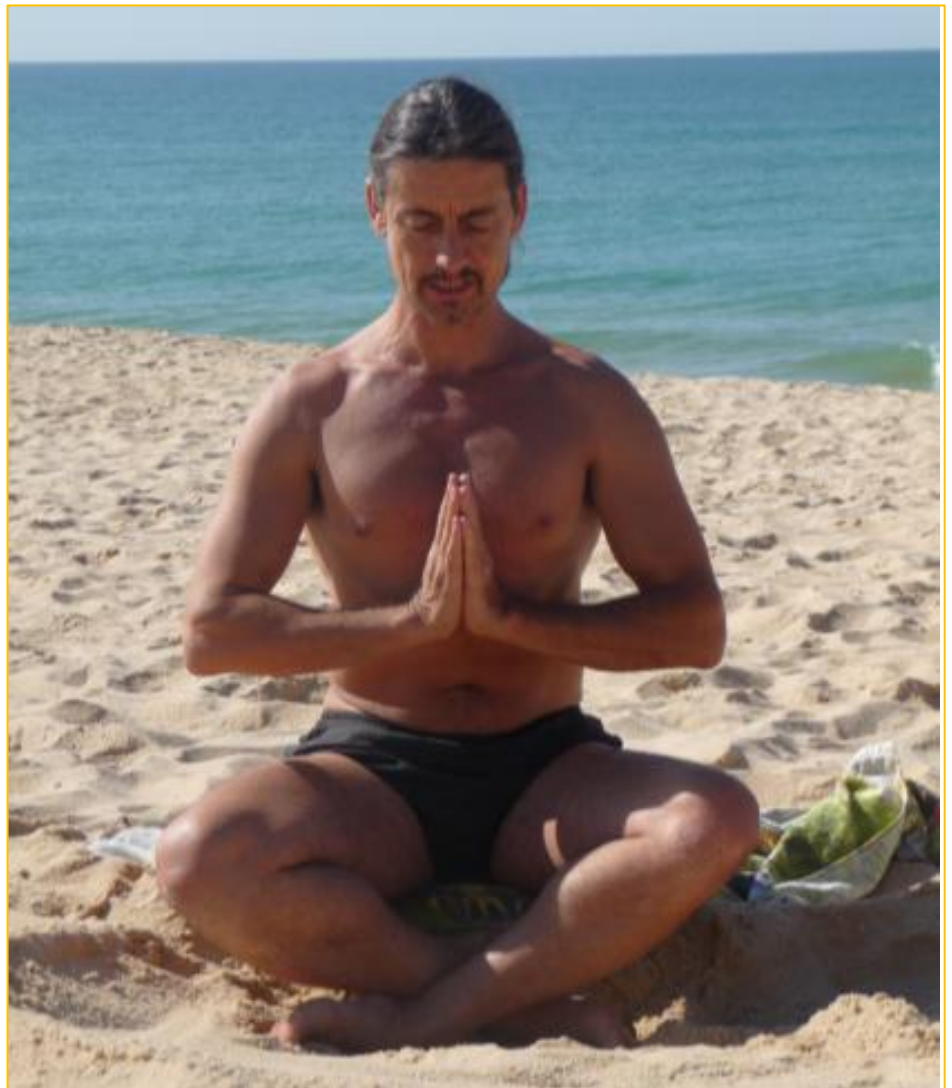




Photo Credit: Mridul Ahmad Course Graduate 2023

The material contained in the 20 modules will be taught via:

- ☑ 12 monthly weekend intensives (192 hours)
- ☑ 4 week-long seasonal retreats (200 hours)
- ☑ Attendance of 100 yoga lessons – online/in-situ (100 hours)
- ☑ Recorded Self Practice (min 2 hrs daily) (720 hours)
- ☑ Project work submission based on the Module Subjects 20 hrs per module (360 hours)
- ☑ Guided apprentice teaching practice (25 hours)
- ☑ SuperYoga Study Sessions (125 hours)

Students living in the retreat during the course will participate in the *Forest School Yoga Programme* and Knowledge Centre weekly course delivery programme.

Total Study Time (1,630 hours)+ apprenticeship

This needs to be completed in 12 -18 months from the start of the course. The apprenticeships may vary. Students living in the retreat under the mentorship programme will be able to do their apprenticeship at the retreat.



Photo credit: Finn Pfeiffer 2023 Course Graduate

Examination of the student is conducted by:

- a) Project assessment on module appreciation
- b) 4 hour practical exam on *asana* and *pranayama* practice
- c) 2 hour teaching appraisal
- d) 6 month apprenticeship period assessment
- e) Establishment of a yoga service

Students should be highly committed, be able to speak English, and have a minimum of 2-3 years' Yoga practice before starting the course. You will be assessed on your own abilities prior to course acceptance. No tobacco or alcohol is permitted during the apprenticeship.



Advanced Yoga Philosophy Study.

Please note that for the 2024 -25 Course there will be the additional possibility for students


Online Course

*Yoga Sutra
of
Patanjali*

The course is divided into three modules

*Nature of Reality
Awakening and Freedom
Meditation and Samadhi*

**These modules will be taught online via Zoom every Sunday. Each session will last for 1.5 hrs, starting with meditation. The course will run over three months.*



to take an advanced course in yoga philosophy taught by Jonathan Bergius, who brings a scholarly view of the sacred texts of yoga to a modern audience. Hours spent on this module option can be counted towards total graduate study hours.

Jonathan lived in Sri Lanka and India where he studied Buddhist philosophy and Yoga-Vedanta. He is currently teaching meditation and philosophy at Aljezur International Escola and Barlavento International Escola



*For more information and to book your place contact
thehappyproject@gmail.com*

Yoga in Education Service

Jonathan, Gordon and Stella Rose from the **Inner Peace Forest School Support System** offer educators residential yoga weekends, week long and summer camps at the Inner Peace Forest Retreat. Should you wish learn any individual modules on the course you can to take part in a modular online training programme with quarterly retreats to improve your knowledge and practice of yoga, martial arts or mindfulness and meditation to support your personal *sadhana* (self practice) teaching you how to use the tools and techniques of the **unique diamond body torus flow hatha yoga self-improvement programme**, linked to the **pedagogy of *metabhavana*** – loving kindness – in the educational environment of your students and pupils.

Studying at the Inner Peace Forest Retreat

The Inner Peace Forest Retreat has a 40-year reputation as an international knowledge centre for yoga, martial arts and meditation. Students can come to live on the retreat for the duration of the course and participate in the *sangha* of the space we have made in the hill forests of Monchique to give trainees the very best indoor and outdoor circumstance to practice a calm, contented studious, reclusive and solitary lifestyle in the midst of a vibrant and creative community that connects us all in a local to global sangha living in the morality of yama.



Inner Peace Forest Retreat Outdoor Pyramid of Light and Sound



COURSE TIME TABLE 2024-25

Week-end intensives are usually the **last week-end** of the month to keep the moon rhythm practice. The seasonal retreats occur on each solstice and equinox to mark the change of seasons. Personal home practice is monitored

through a weekly yoga diary.

Weekend Time Table:

2024

September 20th – 27th **Autumn Equinox Retreat - *Absorption into Gravity***

Trainee Induction Intensive

October 26th -27th

November 28th – 29th

December 16th- 22nd **Winter Solstice Retreat - *Stillness – The Emptiness of Nothingness***

SuperYoga Pranayama & Meditation Intensive

2025

January 25th –26th

February 22nd – 23rd

March 13th – 20th **Spring Retreat – *The Movement of Becoming***

SuperYoga Surya Namaskar -Astanga, Iyengar, Sivananda styles

April 26th – 27th

May 24th – 25th

June 20th -29th **Summer Retreat – *The Fullness of Being***

Mock Examinations of Primary Series & 60 Iyengar Asanaa

July 26th – 27th

August 30th - 31st

September 19th – 28th **Autumn Retreat – Demonstrations and Examination**

Apprenticeship periods will be decided with you individually. They should last 6 months and cover the start of your own yoga service.

Course Enrolment and Payment Details

Students should be highly committed, be able to speak English, and have a minimum of 2-3 years' Yoga practice before starting the course.

Students are required to abstain from tobacco and alcohol, move towards a vegetarian diet during the course, and participate in the seasonal fasting programme. You will be assessed on your own abilities for suitability to the training prior to course acceptance.

The cost of the course is as follows:

- External Participants - 3,750 Euros.
- Resident Students on the Mentorship Programme 4,500 Euros.

NB Those who undertake the living in mentorship programme must also pay their live in weekly food and accommodation costs separately from the teaching programme – work exchange options are available to help meet costs. (IVA may be payable from certain countries).

Anyone who has stated their interest to take part to confirm by telephone or email once you have received this information.

Formal enrolment needs to be completed by 21st August 2024, when a deposit of 500 Euros is needed. The outstanding amount can be made when the course starts or in three further payments of 1,250 1,000 and 1000 Euroseach can be made (September, January and May).



Course Reviews from Past Students

Susan Pulpher student 2011/12

'I have found this course to be an in depth training covering many aspects of yoga from the esoteric to the practical. Confidence comes from knowledge and this course has helped me make the transition from being a home practitioner to feeling proficiently competent to instruct others on the 60 asanas we have studied. Gordon is a dedicated and articulate teacher. His passion knowledge and extensive experience of his subject are exceptional while delivered

in a supportive manner. The monthly group weekend training provides a regular rhythm to the course while group practice and study provides a comradeship and team spirit that keeps motivation ongoing. The course modules are intelligently compiled and clearly delivered. The training sessions are delivered from the Inner Forest retreat in Monchique where Gordon's family provides a warm and friendly environment to both study and relax. I would highly recommend this course to anyone who would like to either teach yoga or have a greater understanding to develop their own practice. '

Student 2011-12 Ingrid Berger

'I want to thank Gordon for a very intensive year of teacher training course in Hatha Yoga. He guided me/us through the course with profound knowledge, insight and wisdom on the Yoga Path. I learned very much from and got inspired by his teachings as well as from his very loving and patient way of teaching us through his awareness of the different needs, manners, abilities and possibilities of each one of us in the course. So it is both: what he is teaching and how he is teaching it, which gave me a very good foundation for teaching and living the Yoga myself.'

The course takes place in the beautiful setting of the Monchique forested hills overlooking the Algarve coastline in Southern Portugal, where fresh air, sunshine, seaside, mountains and forests form a natural paradise setting for to enjoy your yoga practice to the full.



Sunset View from the Pyramid at the Inner Peace Forest Retreat

Please contact me if you wish to enrol.

Namaste

Gordon

00351 912373124 whatsapp telegram mobile

Gordon.sillence@gmail.com