



**The Mother's Integral Health Centre
SRI AUROBINDO ASHRAM – DELHI BRANCH**

A course on TEACHING YOGA with a difference

A course that has helped many give a new direction to their lives since 2008

***Announcing our next
Certificate course on Teaching Yoga (2019)***

***A Level One, 200-hour course (7 Aug 2019 – 20 Dec 2019)
10 am - 12.30 pm, 5 days a week (Monday - Friday)***

There is no dearth of 'yoga teacher training courses'
Is this course really different? If so, how?

- It is not a 'Teacher Training Course'. We are not trainers; we are educators
- It is based on the radical, revolutionary, and strongly life-affirming spiritual philosophy of Sri Aurobindo and The Mother, which is rooted in Vedanta, and yet goes beyond any traditional version of Vedanta
- It brings alive hackneyed expressions such as "Yoga is not just a set of techniques but a way of life"
- It explores the depths of yoga, brings out its role in a life-affirming spiritual quest, and illustrates how yoga enables us to live a life full of love, peace, joy, and above all, fulfillment
- We select students who can think, and the course inspires them to improve upon their capacity to think clearly, logically and critically

The course would include THEORY modules on

- *Yoga*
- *Human Anatomy & Physiology*
- *Nutrition*
- *Ayurveda*
- *Communication skills*

And PRACTICE sessions on

- *Asanas and Pranayamas*
- *Meditation*
- *Teaching yoga*

We do all that we say, and we say only what we do

Glimpses of what we do

		
Theory Classes	Student Seminars	Practical Classes
		
Guest Teachers	Guest Teachers	Guest Teachers
		
Trataka	Jala Neti	Post-Jala Neti
		
Meditation & Mantras	Theory Exam	Practical Exam

Who is the lead teacher?

	<p>Prof. Ramesh Bijlani, former Professor, All India Institute of Medical Sciences (AIIMS), New Delhi. Writer (author of more than 20 books), inspirational speaker, educationist, and scientist. Has an honorary doctorate in yoga from SVYASA, Bengaluru. Has been staying and working at Sri Aurobindo Ashram – Delhi Branch since 2007. Profile available on Wikipedia and on the website of Speaking Tree.</p>
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What does the course aim at?

The broad objective of the course is to prepare qualified and competent level 1 yoga teachers capable of imparting instructions on yoga to the general public in tune with integral yoga of Sri Aurobindo and The Mother.

What the previous students say

- A life-changing course – Henna, Promila, Vikrant
 - An eye-opener – Gayatri
 - The awakening light of my life – Anjali
 - The course gave my laughter back, my childhood back – Priya
 - An amazing journey which will stay lifelong with me – Puneeta
 - Increased my self-confidence, helped me find myself, and the way to Truth – Lukas
 - Learnt to calm myself down – Lucy
 - Expectations fulfilled and surpassed – Bhavna
 - Amazing energy in the class – Anjali, Vikrant
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Last date for submitting the application 31 July 2019	Interview for selection 1-3 August 2019	Inauguration of the course 7 August 2019, 10 am
Fee Rs. 15,000	Medium of Instruction English	Seats Thirty

How can I Apply?

Send an e-mail to srimayog@gmail.com or contact@aurobindoonline.in and ask for the Application Form. Please feel free to send an e-mail also if you have any questions.

(As at the time of going to print: details subject to change)