



INTERNATIONAL YOGA TEACHERS TRAINING COURSE
(RESIDENTIAL PROGRAM)

IMMERSION COURSE IN YOGA

RYT 200 & RYT 500 HOURS



Don't Just Learn, Transform !

In this unique
Yoga teacher's-training program, you will:

Learn an immense amount about yoga
and its full complement of practices

It is the Classical Yoga we teach,
traditional India hath yoga style

Develop a deep understanding of yoga's
perspective on the human system and
how it functions

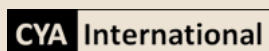
Experience how Yoga's tools affect each
of us in different ways and on different levels

Learn how to apply yoga's tools in
different ways and for different people

Grow, personally, on all levels (mental,
physical, emotional and behavioral)
through a practice personalized for you



Affiliations & Accreditations



UJJAIN YOGA LIFE SOCIETY

Ujjain Yogalife Society (UYLS) is a continuous endeavor to commit self to the universe and feel an unparalleled state of physical, mental and spiritual well being. It brings together some of the most accomplished yoga teachers and yoga enthusiasts.

UYLS is a premier institute for teacher training in India offering Registered Yoga Teacher - RYT 200, 300 and RYT 500 courses. Our teacher training programs are accredited with and recognized by Yoga Alliance USA - YA, Council of Yoga Alliance International - CYAI, International Yoga Federation- IYF, and Yoga Alliance International-YAI. We bring about transformational changes, at mental, emotional and physical levels, in our students with hands on training focused on knowledge of Yoga in-depth, Philosophy of Yoga, body alignment, asanas, pranayamas, meditation and therapeutic healing.



This residential course will be conducted by **Pundit Radheshyam Mishra (Ph D)**, an International Yoga Guru and an expert member of Yoga with most of the committees of Government of India. With ERYT 500 & 24 Years of teaching experience in 44 countries of the world, founder of Ujjain Yoga Life Society International and YogaLife USA Inc, Pundit Radehshyam Mishra is the master, belongs to a traditional lineage of ancient Classical Yoga of Shri Yogendra Ji, the founder of very first Yoga Organization of the world.

He is the direct disciple of a living Yogi Dr. Jayadeva Yogendra. His organization's curriculum, history and traditional lineage can be checked out in more detail at: www.yogalife.co.in.



Transformational Training Program

In short, the UYLS Yoga Teacher's Training not only provides clear, coherent and complete information about yoga, its tools, philosophies and practices, but it will also facilitate the personalized, experiential support necessary to effectively implement this into your life. This training will result in a new you, with a new perspective on life and relationship. It will be a more authentic you; with actual and sustainable behavioral change, developed out of deep, experiential understanding and when it will be your turn to help someone else, you will clearly understand how to do that from a place of authentic knowledge, personal experience and deep knowing.

This Program is Different....

One-on-One Mentorship

As a participant in the UYLS's Training, you will connect personally with International Yoga Guru Pundit Radheshyam Mishra, who will:

- Guide and direct your daily, personal practice
- Answer informational questions related to the training
- Mentor you in developing your yoga teaching

This personal support will hold you throughout the course of the training and beyond. When tailored to the individual needs and capabilities of each person, the tools of yoga can coax tremendous positive transformation out of us.

Authentic Teachings

Yoga is a practice that has been passed down from one generation to the next for at least several thousand years. It is an ancient discipline, with deep theoretical and practical roots, and there is a rich textual tradition that underlies and explains the

practice, its applications and its meaning.

Śri Yogendra from The Yoga Institute, Mumbai (The oldest Yoga Institution) was one of the most influential masters of yoga in modern times. His knowledge of Yoga, Ayurveda, Sanskrit and the primary Indian philosophical schools was unrivaled. Yet the main focus of his energy and life-long work was the study, practice and teaching of therapeutic Yoga for supporting health, healing, and personal transformation of house-holders.

Pundit Ji has studied in this tradition in 90's and his immediate guru is Dr. Jaydev Yogendra (Son of Shri Yogendra). Yoga is a life-long path, which provides ongoing opportunities for learning and refinement. To be a good teacher requires that one be actively applying what they are teaching. UYLS teacher's Training program models this inside and outside the classroom.

Comprehensive, Coherent Teachings

One of the most important aspects of Shri Yogendra's teaching is that they have shown, simply and clearly, how all of the different aspects of yoga fit together as a single, coherent whole. All of the pieces, including movement/asana, breathing techniques/pranayama, meditation, gestures/nyasa, sound/mantra, chanting, philosophy, ethics and daily life, etc., work together as a single, unified practice.

At the UYLS Institute, we do not mix various philosophical disciplines. This program is a complete yoga program. Yoga for body, breath, mind, philosophy, personal transformation, therapeutics, etc.; all of it. And all of it explained in ways that makes sense and applies to our modern day culture and life. We're sure you will find it very intellectually satisfying and affirming to see and feel how each aspect prepares for, aids and enables all the others.

Beyond Information, Deeply Experiential

The UYLS's Teacher Training will provide you with a deep understanding of:

How to practice and teach asana (physical postures), including

- Techniques: how to correctly practice the main postures, in the classical way
- Primary effects and purposes of each asana / posture
- How to adapt each posture to achieve the proper function of the posture
- How to organize postures into different sequences to achieve different results.

Specifically this involves understanding the physical requirements of each posture as well as the strain each posture puts on the body/mind/breath and how these can be utilized in combination with those other postures. The resulting understanding is an incredibly adaptable system for creating practices.

How to practice and teach prāṇāyama (conscious breathing), including

- Definition of prāṇāyama, what it means, why it's practiced, etc.
- How to create a prāṇāyama practice
- How to develop the quality and length of the breath
- Prāṇāyama techniques: how to practice, use and teach different prāṇāyama techniques
- Prāṇāyama ratios: how to practice, development and teach different breathing ratios

How to practice and teach meditation (dhyana), including :

- Different understandings of meditation: How to create and develop meditation practices
- Meditation techniques: their practice, effects and how to teach them
- Meditation objects: fundamentals of how to choose them

How to practice yoga in daily life or "off the mat", including

- In depth learning of Patañjali's Yogasutra. This is the traditional main presentation of how to live the path of yoga.
- Overview of the Yoga teachings on navigating difficult life situations

Personal Transformation, The Foundation of Teaching.

Obviously, a lot of information is presented over the course of the training, but the emphasis is always how to apply the information and how to facilitate the experiences. Yoga is not informational. Yoga is experiential, it must be done, practiced and experienced to be understood and to have an effect on us and thus to change us. The UYLS's training emphasizes the practical application of yoga and its tools. The training covers not only what the tools are, but how to think about using them, how to understand the way they function (according to the traditional models within which they were created), and how to use them. The result of this process is self-transformation. Gradual, sustainable and meaningful, personal transformation, achieved through the immensely satisfying and interesting path of yoga. These are proven and profound teachings designed to help you, and therefore students, achieve the joy, freedom and health of a person in balance with their most authentic self.

A Therapeutic Tradition

The UYLS's program provides a precious opportunity to be trained in the therapeutic yoga tradition of Śrī Yogendra. A tradition rooted in "The Yoga Institute", a world famous and oldest Yoga Institute. The training equips students with the tools, experiences and understandings necessary to teach group classes and general individual sessions in this tradition, where:

- The approach to healing is truly holistic; the mind, body and spirit are seen as completely interconnected, yet discernible aspects of a single entity
- Where each person is viewed an individual; the yoga is uncompromisingly adapted to the student, and not just the student to the yoga
- Where the student-teacher relationship has always been viewed as the heart of the teaching for the transformational process



Is this training for you?

The UYLS's training is for anyone who is ready to experience Yoga deeper. This training is appropriate for:

- Someone interested in becoming a skilled yoga teacher
- Already established yoga teachers wanting to deepen their practice or move it in a therapeutic direction
- Medical & mental health professionals wanting to understand yoga's multidimensional approach to the human system and how to use breathing, attention and movement meaningfully with their clients
- Someone interested in deepening their understanding of yoga for their own personal practice and evolution. If you simply enjoy yoga, have seen the effects it's had on you and want to know more or understand why, then this is also for you!
- This training is for those who want to understand the full spectrum of how Yoga can change their lives and those who want to grow, heal, and be of service to the world around them.

Program Details

RYT 200

The program will include the following topics:

Aasans (Standing, Seated, Supine, and Prone postures)
Easy Techniques to Master the Postures
Anatomy Essentials
Human Physiology
Anatomy and Physiology of Aasans
Pranayaam
Mudras
Kriyas (Shatkarma – Cleansings)
Bandhas
Bhavas
Yoga Sutras
Yoga Philosophy
Practice Teaching
Personal Counseling
Public Speaking
Methodology of Teaching Yoga
Teaching and Presentation Skills
Yogic Diet
Concentration and Meditation Techniques
Therapeutic Aspect of Yoga
Opening of Yoga Studio
Management of Yoga Studio
Literary References
Internet References / PDF Books / PPTs etc.

Eligibility Criteria

Age : 18+
Understand read and write in English
Willing to use Computer and Internet for making presentations
Willing to practice and teach Yoga
No debilitating chronic illness or physical disorder
Willing to follow a Yogic Lifestyle during the course duration

RYT 500

The program includes RYT 200 and the following topics:

Research Methodology in Yoga
Advance level of Asanas, Pranayams, Bandhas, Mudras, Kriyas (Cleansing) & Meditation
Deep understanding of Patanjali Yoga Sutra
Yoga Therapy in details
Intense practice teaching
Yoga Programs for various Diseases
Yoga for Children
Yoga for Elders
Yoga for Women
Yoga for Pregnancy (Prenatal & Postnatal)
Yoga for Cardiac & Hypertension
Yoga for Asthma
Yoga for Diabetes
Yoga for Stress Management

Eligibility Criteria

Age : 21+
Understand read and write in English
Willing to use Computer and Internet for making presentations
Willing to practice and teach Yoga
No debilitating chronic illness or physical disorder
Willing to follow a Yogic Lifestyle during the course duration

Fees & Dates:

We charge a reasonable and affordable fees from participants as we are non-profit organization, not a commercial Yoga School. Please write us at info@yogalife.co.in to know about fees & dates of next course (it changes from time to time).

Includes all Course material (Books/CDs/DVDs), Yoga Gear, Yoga Mat, Kriya kit, Certificate. All meals-Pure Vegetarian & Vegan (Tea, Breakfast, Lunch, Snacks, Dinner) accommodation in twin sharing room for man / woman separately. Accommodation & Food from Night before the course starts to the day course ends. Additional Fees for individual Accommodation 30\$ per

day extra. Email us if you are arriving early or you wish to stay longer. Accommodation may be offer on chargeable basis @Rs. 4000/ day without food.

Application Procedure

If you are interested in joining our UYLS's Yoga Teacher Training programs, please apply online now at **www.yogalifegoa.com/registration**

Accommodation

Bhakti Kutir

Stay under the canopy of this two acre coconut grove in one of twenty two back-to-nature cabanas. No two cabanas are alike. Fashioned from local materials like rice straw, and bamboo, the cabanas are built to include trees, leaves, and to let you see the moon and star-filled skies. The living areas combine a rural feel with a surprising degree of comfort.

Linen, Towel, Toiletries, Toilet Paper, Mosquito Net, Table, Chair, Candles, Wardrobe, Sit out area/balcony are included in every room.

Meal

Food is one very important aspect in the Yogic Life Style. Right quality and quantity of food along with proper eating time not only keeps the people alive, it also keeps free from all physical disorders and enhances their energy level. In this course, we provide light, freshly prepared and easily digestible diet with all required macronutrients like Proteins, Carbohydrates, Fats; micronutrients like Vitamins, Minerals and other essential components of food like Roughage and Water to meet all requirements of our body. It is completely Vegetarian and Vegan food.

Certification

Graduates will receive Yoga Teacher Certification from the UYLS and will be able to register with Yoga Alliance as a certified teacher. UYLS is also registered with Council for Yoga Accreditation & Affiliations, International Yoga federation and Yoga Alliance International.

Daily Schedule

Time	Duration	Activity
6:00	30 mins	Meditation
6:30	15 mins	Kriyas and Cleansing
6:45	15 mins	Sattvik Tea
7:00	90 mins	Yogic Walk & Exercise at Beach
8:30	30 mins	Breakfast
9:00	60 mins	Free time/Self Study
10:00	60 mins	Lectures by Pundit Ji
11:00	2 Hrs	Asanas / Pranayama
13:00	45 mins	Lunch followed by Yogic Walk
13:45	30 mins	Nishpand Bhav and Relaxation
14:15	75 mins	Free Time / Self Study
15:30	30 mins	Tea Break
16:00	60 mins	Theory/Presentations
17:00	60 mins	Practice teaching
18:00	60 mins	Yoga Practices
19:00	60 mins	Free Time
20:00	60 mins	Dinner
22:00	6-7 Hrs	Sleep



The Venue Bhakti Kutir, Goa

Twenty-two back-to-nature cabanas

Stay under the canopy of this two acre coconut grove in one of twenty two back-to-nature cabanas. No two cabanas are alike. Fashioned from local materials like rice straw, and bamboo, the cabanas are built to include trees, leaves, and to let you see the moon and star-filled skies. The living areas combine a rural feel with a surprising degree of comfort.



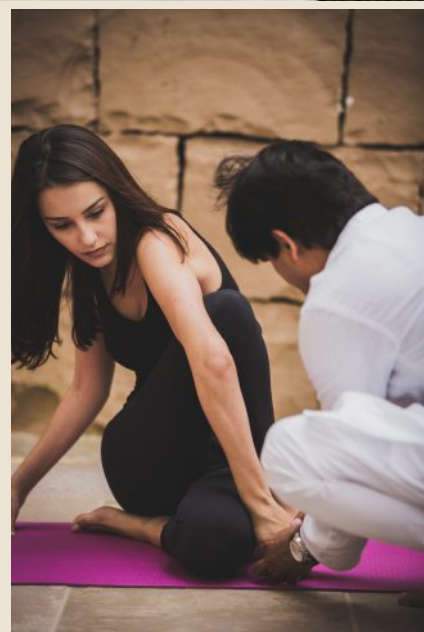
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TESTIMONIALS



Adriana Demoliner,
BRAZIL

I never gave importance to myself always thought about others but never thought that my body needs care. Now I realized that I need to activate not only my body but also my mind & learn to control breathing.

I can win if I avoid temptation & follow discipline. It was a 'YOGA Yog' that I met Pundit Ji.



RaniseSilveiraa,
BRAZIL

The 11 days yogic session has totally enlighten my life & has opened a new hope in my life. The session was very informative; I will try my level best to improve my overall personality through yoga. I am very much thankful to Pt. Mishra for giving me such an important & rejuvenating experience with this positive gesture. I thank you Pundit Ji for the knowledge given to me about Yoga.



Johana Koenig,
USA

I had never learnt yoga/meditation before. Teaching methods and exercises are very simple and effective. I am motivated to practice daily as I believe I can benefit significantly from this. Thanks to Pt. Radheshyam Mishra Ji.



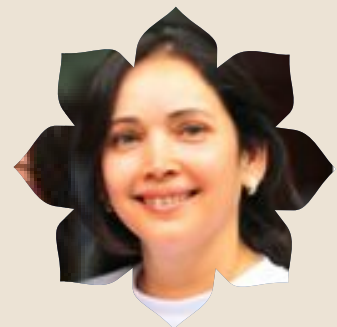
IbyShariff
VIETNAM

"Yoga" never thought I would ever indulge in but as soon as I heard Pundit RadheshyamJi I have decided to follow yoga regularly in my life. Also would advise my near and dear ones to take up yoga seriously for a healthy life. Thanks to Pundit Ji.



Alessandra Barbisan,
BRAZIL

It was a very good session very energetic and refreshing for our mental and all parts of our body. Had great time and experience. I will try to do all the yoga taught by Pt. Mishra. Thanks to him for sharing his thoughts and experience. Looking forward for more such workshops.



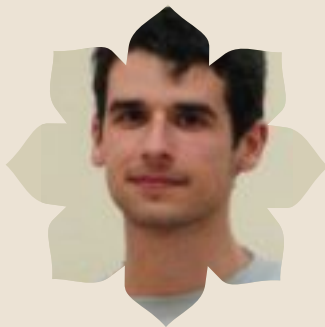
RenuJhalani,
INDIA

Though I had learned yogasanas from a few different teachers earlier nobody explained them as succintly and provided the scientific background and effects and purpose of each asanas so beautifully as Pundit Radheshyamji. Thank very much for helping all of us by initiating us on a path for better life guruji.



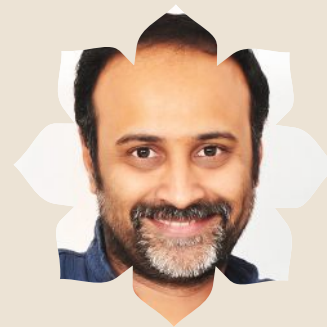
Deepti Gami,
INDIA

Yoga comes as a new lifeline to me. After doing this course in August 2013, I realised importance of yoga in life. For me it was the world best gift, thanks to my Guru Pundit ji. During this course I lost 10 kg weight, I had many gastrointestinal problems, hernia in esophagus (food pipe), I was not able to eat and live my life properly. Now I am completely cured and living a emotionally, physically & mentally healthy life, have develop a positive attitude and helping many many people through my Yoga teaching in Indore



Guilherme Castro,
BRAZIL

The TTC by Pundit Mishra has given good understanding of how should I know myself better & what can I do to improve myself both physically and mentally. I thank Ujjain Yoga Life Society's Pt. Mishra for all the efforts he has put for all of us. Would definitely make this knowledge useful in my daily life to become better person.



Sandeep Jain,
INDIA

For me YOGA is not just a four letter word. It is a complete life style statement. Though I have been connected with different yoga teaching institutes now and then for last five years, coming in contact with Pt. Radheshyamji Mishra has added a different dimension to my personality. His teachings are not restricted to a 2 hour classroom exercises but a 24 hour schedule, which helped me understand how multiple aspects affect our well being and how to manage them. I have found not just a Mentor but a great friend in Pt. Radheshyamji Mishra.



Rafael Lee,
BRAZIL

The yoga teachers training program was excellent it is a must for every person to know himself in a busy life style. We tend to forget ourselves and are governed by our life style. This program is an eye-opener in self-awareness. Well-articulated simple lucid and concise. Thank Pundit Ji for his time and motivation.



Anca,
NORWAY

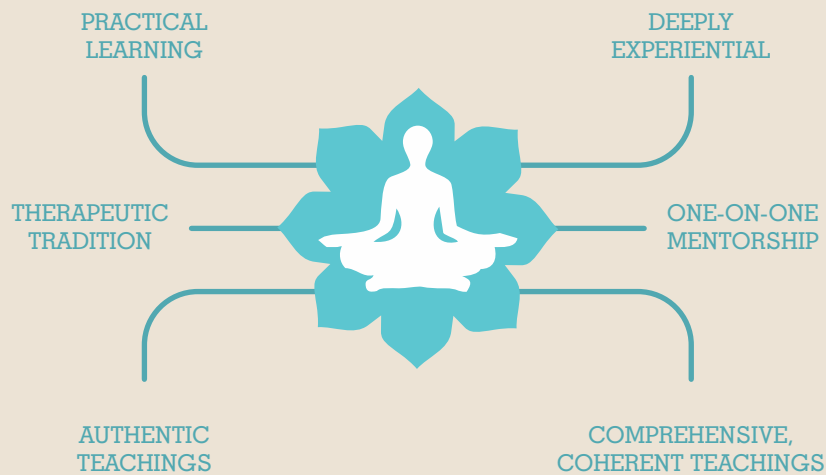
I can actually thank you for adding years to my life:-) And also I have resaved tools with your Yoga lessons on how to live it well and healthy:-) You are beyond any doubts one of the best teachers I have ever met :-) Your knowledge and integrity is amazing :-) I think that you and I have a special way to communicate and I feel I have found a friend for a lifetime :-) Hope to meet you many more times :-)



Elin,
NORWAY

I want to thank you for these days in the 20th Immersion Teacher Training Course. When I started two weeks ago I was very excited over what was in front of me. And this course has taught me more than I could imagine. I have learned a lot about yoga, philosophy and not at least about myself. I had to face my weaknesses and that was very scary, but very self educational. Now I feel more confident and have more faith in myself.

You are a great teacher that motivates and inspirits, and you have learned me a lot about life. I liked specially Yoga sutras and learning all the asanas. Maybe I start a yoga center one day.



IMMERSION COURSE IN YOGA

Register Online

www.yogalifegoa.com/registration

Talk to us

Mobile: +91 9993033353, +91 9406624555

or Write us at

info@yogalife.co.in



AN ALLIANCE OF THE YOGA INSTITUTE, SANTACRUZ, MUMBAI