

Integral Yoga Teacher Training

Integral Yoga Shanti Milan and Integral Yoga Almeria
Jointly organise for the first time in Europe

ADVANCED TEACHER TRAINING

ALMERIA SPAIN - OCTOBER 6th-27th 2019

with Swami Asokananda, E-RYT 500
and Paola Parvathi Faini, E-RYT 500



A great opportunity to take your Yoga practice and teaching skills to the next level with the Advanced Integral Yoga Teacher Training course. We are so happy to finally be able to offer this training here in Europe

Integral Yoga Teacher Training

In the beautiful, peaceful environment of El Saltador you will further your own growth by deeply exploring the science of Yoga.

TOPICS COVERED IN THIS TRAINING INCLUDE:

More advanced asanas and variations, including inversions and arm balancing poses.

Advanced study, theory, and practice of pranayama, as well as bandhas and kriyas.

Guidance on how to safely introduce advanced practices.

A deeper understanding of the anatomy involved with advanced asanas.

Additional study and immersion in Raja Yoga and Baghavad Gita Study and guidance on how to **integrate koshas (layers of the Self), Patanjali's Ashtanga and meditation into your teaching and personal practice.**

Share experiences and new ideas and to address challenges that you may have encountered in teaching.

PREREQUISITES

Integral Yoga Intermediate Teacher Training and at least six months of experience teaching at the Intermediate level before applying.

The course will be open to teachers of some schools that are inline with the Integral Yoga trainings and subject to a short interview.

TUITION

Cost for the three weeks will be € 2450.- include: course, material, full board, yoga room, not included transportation.

There will be an early bird special of € 2300 if booked before January 31st 2019.

For more information and reservations contact both email:

brahmaniintegralyoga@gmail.com or integralyogaeurope@gmail.com

LOCATION

A beautiful retreat center in the heart of Andalucia: Cortijo El Saltador is the ideal place for our training. It is a large traditional Andalusian farmhouse close to the picturesque village of Lucainena de las Torres

<http://www.elsaltador.com/index.htm>

PRESENTERS



Swami Asokananda, E-RTY500,

a monk since 1975, is one of Integral Yoga's® foremost teachers. Known for his warmth, intelligence, and good humor. His teaching comes out of his own practice and experience while absorbing the wisdom of his Guru, Sri Swami Satchidananda.

While he enjoys sharing the practical wisdom of yogic philosophy (especially the Bhagavad Gita), he also loves his practice of Hatha Yoga. He presently serve as President of the IY Institute in New York City and before as President of the Satchidananda Ashram-Yogaville.



Paola Parvathi Faini, E-RYT500,

studied and worked in China for 17 years. There she was fascinated by traditional martial arts and Chinese medicine. Her first Yoga experience started in 1992 and led her to meeting her Guru, Sri Swami Satchidananda. Since then she has devoted herself to practice and teach in various fields of Yoga. She founded the Milan Integral Yoga Center in 1999, and has been leading Integral Yoga teacher trainings since 2003.