

We are offering a unique and special training course in Phillip Island - Australia, the course will be led by Indian and international teachers firmly rooted in yogic tradition yet contemporary in terms of vision, anatomical understanding and communication style. The Kashmir Shaivism school of yoga teaches how through the refinement alignment we can develop our inner ability to feel harmony with the unifying spirit. Our course marries the philosophy of Kashmir Shaivism, a tantric non-dualistic philosophy that affirms and celebrates life, and the focus and precise asana alignment based with the teachings of the Iyengar school of yoga.

Time table

7:00 – 7:30 am Meditation Kashmir Shaivism, Sukshuma & Breathing
7:30 – 9:00 am Asana practice
9:00 – 10:30 am Breakfast
10:30 – 11:45 am Yoga Philosophy
11:45 am – 12:45 pm Teaching Methodology
12:45 – 2:30 pm Lunch Time
2:30 – 3:30 pm Anatomy and Physiology
3:30 – 3:45 pm Mantras and Bhajan chantings
3:45 – 4:45 pm Pranayama and Yoga Nidra
4:45 – 5:45 pm therapy self practice, practicum

SANTHOSA
The Road to Quiet Contentment
Yoga and Meditation School
Yoga and Meditation School



KASHMIR SHIVISM SCHOOL OF YOGA & SANTHOSA ASHRAM

Australia - Phillip Island - Melbourne (about 1 1/2
hour from Melbourne) No 61 03 425748907



www.ksschoolofyoga.com
www.santhosa.com.au

RESTORATIVE YOGA & THERAPEUTIC ESSENTIALS YOGA TEACHER TRAINING* IN AUSTRALIA

27 August to 27 September 2018

*ACCREDITED WITH THE YOGA ALLIANCE



RESTORATIVE YOGA & THERAPEUTIC

JOIN US IN AUSTRALIA!
AFFORDABLE FEES FOR SUCH A YOGA JOURNEY!



The yoga teachers training course in the lineage of Kashmir Shaivism is a complete, powerful and transformative program involving conscious breathing and movement, where students will learn through the techniques and through the postures, to understand how recovery and restoration happen at different levels

— Proper, professional adjustments and sequencing for different ailments (Anxiety & mood disorders, diabetes, thyroid, shoulder & back pain among other topics of the 2 level syllabus)

The future teachers will be learning how to adjust the Asanas, pranayama, diet and complementary activities according to the ability and condition of each student, always providing a restorative alternative to adapt the posture.

Yoga and Ayurveda,
yoga nidra

Pranayama and the importance in recovery,

The students' learning process

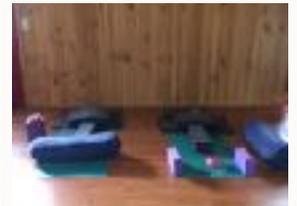
Kashmir Shaivism school of yoga own methodology,

Principles of demonstration, meditation and visualization

FEE YOGATTC

EARLY BIRDS DISCOUNT : 1700\$ (FOR YOGA TTC TUITION, MANUAL, MATERIAL, TEA AND CERTIFICATION)

FEE: 1900



Yoga Shala at Santhosa Ashram with yoga props

ACCOMODATION FEE:

COTTAGE WITH KITCHEN - MINIMUM 8 PEOPLE - (3 BEDROOM- SHARED ACCOMODATION)

253\$ / 4 WEEKS/ PER PERSON



Rooms

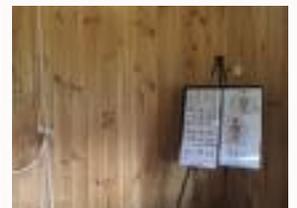
FEE FOOD

230\$ PER 10 MEALS (X30 -690\$)

EARLY BIRDS DISCOUNT YOGA PACKAGE:

YOGATTC + ACCOMODATION + 30 MEALS = 2490\$

FEE: 2700\$



7 Hours and 30 minutes of daily yoga sessions x4 weeks