Santosha Level 1 200 Hour Yoga Teacher Training
Practical Information + Course Guide
**Santosha Level 1 200 Hr Yoga Teacher Training**

**Program:** Intensive Yoga Teachers Training Certification - Level 1  
**Days:** 25 Days  
**Studying Hours:** 250 Study Hours  
**Yoga Alliance Registration:** Graduates can become Registered Yoga Teachers (RYT) at the 200 Hour level with Yoga Alliance  
**2017 Locations**  
Samadi Bali, Canggu  
Santosha Shala, Nusa Lembongan

**Investment YTT only:** $2,990 AUD  
($2,790 if paid in full two months before course date)  
*Flights, food and accommodation not included.*

*Please see Dates + Location pdf for our full list of 2017 course dates and locations*

**Pre + Post Natal and Children + Teens Training**

**Program:** Pre and Post Natal and Children’s Intensive YTT  
**Days:** 3 Days  
**Studying Hours:** 30hrs contact and non-contact  
**Yoga Alliance Registration:** 30 continuing education hours  
**Investment:** $499 AUD or $399 AUD if attending YTT 200  
*Flights, food and accommodation not included.*
 Believe, Know + Trust

• Believe that you will have a transformational experience far beyond your imagination and you will leave a new person.

• Believe that you will be loved unconditionally from your teachers, peers and all those around you.

• Believe that you will feel and experience new emotions or physical responses.

• Trust that you will be connected to what already exists within you – a shiny, sparkly, happy individual filled with contentment and full of limitless love.

• Know that at times the training will feel challenging, but trust that it will all be wonderful and you will get through what ever seems difficult.

• Know that each day will consist of asana that is just for you and decided by you, pranayama, meditation group discussions, lectures, fun laughter and lots of love.

• Know that your journaling you complete each day, will allow you to discover new and wonderful aspects of your dimensions.

• Know you will learn will learn the 8 limbs of yoga, not asana alone.

• Trust that you will learn to chant, sing and find the music within.

• Know that you will meet new friends that will become your extended family.

• Trust that Santosha will look after you with complete dedication and love.

• Trust that you will laugh, smile and love each moment of the day.

• Trust that you will feel a far deeper connection to nature and others and that you will be able to surrender to life and all it brings.

• Know you will become an authentic teacher spreading the true meaning of Yoga.
The Santosha Experience

A Santosha Yoga Teacher Training is a powerful personal journey filled with transformation, surrounded by unconditional love. It is this experience that can help you to create positive change on this planet that spills into the universe.

Santosha’s teachers are among the best in the world, and you will learn so much more than asana, you will learn the true meaning and essence of the practice of yoga. Between the teachers, there is over 50 years combined yoga experience. Together, their broad base of yoga and wellness knowledge and their warm and compassionate natures will ensure that students who attend have a rich, rewarding and joyful experience unlike any other.

This is not just another Yoga Training, selling another style of yoga, it is something unique filled with love and passion.

Our Teacher Training concentrates on a creative fusion of Classical Yoga, Ashtanga Vinyasa Krama Yoga, and Iyengar poses woven together by a unique blend of vinyasa flow that is accessible to all levels and abilities. The yoga taught is not another ‘style’ of yoga but an authentic, integrated presentation of the whole spectrum of ancient yoga teachings drawing from the Sri T Krishnamacharya lineage.

Santosha is dedicated to upholding the authentic teachings of Krishnamarcharya, (our modern day father of yoga) in order to provide the truth of Yoga through our curriculum. The course is designed to provide a comprehensive foundation for teaching yoga skillfully with compassion and awareness.

Santosha’s courses combine the wisdom of traditional yoga with contemporary understanding of the body, emotional system, and spiritual practices to serve as a platform for self-inquiry and ignite a process of genuine transformation. This in-depth training experience supports the shift towards embracing life with awareness, acceptance of oneself, recognition of oneness and reverence for the earth.
What Makes Santosha Unique?

Spiritually-Oriented Counseling

Santosha is pleased to be able to offer our students spiritually-oriented counseling with Hamid Ebadi. Spiritually-oriented counseling is an invaluable therapy for everyone but particularly for the yoga aspirant because practicing yoga often breaks open doors of an emotional and psychological nature. For most people, the true causes of malaise and emotional distress requires a journey of self-discovery and inner quest along a healing and transformative path.

Psychological conflicts and emotional suffering are often caused by disconnect from our true nature and unconscious identifications with early patterns of conditioning. We cannot free ourselves from what we are unaware of just as we cannot heal ourselves from what has not presented itself to be healed. Spiritually-oriented counseling aims at integrating psychological and spiritual work so that the light of awareness permeates the hidden recesses of our personality.

Experience your true nature, serenity, internal peace and be in harmony with your environment and in your relationships

This counseling is all encompassing, taking into account both the psychological and spiritual dimensions of a person, both the conditioned personality and the unconditioned being that we all are. It encourages people to become aware of their responsibility as creators of their personal destiny and to manifest the full scope of their own lives.

Hamid is an ordained Zen monk and in 2005 he finished a three year training program in counseling at ETAPE (École des Praticiens de la Psychothérapie) in Nice, France. For more information about Hamid's methods and his personal journey, contact Hamid directly at h.ebadi@hotmail.com or visit: yogasurfingretreats.com/santosha-yoga/spiritual-oriented-counselling/
An Authentic Foundation for Teaching

Our ERYT (Experienced Registered Yoga Teachers) possess a deep understanding of the principles and teachings of Yoga; our senior instructors collectively have over 50 years of experience.

- A free spiritual counseling session is offered to all students via Skype prior to training beginning.
- We do not offer a ‘style’ of yoga, but we do offer an authentic training, which draws upon the truth of yoga and the authentic lineage of Sri T Krishnamacraya.
- Graduates can become Registered Yoga Teachers (RYTs) with Yoga Alliance after completion of our Santosha Yoga Teacher Training course. RYT designations are trusted symbols of knowledge; Possessing one enhances your credibility as a teacher and enables you to work all over the world.
- Our courses are one of the most detailed courses available, offering a wide selection of modules to prepare the students for their Yoga Careers.
- Santosha prefers ‘quality than quantity’. Please email to inquire about numbers at each YTT.
- We organize fantastic accommodation at our beach-side locations at a discounted rate.
- We provide an opportunity for Graduates to work at other Santosha retreats or Teacher Trainings.
- Santosha offers other yoga courses/ workshops, which can, when completed by a graduate, fulfill requirements for further education for Yoga Alliance.
- All students receive post-graduate support. We are always only an email away for questions and answers!
- Santosha’s massage therapists provide students with discounted healing packages and are available on site at trainings.
- Our teachers will mentor all students and will be available to support way beyond the YTT.
Techniques Training/Practice
Including asanas, chanting, kriyas, pranayamas, mantra, meditation & other traditional yoga techniques. These hours will be a mix between analytical training in how to teach and practice the techniques, practice of the techniques themselves; both areas will receive substantial emphasis.

Teaching Methodology
Includes principles of demonstration, observation, assisting/correcting, instruction, teaching styles, qualities of a teacher, the student's process of learning, and business aspects of teaching yoga.

Anatomy, Physiology & Yoga Therapy
Includes both human physical anatomy and physiology (bodily system, etc), Yoga Therapy including the energy anatomy and physiology (chakras, nadis, etc.). The studies will include both the subject and application of principles to yoga practice (benefits, contraindications, healthy movement patterns, how to prevent injuries and cater for all individuals with limitations). All students will learn to apply these principles to teaching and practicing yoga.

Yoga Philosophy/Lifestyle and Ethics for Yoga Teachers
Includes the study of yoga philosophies, yoga lifestyle, and ethics for yoga teachers. Learn the tools and wisdom that yoga philosophy has to offer to enhance and improve all aspects of your life, relationships and well-being.

Practicum
Includes practice teaching, receiving feedback, observing others teaching & hearing/giving feedback. Also includes assisting students while someone else is teaching.
A minimum of 5 contact hours will be spent actively teaching (not assisting or observing others teach). All these subjects provide training in teaching for beginners, intermediate levels and advanced levels.
Learning Asana postures, their benefits and cautions. Teaching Asanas safely and appropriately to the students needs. Includes in-depth exploration and teaching cues to facilitate classes with awareness and skill. This focuses upon the Yoga Sutras and their relevance in the system of Yoga.

Studying Yoga Philosophies and their application to spiritual transformation and optimal living

Understanding the energetics of yoga and the connection of each pose to the body

Understanding the true foundations of Pranayama

Delivery of Yoga Nidra instruction

Effective strategies for teaching meditation

Effective strategies for conveying the techniques of mudra and bandha

Teaching various Kriyas - cleansing

Knowledge and practice of teaching simple mantras and kirtan (chanting)

Learning to teach the technique of movement with the breath, with a focus on yoga therapy

Strategies for building balanced and satisfying classes

Human anatomy and physiology with the depth and focus necessary for safe and effective teaching.

Knowledge of how to efficiently plan, organize, promote and manage a yoga class. Understanding of business principles for establishing & maintaining a viable yoga based business

Consideration of the positive qualities and attributes of a trained yoga teacher. Knowledge of the ethical and legal framework and personal skills needed to be a Yoga teacher. The Yoga lifestyle of a Yoga Teacher.

Understanding the responsibility of duty of care when preparing the environment for safely running a yoga class or a yoga center

This unit teaches the unity and approaches of Ayurvedic Medicine and Yoga.

This teaches how to incorporate both the Yamas and Niyamas powerfully into your classes and into daily life.

Understand the meaning of Yantras and how to use Yantra in meditation and in daily life.
Two Stunning Bali Locations –

Location 1 - Samadi Bali, Canggu

Our Canggu trainings are held in the spacious yoga shala at Samadi Bali - an exceptional, artistically stylish yet very comfortable luxury living compound situated in the quieter and peaceful area of Canggu, less than 2 km from the beautiful Echo beach. Protected rice field views adorn this living space and all its amenities.

Samadi Bali offers yoga for every one, healthy home-made food and integrated treatments in a unique space dedicated to radical well-being and self-empowerment. Samadi Bali is also a kitchen lab for healthy foods and happy bellies. We experiment mixing sunny European cuisine with gourmet un-cooking and home-grown ingredients. The results are often surprising and delicious!

Samadi is also a hub for alternative health, healing and beyond. We offer treatments and courses for your body, mind and spirit ranging from Balinese massage, to therapeutic bodywork, chakra balancing, cranio-sacral therapy, trauma and stress release and life-coaching.

Meals + Food at Samadi
Breakfast, lunch and dinner are available at Samadi, with a free breakfast for those staying onsite.

Samadi can also provide for gluten free, vegan, low carb and other special diets. Meals are NOT included in the price of your tuition.

To view more please visit the website: www.samadibali.com

Students have the option of staying onsite, or making their own accommodation plans in the nearby village. Please email us for our recommended options.

Please use the booking details provided by Santosha rather than booking directly to receive Santosha rates for your stay. See our Canggu Samadi Bali Accommodation Guide for more info 😊

To see our Upcoming Dates and Locations please visit our website: yogasurfingretreats.com/yoga-teacher-training/upcoming-dates/
COUNTRY:

TWO STUNNING BALI LOCATIONS

Location 2 – Nusa Lembongan, Bali

Nusa Lembongan is a true island paradise, a world away from the hassle and hectic pace of South Bali. Neither hawkers nor traffic mar the magnificent scenery; this is a fine place to just put your feet up and relax. Main activities include surfing, diving and snorkeling. The water is some of the clearest you will find anywhere, and a vivid aqua blue in colour.

Even as Nusa Lembongan grows in popularity, it remains a mellow place. Many areas around the island are good for diving and snorkeling, with abundant marine life and healthy coral. For surfers the waves are good with several popular reef breaks. There are several white sand beaches away from the main centres which are virtually never crowded and the secluded and traditional Nusa Ceningan is a fun scooter or bike ride away over a small bridge.

Many Santosha students (and teachers!) have visited this island and fallen in love with its relaxed pace, stunning beaches and breathtaking sunset views. It is the perfect place to relax and revitalise away from the stresses of the fast paced world. We would like to prescribe to everyone some time on this magical island paradise to rejuvenate and renew!

As our amazing shala is in the process of being built we do not yet have any pictures to share of the onsite accommodation. We look forward to sharing these with you very soon. With accommodation, this means you have three choices:

a. Wait until we have pictures and onsite accommodation options to share (late 2016)
b. Select from one of the nearby options we recommend
c. Choose your own accommodation in Nusa Lembongan (use Mainski as a reference point as is next door) There are no shortage of accommodation options in the area as Nusa Lembongan is a much loved holiday destination!

Please email for recommendations and updates on the progress of our amazing new venue 🌟
Partners and Children Attendance

Santosha is all about family and recognises the importance of having a family experience! We are able to cater for both partners and children (even single parents who may need to have their children close by during the course). If travelling with your partner or family we have a selection of appropriate choices of accommodation. Please email santoshayogayttoffice@gmail.com for more information.

Travelling To Your Accommodation – Airport Pick Up

Bali’s International Airport is located in Denpasar, roughly 45 minutes drive from Canggu (depending on traffic!) If staying onsite, our accommodation venues have reliable drivers who can be organised via Serenity Eco Guesthouse or your guesthouse of choice.

Please see the Nusa Lembongan Accommodation Guide on details for travel to the island. Nusa Lembongan is a short 30 minute fast boat ride only from the main island of Bali.

If your accommodation does not have its own driver, you can catch a taxi from the airport very easily. Make sure you arrive with IDR (Indonesian Rupiah) or change some money before you leave the baggage claim / terminal area, so that you can pay in the correct currency.

Visa and Passport Requirements

Please confirm details for the appropriate visa, passport requirements, International Drivers License and travel insurance prior to your departure from your consulate/ travel agent.

Visas on Arrival: Indonesia has introduced regulations with regard to visas, limiting tourist visas (which are no problem to acquire) to 30 days. Visas are obtained on arrival at the airport for $35 USD. Many countries can now enter for free – but be aware that if you chose the free Visa option you will need to leave the country to extend your stay beyond 30 Days. Make sure to pay, if you want to extend!

It is possible to extend your stay for 60 days. Ask for a PAID 30 Day visa upon arrival for $35 USD then you go to class one immigration (near airport) to apply and extend for the remaining 30 days. The Santosha Team can arrange a local representative who will assist you with the process - please ask when you arrive.

Please note: Santosha cannot supply sponsorship or other documentation (including letters or forms) for any Visa applications.
Welcome Circle + Registration + First Lectures

The Welcome Circle happens at 1:00pm onsite on your first day. The Welcome Circle is about getting to know each other and highlighting important foundations of the YTT, accommodation and any other relevant information that will assist each student to feel comfortable in their surroundings and launch into the YTT.

The YTT 200 Training Manuals and Santosha singlets, and any other product your ordered, will be handed out during this time. The first Asana session will occur on the am of the following morning. Please see the schedule for times and sessions - this will be emailed out to the email you supplied on registration, one week prior to the commencement date of the YTT.

Mandatory items for the YTT

- Yoga Mat (there will be some available for sale if needed)
- Highlighters/Note Book/Pens etc – you will take a lot of notes. Be prepared!
- Japa Mala Beads (Meditation Beads) – these can be purchased during the first week of the training for a cost of $25 AUD including small bag
- Books - The Key Muscles of Yoga – Ray Long (bring to training)
  - The Power of Now – Eckhart Tolle (needed to complete first assignment)
  - Yoga for Wellness – Gray Kraftsow (bring to training)

Yoga Training Notes + Assignments

Santosha will send you the log in password for the Student Resource Centre on your invoice upon receipt of deposit - so you can download all required documents for the YTT from the website. It is the responsibility of the student to log on and download/print all documents required. Please read the instructions carefully with attention so as to clearly understand the directions.

Our Guarantee For You

Attend our YTT 200 Yoga Training and in the extremely unlikely event that by lunch time on day two you feel you do not want to be a Yoga Teacher or embark on this journey at this time we will give you your full training fee back minus the non-refundable deposit. Santosha wants to make it totally risk free for you because we believe that once you begin this journey your life will change in such a way you could never have thought possible!
Society is family in embryo

This course is provided at the end of each Yoga Teacher Training 200 for easy access and at a very reasonable investment for students. Do not miss this opportunity to deepen your knowledge so that you can cater for these markets, which in turn will allow you to teach to a wider community and help to create a better world. Inspire children, support mothers, allow teenagers to move through their turbulent years with a sense of ease.

The Santosha Prenatal, Postnatal, Children's and Teen Yoga Intensive is an magical course that will provide you with the skills and knowledge to share the benefits of yoga with new and expectant mothers, children and teens. The course is suitable for anyone interested in enriching their understanding of the applications of yoga in these areas, whether your goal is to practice as a specialist yoga teacher, apply the knowledge to your work in a range of fields, or simply to deepen and evolve your own yoga and life experience.

Santosha's pre and postnatal course modules are formulated to provide students with the knowledge, confidence and holistic understanding of appropriate asanas and practices for safely teaching pregnant women during and after pregnancy. Prenatal Yoga classes provide an opportunity for expectant mothers to develop greater vitality and awareness of their blooming body that is home for two, as well as to deepen their relationship with their unborn baby. Gentle postures, breath work, vocal toning & meditation are taught to cultivate flexibility, calm and confidence in preparation for labor and childbirth. Women are assisted to access greater relaxation, comfort and enjoyment. Calmness & flexibility ease the birthing process, thus reducing pain and increasing the joy of giving birth. With prenatal yoga, women prepare for as active, enjoyable and natural a birthing experience as possible. The course provides practitioners with the skills to empower mothers and enrich their experience of this transformational time in their lives.

The children and teen yoga modules offer a comprehensive experiential based training that will give you the building blocks to specialize in teaching children’s or teen’s yoga as a career. This is fundamentally one of the most important and vital areas of yoga teaching because teaching our children and youth will help to create a profound change in our world. Planting the seeds of peace in our children will allow them to experience the benefits of yoga, share them and practice them throughout their lives! Teaching our teenagers yoga can provide them with beneficial lifelong tools to help them cope with daily stresses, navigate exams and deal gracefully with the increasing pressures placed upon them as they transition into adulthood. By sharing the magic of yoga with the children and youth of today we are helping to create a better world tomorrow, one child at a time.
How To Register For The Ytt

1. Choose a training and investment option from our Upcoming Dates:
   http://santoshayogainstitute.edu.au/dates/

2. Book your accommodation with the accommodation of your choice

Investment Options

The investment for the Level 1 YTT 200 is $2,790 AUD early-bird price or $2,990 AUD non early-bird.

The PPNCT is $399 AUD for YTT Participants or $499 AUD for non-YTT students.

How to book

Visit our Upcoming Dates Page and select the course which you would like to join:
http://santoshayogainstitute.edu.au/dates/

You will have the choice between:
- **$350 Deposit** – this will secure your place in the training of your choice. Then choose to pay the balance of the course cost either by Bank Transfer, Credit Card or PayPal, at least 7 days prior to the commencement of the YTT. Please email santoshayogayttoffice@gmail.com to let us know your preferred method of payment. Please note that if you do not let us know of any other payment choice, the credit card details you have provided will be charged the outstanding amount on the 7th day from the commencement from the course.

- **Five Fortnightly Payments** - you do not have to pay the deposit prior to this - simply choose the easy payment plan.

- **The Whole Enchilada** - Pay the amount in full up front by credit card.

**Early Bird Option** – if you choose to pay the full amount two months in advance, the Early Bird rate is $2,790.00 AUD will be applied to the full payment at checkout. Or if you have paid the $350 deposit to secure your spot and wish to receive the Discount please contact us to pay in full two months in advance.

**Santosha PayPal Details**
Please contact us if you wish to pay via PayPal. PayPal may add additional fees and charges so you must be aware of these before choosing this option.

**Terms and Conditions**
Please read the terms and conditions listed on the below link carefully. You are responsible for reading the material and understanding our policies
http://yogasurfingretreats.com/santosha-yoga/payment-policy/