



hamsa yoga studio

Teacher training in India

This is a small collection of information about our TT in India from beginning to end. It will be updated from time to time, so keep an eye on the website.

Simon and I can hardly wait and just the other day I woke up from a dream where I was teaching meditation to the distant sound of the Arabian Sea...

Readings:

This year we have chosen to keep the list of books relatively short, but on the other hand give a lot of suggestions for reading. In this way the reading list consists of two parts:

- **Must have:** Books that we want you to bring and that we are going to use in the course. Maybe talk to a fellow friend on the TT and bring half each!
- **Recommended readings:** These are books that we love and from which we have drawn some of our inspiration. We don't expect you to buy them or bring them, but they are good to have and study in your growing private yoga library.

Must have:

Anusara Yoga Teacher Training Manual (by John Friend)
Anatomy Compendium (Charlotte Nielsen)
The key Muscles of hatha yoga (vol. 1)
The key Poses of hatha yoga (vol. 2) begge fra 'bandhayoga.com'

Recommended readings:

Bhagavad Gita (Eknath Eswaran)
Yoga sutra (George Feuerstein)
The heart of meditation (Sally Keptom / Swami Durgananda)
Yoga at the wall (Nancy Mac Coaghan)
Yoga body buddha mind (Cyndi lee)
Light on Yoga (B.K.S Iyengar)
Anatomy of hatha yoga (H. David Coulter)
JivaMukti Yoga (Sharon Ganon & David Life)
Awakening the Spine (Vanda scaravellis)
Living your yoga (Judith Lasater)
A path with a heart (Jack Kornfield)
Yoga journal magazines



Teacher training in India

Preparing:

We recommend that you begin stepping up your asana and meditation practice. Come join us at Hamsa for as many classes as you can and preferably get your home practice going. The many hours of yoga and meditation calls for a certain amount of stamina and strength. If you are not in shape your body will become tired and the risk of injury will increase. I remember from one of the 100 hours intensive I did in Thailand that about day 10 I was so beat up that I could hardly lift my arms above horizontal but working through it things started to happen.

Vaccines:

In Denmark you can contact "Statens Serum Institut" and set up an appointment. South India is relatively easy but ask them as it might change!
<http://www.ssi.dk/>

Visa:

You will have to apply for a tourist visa for India and for the TT, if you stay longer you might need a diff. visa. You need to look into this! You must apply for a tourist visa from the Indian embassy (in Hellerup) and getting a visa usually takes one week and costs some money (approx. 350 dkk)
<http://www.indian-embassy.dk/mainPages/home.asp>

Book a flight:

The closest big airport is Trivandrum (Thiruvananthapuram)
<http://en.wikipedia.org/wiki/Thiruvananthapuram> and if you look at the momondo you will find flights. Another possibility is to buy a ticket for Mumbai (Bombay) and then find a domestic flight from there to Trivandrum.

Accommodations:

We suggest that you book 3-5 days from Denmark, so that you can arrive and relax and walk around and find something that resonate with you. Kovalam, Lighthouse beach, has lots of hotels, guesthouses, houses and even a five star hotel. This is a link for hotels <http://wikitravel.org/en/Kovalam> and the one I stayed at, good for a start http://www.travelpod.com/hotel/Maharaju_Palace-Kovalam.html

Payment:

The deadline for paying the teacher training is 27th of September. Since you have all ready paid 1000 dkk the remaining 17.000 dkk will be posted as an event on the website. Please pay through our website and please do NOT transfer or wire the money to our bank. This event will appear on the website Monday the 6th of sep. (full payment within 6-27th of Sep)

First module:

Our 200-hour TT abroad begins with an intro weekend in Copenhagen at the 29-31st Oct. This intro module will make it possible for you to get to know each other and we can give you the first homework and blessings! If you cant come for this intro weekend it is possible to write a paper instead on an assignment given by the teaching faculty, as well as writing a bit about yourself that we can share with the rest of the class. We strongly encourage you to form bonds with each other.. maybe even travel together, live together in kovalam, and form study groups. Kula or community is a very important part of a teacher training and a trip like this.



Teacher training in India

Teaching method and tests:

We are one of the more academic teacher trainings around. Our vision from the very start was to create an education with emphasis on the handy crafts of yoga. Corner stones are anatomy and biomechanics, philosophy, asana technique and teaching methods. Adding on to that we bring in meditation and pranayama, ayurveda and chanting. During the stay in India we will pass around a series of tests, as this is a very good way of showing if you are up to date with the program and curriculum. These tests are fun and they are constructed to bring forth and exemplify “need to know” knowledge as well as reveal to you what we consider “nice to know “ things

India:

We recommend that you study a bit about India, Kerala, Kovalam and perhaps even Lighthouse beach. We are so lucky that Kovalam hosts some of the best ayurvedic clinics in the world, so on your day of or in the long midday lunch break, you can either sleep, study, swim in the ocean, surf, sunbathe or book a treatment with one of the many doctors there.

We don't recommend any 'detox' treatment or anything heavy, just pamper yourself!

The time before the exam - between the 12th of December and the 15th of January it would be a good idea to practice to teach your friends and families. There might even be a fitness club that needs some subbing. But this is the time for getting out there and practice. On one of the last days of the TT in India you will get the assignment for the paper you have to prepare for the exam. This paper consists of analyzing a pose as well as placing the asana in a context of a class sequence and finally describing some of the spiritual, mental or poetic effect that the pose may cultivate. This paper is the written foundation for your practical exam.

Exam:

The exam is held at Hamsa Yoga Studio in Copenhagen the 15-16th of January 2011. We divide the class in teams and each team will act as students for the one teaching. The exam is in all about 30 min. and begins with the aspirant teaching a small part of their constructed sequence that the faculty has chosen. Then the rest of the class leaves and we continue with questions about what we just saw taught or asking regarding the paper. If it is not possible to join us in Copenhagen for the exam weekend you can instead send in a video of you teaching a class. And based on that, your paper and our time together in India we will exam you!

Yoga alliance:

When all is done and if you passed, then we will send your info to Yoga Alliance, and about a month later you can apply for acceptance in their database and system. Registration with yoga alliance costs a certain fee that you pay yourself and this has to be renewed every year.

We are so looking forward to this... See you under the palm trees in India!

Simon, Soham & Charlotte (Shiva, Hanuman & Saraswati)

