



# learn to teach yoga



Swami Vivekananda's Agama Yoga offers an IYF and Yoga-Alliance-certified 500-hour Teacher Training Course! This 12-week, intensive program will prepare you to start your own course in your home area teaching the fundamentals of Hatha, Laya, and Kundalini Yoga in the Agama style. The program provides a solid theoretical and practical foundation, and certified teachers will receive the full support of all teaching and marketing materials, including lesson plans and Agama advertising media.



Student-to-student teaching workshops are integrated into the program, which is designed to empower even a student new to Yoga to build confidence and experience in his or her teaching abilities.

Vivekananda Saraswati, including comments on the Bhagavad Gita

- and more!

The Teacher Training Course will be offered 27 May through 16 August, 2008, at Bovy Resort, Koh Phangan, Thailand, at a cost of 1800 EUR / 1700 EUR with prior First Month Intensive attendance.

Refer to online website section for application, payment procedures, course expectations, etc. [www.agamayoga.com/ttc/ttc.htm](http://www.agamayoga.com/ttc/ttc.htm)

Tantra 1 Workshop following the TTC 19-23 August is complementary.

Contact us at [ttc@agamayoga.com](mailto:ttc@agamayoga.com) with further questions or to reserve your space!

**Don't miss this exceptional opportunity!**



The course includes:

- more than 40 asanas, bandhas, and mudras
- kriyas and pranayamas
- essential meditation techniques and introduction to Tantric sexuality
- a 10-part series on anatomy and physiology for Yoga
- an eight-part sequence on Yoga pedagogy (the art of teaching) and ethics
- dietary advice, including the Ayurveda and Shat Karma Kriya systems
- Yoga techniques for protection and mental concentration/expansion
- Exclusive lectures with Swami



"It has been much richer, deeper and more soultouching than I expected."  
Sabina, Switzerland



"The teachings are unique, inspiring, beautiful."  
James, England



"The course has given me the opportunity to open new horizons."  
Justine, USA