

# *Wind of Prana International School of Yoga*

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## **Program for Spiritual Teachers and Spiritual Beings (All of Us)**

If you are a Yoga teacher or are to become one, we'd like you not to be just a fitness teacher but to keep becoming a spiritual teacher, helping others to understand the collective-ness of our consciousness, to understand the oneness, where there is no sustenance for separateness, greed, anger, ignorance, or ego.

Yes, we can teach the shapeshifting (asana practice) but we can also, and we must, teach meditation, mindfulness, equanimity, Yoga Nidra and spiritual awareness, among other spiritual practices. We must expose our students to the original sources of Yoga science, like Upanishads, Bhagavad Gita, Noble Eightfold Path, and Yoga Sutras of Patanjali.

Our 'becoming a teacher' program begins on March 1. It is developed for those who are interested more in becoming a teacher and not just in being certified as a teacher. It is suitable for all levels, 200, 300, 500, and 750-Hour level as well.

The program is an integration of many areas of Yoga and each part of it will lead to the next one.

Some studies are available as self-paced (SP), like the 16 sessions of the '*Totality of Yoga*', which we consider as a must for all Yoga teachers!

### **Here are the areas we will progress through**

- **Totality of Yoga – Journey Through Oneness (SP)**
- **From 8-Fold Path to 8 Limbs of Yoga – In-Depth Study (SP)**
- **Yoga by Upanishads**
- **Yoga by Bhagavad Gita**
- **Tao te Ching – The Hidden Wisdom of Living**
- **8 Levels of Consciousness and Yogacara**
- **Mindfulness and Equanimity: Prerequisite to Awakening**
- **Stages of Meditation**
- **Deep Yoga Nidra – From Chaos to Emptiness**
- **Subtle Body Energies – Integrated View (SP)**
- **Chakras – Bridge to Higher Consciousness**
- **Nature of Yoga Postures**
- **Energy Medicine Yoga for 5 Elements**
- **Perpetual Personal Retreat (daily)**

We will be meeting online live, but the self-paced (SP) studies can be done in parallel.

Our tuition plan is simple and is based on school membership. School membership is \$825 for 12 months, if paid in full, or \$80 a month (for 12 months). I will offer discounted tuition for registrations before March 1. Each area of the study will also be available for a separate fee. Please ask. School membership includes all teachings and all Yoga classes (4 classes a week).

**The entire program is registered with Yoga Alliance as 575 CEUs.**