

SUN YOGA

Be The Light



Yoga Alliance
Integrity. Diversity. Community.

www.sunyoga.com

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ABOUT SUN YOGA



SUN YOGA, which began 11 years ago in the United Kingdom, has been providing world-class yoga teacher training all over the world.

A USA Yoga Alliance Registered School, it has trained 570 students worldwide to date. Today, you can find Sun Yoga-trained teachers in many countries in the world, teaching a very strong brand of yoga with a sound scientific/medical foundation, integrated with the spirit of ancient scriptures. You will be learning Anatomy & Physiology in great depth (to relate science to the practice of yoga) as well as learn to interpret the Sutras of Sri Patanjali (you will be dissecting chapters 1 and 2 in its entirety).

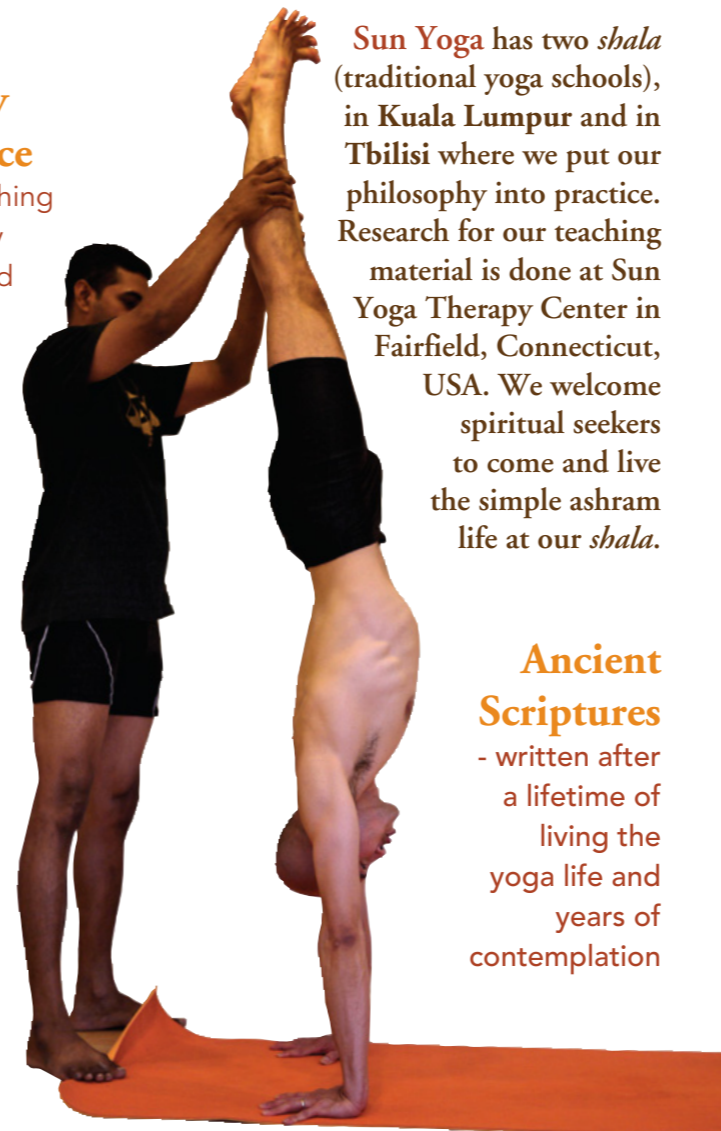
Sadhana - a strong practice in physical yoga

About The 200Hrs Teacher Training



Physical Therapy & Medical Science

- highly acclaimed teaching materials developed by professionals in the field



Sun Yoga has two *shala* (traditional yoga schools), in Kuala Lumpur and in Tbilisi where we put our philosophy into practice. Research for our teaching material is done at Sun Yoga Therapy Center in Fairfield, Connecticut, USA. We welcome spiritual seekers to come and live the simple ashram life at our *shala*.

Ancient Scriptures

- written after a lifetime of living the yoga life and years of contemplation



Curriculum must incorporate training hours in the following educational categories:

TECHNIQUES TRAINING/ PRACTICE (100 hours)

75 contact hours, 50 with primary E-RYT®s (Experienced Registered Yoga Teachers)

Includes asanas, pranayamas, bandhas, chanting, mantra, meditation and other traditional yoga techniques.

TEACHING METHODOLOGY (25 hours)

15 contact hours, 10 with primary E-RYT®s
Includes principles of demonstration, observation, assisting and correcting, instruction, teaching styles, qualities of a teacher, the student's process of learning and business aspects of teaching yoga.

ANATOMY and PHYSIOLOGY (20 hours)

10 contact hours
Includes both human physical anatomy and physiology (bodily systems, organs, etc.) and energy anatomy and physiology (chakras, nadis, etc.)

YOGA PHILOSOPHY, ETHICS and LIFESTYLE (30 hours)

20 contact hours

Includes the study of Yoga Sutra according to Sri Patanjali, yoga philosophies, yoga lifestyle and ethics for yoga teachers.

PRACTICUM (10 hours)

5 contact hours with primary E-RYT®s
Includes teaching observation, orchestrating and sequencing a yoga class and teaching and practical assessments.

ELECTIVES (15 hours)

Elective hours to be distributed among educational categories according to the school's chosen emphasis

55 REMAINING CONTACT HOURS

Contact hours to be distributed among educational categories according to the school's chosen emphasis.

TOTAL: 200 hours

TOTAL CONTACT HOURS: 180

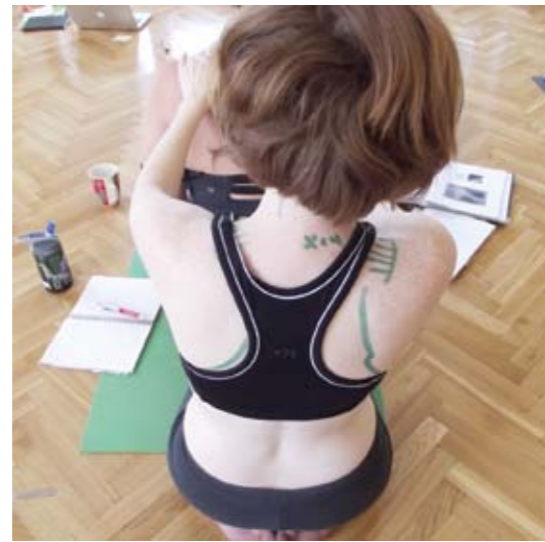
Sun Yoga Signature Flow™



TEACHER TRAINING MODULES

SUN YOGA KIDS

- weekend workshop that counts as 20 credit hours.
- share your love of yoga with children (school, home or studio setting).
- tools and lesson plans provided.
- ideas & advice on how to run children's yoga workshops, schools programs and Discovery Week.



Discover beauty. Spend time with your breath today.



VYAKATA 108 UNIVERSE OF ASANA™ & TEACHING METHODOLOGY

- improving posture practice with combination of daily classes and self-practice.
- master individual classical Hatha postures (work under the guidance of our experienced posture specialist).
- move on to learning how to teach, modify, assist and sequence postures into uplifting and effective classes.
- will be led to your best self in order for you to excel as a yoga teacher.



ANATOMY & PHYSIOLOGY

- the Foundation of your training.
- Learn principles of physical therapy (spine, skeletal and muscular systems and muscular imbalances)
- Learn key muscles in yoga to offer your students effective alternative poses & variations to progress practice.
 - The Physiology part involves understanding the systems of the body in relation to a yoga practice (tie in with the Ayurveda discourse).

PHILOSOPHY, ETHICS, LIFESTYLE

- Yoga Sutras of Sri Patanjali (book of yoga) - compilation of collective wisdom, used as reference book for yogis, sages, spiritual seekers and those on the path of finding self-realization.
- study of this ancient text begins with Shad Darshan, the 6 classical schools of Indian philosophy (with focus on Samkhya), an introduction into Ayurveda and detailed work on Chapters 1 and 2 of the Yoga Sutras.
- explore more practical issues, such as ethics, living the life of a yogi in the modern world and running a business based on yogic principles to equip you with the tools and knowledge to start your journey as a teacher.



TEACHER TRAINING MODULES (con't)



PRACTICE & TEACHING PRACTICE

- practice, practice, practice... for it is only with practice that you become accomplished as a teacher.
- upon completion of the course, we would strongly advise you to teach classes as Karma Yoga for the much-needed experience.
- we have a unique structure that assists you in fulfilling this part of your journey.

ASSESSMENTS & EXAMS

- producing good teachers is very important to us. Although not a requirement by USA Yoga Alliance, we have designed an assessment (for Anatomy & Physiology) and a written exam (for Philosophy, Yoga Sutra and Sanskrit) to ensure that we have taught you well and that you have sufficient understanding in the basics for teaching yoga safely, effectively and knowledgeably.
- you may retake this exam as many times as you need to, free of charge.
- we have also pioneered an innovative grading system which will be used throughout the training, to track your progress in asana practice. You will have a clear idea of your strengths, work-in-progress and challenges, thus forming a motivational path for your self practice.

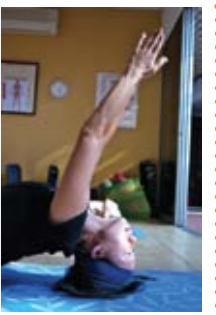


DESIGNED and developed over an 11 year period by passionate yoga teachers, physical therapists and medical doctors across three continents, the Sun Yoga Signature Flow Class is about accessing the classical postures of yoga to bring about a transformation of the physical body. Thus, in our Signature Flow, you will experience the ignition of your internal fire through our homage to the ancient Sun Dance, the awakening of your body to the rhythm of your breath and the inward flow of your consciousness to the quiet place within you.

To deliver the Sun Yoga experience, the Sun Yoga Signature Flow will incorporate music, chanting, meditation, the dedication your practice and threads of ancient scriptures. Hands-on physical adjustments form an important component as your Teacher assists your body into the beautiful

architectures that were practiced by ancient yogis for thousands of years.

As our Tradition believes that yoga postures are expressions of the inner Self, you work to your own ability under the guidance and support of your Teacher. Thus, the class is suitable for all who are in good health. Come, EXPERIENCE, BELIEVE.



EXPERIENCE, BELIEVE Sun Yoga Signature Flow Class

2013 TEACHER TRAINING



Starts APRIL 2013

- Modules include:**
- Sun Yoga Kids **20-21 April**
 - Anatomy & Physiology **22-26 April**
 - Philosophy, Ethics & Lifestyle **27-29 April**
 - Vyakata 108 Universe of Asana™ **6-12 May**
 - Pranayama, Bandha & Trataka **13-15 May**



Starts MAY 2013

- Modules include:**
- Sun Yoga Kids **2-3 May**
 - Anatomy & Physiology **11-15 May**
 - Philosophy, Ethics & Lifestyle **18-21 May**
 - Vyakata 108 Universe of Asana™ **27-31 May & 1-2 June**
 - Pranayama, Bandha & Trataka **3-5 June**



To be confirmed

PRE-REQUISITES

You must have at least one year of committed yoga practice and in good health. However, for us, the most important component is dedication to your path - you must give 100% of yourself to be the best you can be.

YOUR INVESTMENT

US\$,600 in full before the start of the course. Early Bird fee of US\$,300 for course fees received in full 30 days before the start of course. Note: Fees cover all course materials but exclude registration fee with USA Yoga Alliance.