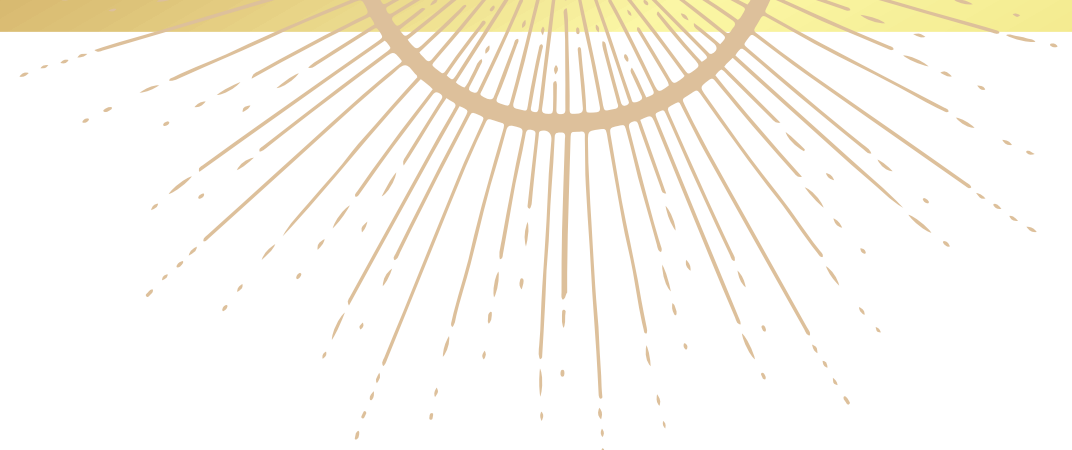


TRANSFORM

200 HOUR YOGA TEACHER TRAINING
INTERNATIONAL CERTIFICATE

WELCOME BOOKLET





All life is Yoga

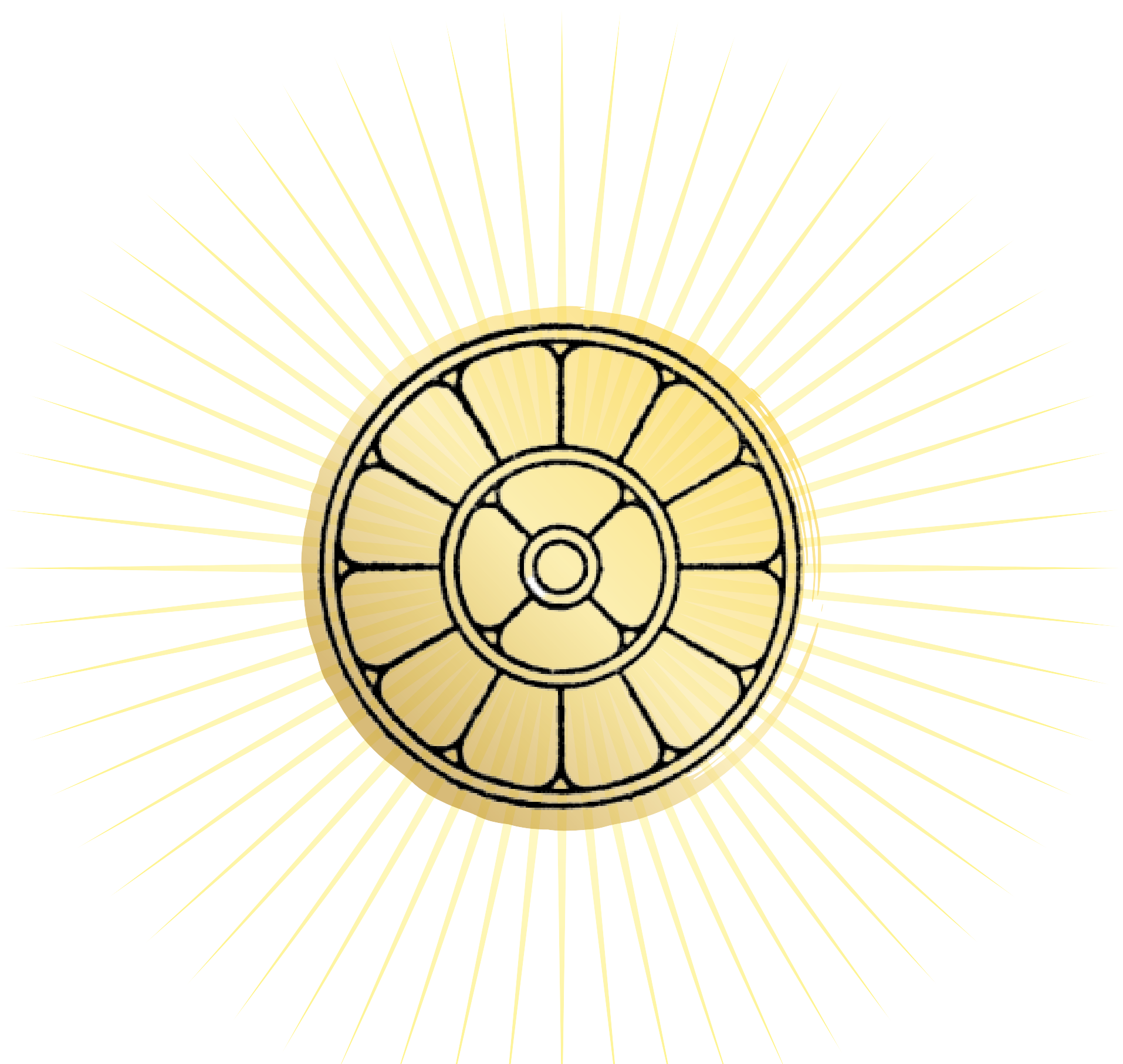
Yoga means union with the Divine – a union either transcendental (above the universe) or cosmic (universal) or individual or, as in our Yoga, all three together.

Or it means getting into a consciousness in which one is no longer limited by the small ego, personal mind, personal vital and body but is in union with the supreme Self or with the universal (cosmic) consciousness or with some deeper consciousness within in which one is aware of one's own soul, one's own inner being and of the real truth of existence.

In the Yogic consciousness one is not only aware of things, but of forces, not only of forces, but of the conscious being behind the forces. One is aware of all this not only in oneself but in the universe.

- Sri Aurobindo

TRANSFORMATIONAL YOGA



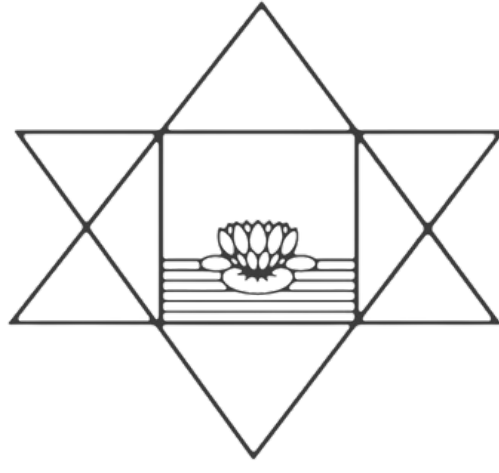
200 HOURS TEACHER TRAINING

INTRODUCTION TO STUDY

2024-25

Contents

- ▶ Welcome
- ▶ Contact and Registration
- ▶ General Information
- ▶ Teachers
- ▶ Intro to Transformational Yoga
- ▶ Content
- ▶ Modules
- ▶ Breakdown of Hours
- ▶ General Schedule
- ▶ Course Features & Fees



He who chooses the infinite has been chosen by the infinite.

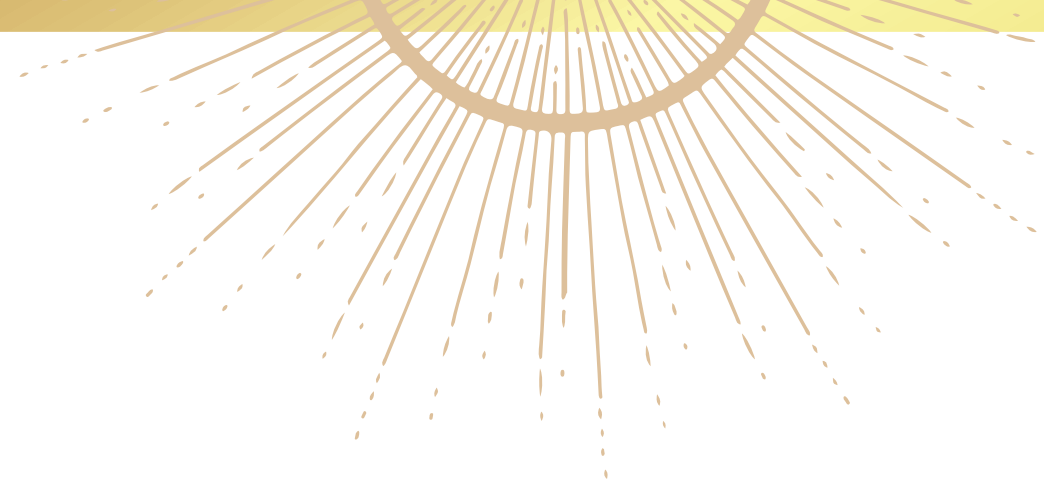
Welcome to this Introduction to 200+ Hour Yoga Teacher Training Course.

Within this welcome booklet you will have an introduction to the course, styles covered flexible schedule modules. An overview of the schedule, how to prepare and more useful info.

The 2 main intentions of this YTTC are to

1. Cultivate your own knowledge and awareness (internal & external), of your practice, your body, your your yoga (union) with yourself, others and the world of manifested experience. It is to deepen your connection with your true self LOVE (at the psychic centre.)
2. To share this light with others as a confident, competent Yoga Teacher. To guide classes, retreat groups or private students, safely to connect with themselves and their yoga practice.

Transformational Physical Practice is based on Hatha Asana (postures) and so you will also be equipped to guide Hatha Yoga Classes.



THE PROGRAM



General Structure
What is covered
Timings
Additional Styles

Key Information

**THIS TRAINING COURSE IS FOR A CERTIFICATION OF:
200 hours - International Certificate**

**THIS COURSE WILL RUN FOR:
4 MONTHS HYBRID
In Person & Online Study**

**THE PRIMARY STYLE IS:
Transformational Yoga**

**SECONDARY STYLES:
Hatha, Vinyasa, Yin, Mantra, Nidra**

**PRIMARY INSTRUCTORS:
Jennifer Louise Ayodele Anthony**

**ONLINE GUEST INSTRUCTORS:
Swami Vidyanand (Founder of Transformational Yoga)
Kelly Eva May - Trauma Informed Workshop
Cody Pizer - Transformational Breathwork**

**THE MAJORITY OF THIS COURSE WILL BE HELD:
In Person: Pays Basque.**

**THE COURSE WILL BE CERTIFIED BY:
[Yoga Alliance International](#)**

Course Specific Information

- 4-5 months. December - April.
- Non residential with In-Person Guidance.
- Part Time - Flexi Study.
- Hybrid - Face to face hours + Online Hours + Self Study Hours.

- 2 Extensive Course Manuals (Manual 1: Transformational Yoga, Manual 2: Yoga Comprehensive).
- Access to online resources & Library.

To be discussed:

- 1 x per week Online Class.
- 1-2 x per week In Person Class (Biarritz/Bidart).
- 1-2 x per month Half/ Full Day Workshop (Biarritz).
- Integrating 1/2 x 30 min practices per day.
- Optional Peer Study.
- Yoga Class attendance also counts towards hours.
- Date of Opening and Closing ceremonies, Final Assessments* and Certification.

Investment & Breakdown*

- International Teaching Certification £200 (€241)
- Course Instruction, Manuals, Resources, Tea/refreshments, Ceremonies, Guest Workshops . €1000
- Installment Payment/Payment Plans available.

Meet your teachers

Click on the teacher to find out more...

Auroville, Pondicherry, India



Sri Aurobindo

Mirra Alfassa

(The Mother)

Pondicherry

Creators of Integral Yoga,
Integral Yoga Psychology
and Education.

Synthesising the ancient
lines of yoga & Science
for accelerated evolution.



Swami Vidyanand

Founder of the
Transformational
Yoga System

Himalayan Foothills, Nepal

Hatha
Ashtanga-Vinyasa
Philosophy
Science



Dr. Chintamini

France



Jennifer Louise

Transformational & Integral Yoga
Hatha, Vinyasa & Yin
Meditation, Mantra & Yoga Nidra



Some Unique Features of the Course:

- 1-2-1 consultations, reflections & individual feedback.
- A longer training period allows for a deeper integration, more time to self-study and absorb information and enough time to get hands on experience and feel confident as a teacher.
- Learn and practice the Ancient "3 Yogas" Jnana, Karma, Bhakti (+Raja) and experience their synthesis.
- Emphasis on experiential learning. Self-Observation, Self-Study and Self-Knowledge.
- Learn & practice how Prana, Mantra and Kundalini yogas can influence energy.
- Teaching practicum begins early on and works with the practitioners individual gifts.
- Deeper understanding of 'Energetic Anatomy' - The Chakras and the Koshas.
- Preparation and practice for running ceremonies, workshops and retreats.
- Receive an online workshop with Swami Vidyanand., Founder of Transformational Yoga.
- Additional Workshops in creating a trauma informed practice & transformational breathwork.
- Invaluable Course Manuals to keep for life.
- Working as a yoga teacher or how to integrate your knowledge into your life to bring the benefits to yourself, your community and your future students.

INTRODUCTION TO



**TRANSFORMATIONAL
TECHNIQUE**

What is Transformational Yoga?

Based on the Integral Yoga System and Teachings of Sri Aurobindo and Mirra Alfassa (The Mother), Transformational Yoga goes far beyond just physical exercise. In depth focus of asanas, the chakras, mantras, and breathing and meditation techniques gives you the knowledge you need to purify your body, stabilise your emotions, focus your mind, and increase your spiritual well-being. While offering a complete approach to well-being, Transformational Yoga takes into account physical, emotional, mental and spiritual aspects of health. It functions on a deeper level to stimulate Kundalini energy to move up through the chakras, purifying and awakening the pure body.

Transformational Yoga is a truly integral yoga system. It synthesises techniques a variety of yogic systems to bring about rapid transformation.

Sri Aurobindo and The Mother.

Sri Aurobindo and The Mother taught that with the development of Mind, individual human beings can, if they choose, use their will and intelligence to begin to participate consciously in this process of self-discovery, self-exploration and evolution. Opening the Heart to the experience of not only connecting with higher energies, but to bring those energies down into the body through the practice of Yoga and Meditation.

Transformational Technique

Re-Connecting with the "Higher Self."



Detoxification of the 4 Lower Chakras:
Untransformed (Apara - Impure) Self.
False Self.



Energy Released into the higher Chakras:
Transformed (Para - Pure) Soul.
True Self.

Step by Step Transformation of the Energy we put consciously and unconsciously into emotional, physical and mental energy, gives us more time to connect to the Inner Guide, Higher Self (Vision, Insight, Truth & Intuition) which allows for more Flow in life as the energetic obstacles in life are overcome and removed.

COURSE CONTENT



Modules Included
Yoga Styles

COURSE CONTENT

When getting an idea of the range of content that is covered in this 200 hour course, it may seem overwhelming.

Rest assured that there are Modules that have 'deep dives', and others that we just lay the foundation and 'scratch the surface' - There will be information on how you can learn more about any/all of the information we cover on the course. Yoga is a life long study, A life long practice and A life long unfolding.

Although there is a lot of ground to cover, much of this will be **experiential**.

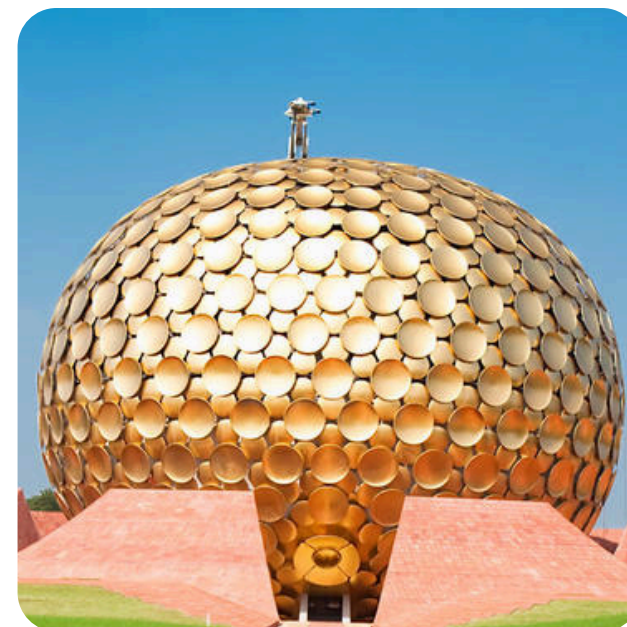
The theory classes/ online classes are there as a support to the practical knowledge you unlock.

There will be plenty of time in between sessions where you can relax, absorb and write down any questions that may have come up for you.

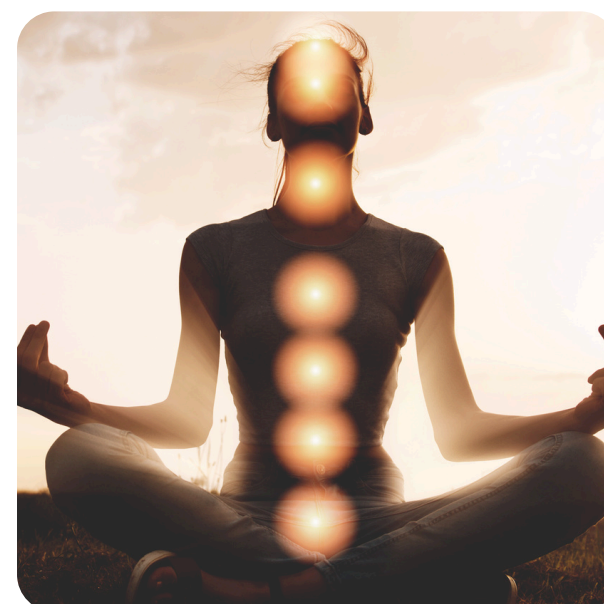
Doing an extended training also gives us the possibility of slowly and carefully integrating a regular practice into the lives we already have. This is the beautiful intention of Integral yoga. Not only are we synthesising the styles of yoga for accelerated evolution, we are also integrating the wisdom into our bodies, lives and minds to live more connected, conscious, truthful and happy lives.

Core Modules

Transformational
& Integral Yoga



Transformational
Technique &
Energetic Anatomy



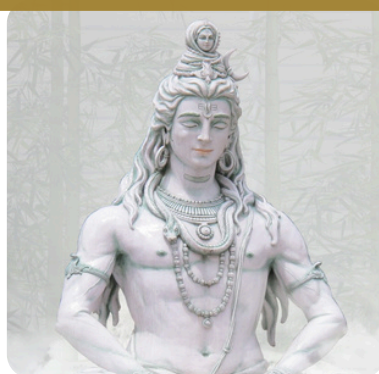
Asana



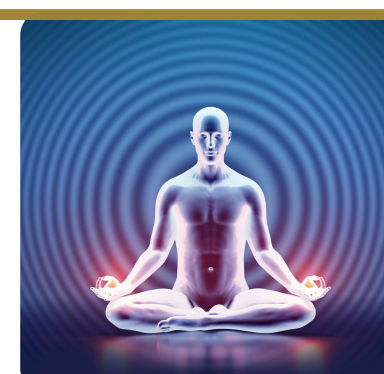
Pranayama



Chakras



Koshas



Meditation



Mantra &
Chanting



Shorter Modules Covered

Yoga History,
Pilosophy &
Science



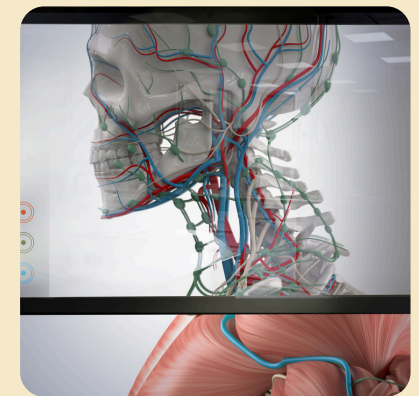
The 3
Yogas



Ethics &
Patanjali's 8
Fold System



Anatomy,
Physiology,
& Systems



Teaching
Practicum &
Yoga Industry



Retreat &
Workshop



Mudra &
Bandha



The Gunas
& Doshas



Holding
Safe Space



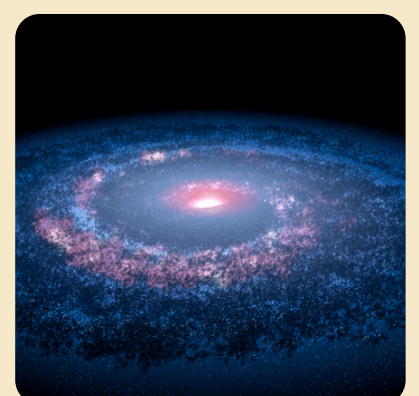
Yoga
Nidra



Energy &
Expression

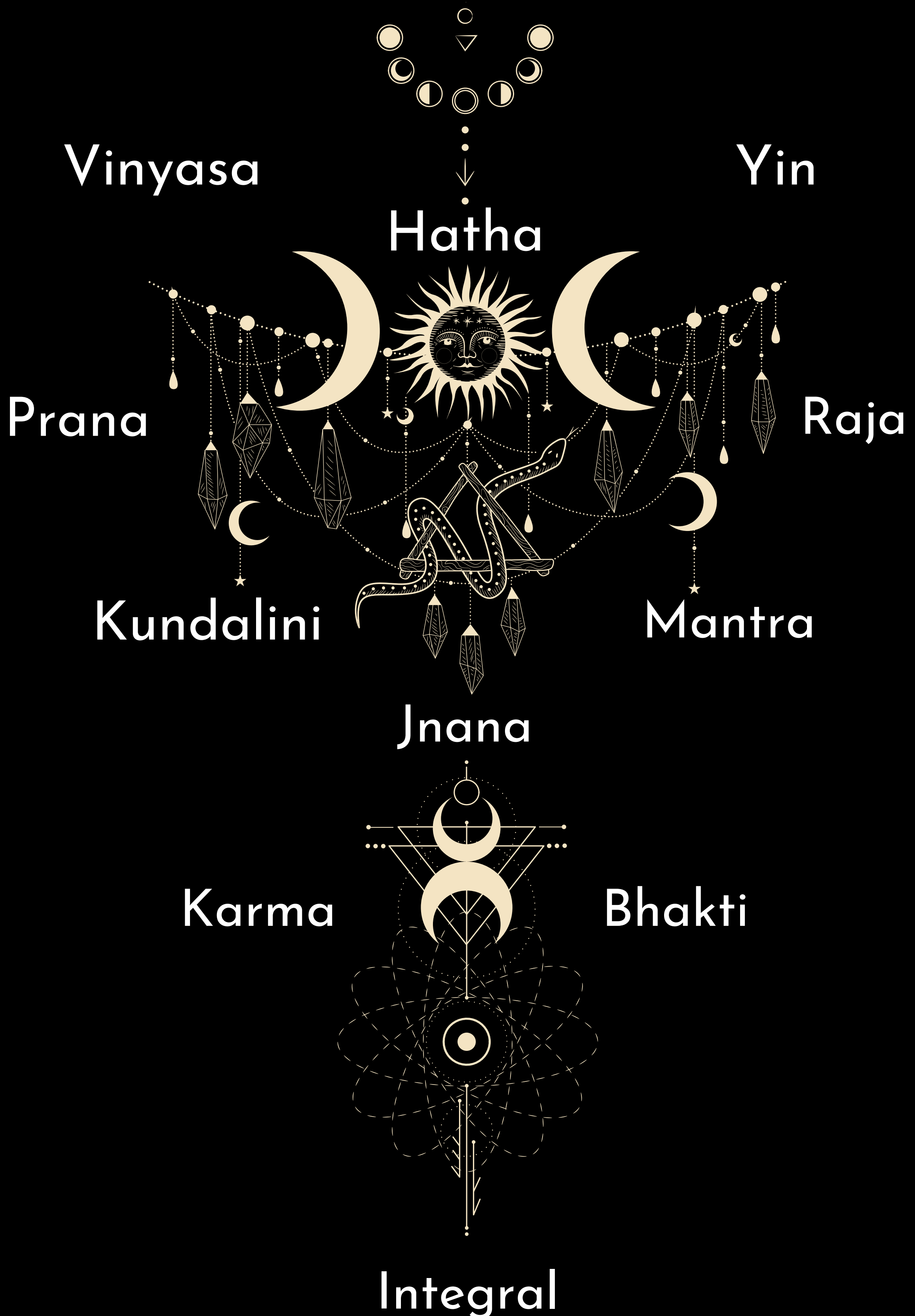


Flow & The
Universal
Laws

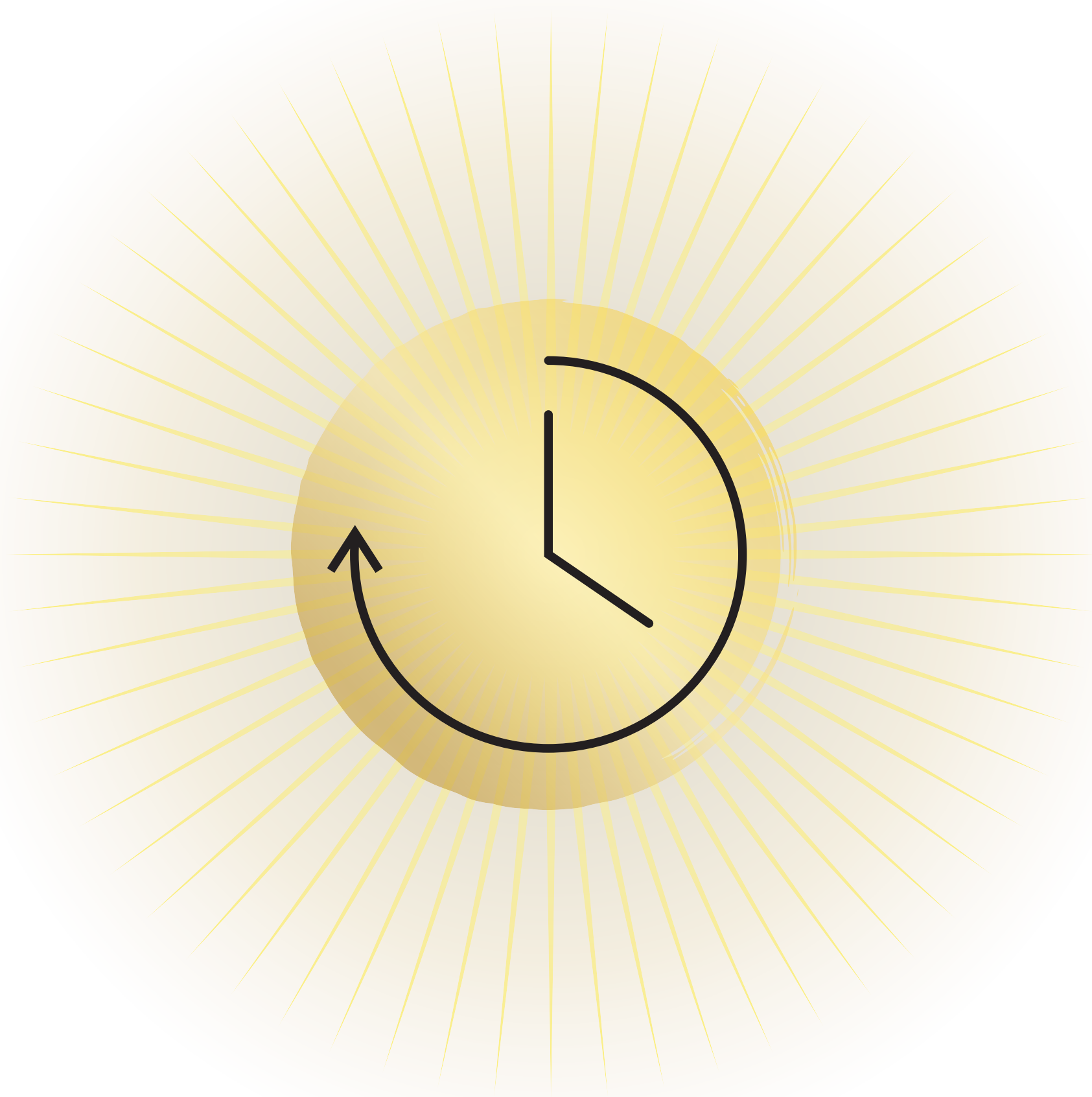


Yoga Styles Covered:

Transformational Yoga



EXAMPLE BREAKDOWN OF HOURS



A brief summary of what is covered.

0 - 50 HOURS

ASANA

Daily Physical Conditioning, Developing a daily practice.
Learning the Transformational Asana Sets.

PRANAYAMA

Introduction to breath, pranayama & exercises: Kapalabhati, Bhramari, Nadi Shodhana etc.

MEDITATION, NIDRA AND MANTRA

Being guided in Meditation and Yoga Nidras
Mantras - Learning the invocation Mantra, meaning and chant. Learning Simple Mantras and their significance.

PRACTICUM

Guiding all sets begins
To be competent at teaching Classical Surya Namaskar & Guiding some of the Chakra Set.

ANATOMY & PHYSIOLOGY

Energetic Anatomy and understanding the Transformational Technique.
Postural Alignment.

PHILOSOPHY & HISTORY

Introduction to Raja (Hatha), Jnana, Bhakti & Karma Yoga
Intro to the system of Integral Yoga.
Intro to the system of Transformational Yoga.

50 - 100 HOURS

ASANA

Daily Physical Conditioning,
Consistent practice of Joint warm up, 4 Asana Sets & Surya
Namaskar. Understanding Peak Postures
Working out Stuck Energy

PRANAYAMA

Beginning to guide Kapalabhati, Bhramari, Nadi Shodhana.
Introduction to The Pranas.

MEDITATION, NIDRA AND MANTRA

Being guided in Meditation and Yoga Nidras
Mantras - Guiding the invocation Mantra, meaning and chant.
Intro to Aurobindos Gayatri, Chakra & Elemental Mantras,

PRACTICUM

Practice Guiding the 4 Sets
Teaching 30 minute mini-classes
Learning Class Structuring
To be competent at teaching Classical Surya Namaskar

ANATOMY & PHYSIOLOGY

Deeper in Energetic Anatomy (Chakras, Koshas, Nadis etc.)
Alignment of different bodies

PHILOSOPHY & HISTORY

Continuing the system of Transformational Yoga:
Structure of the mind & Purification.

100 - 150 HOURS

ASANA

Daily Physical Conditioning,
Strong Practice of the 4 Sets Confident in guiding the sets.
Intro to Vinyasa & Yin.

PRANAYAMA

Beginning to guide Kapalabhati, Bhramari, Nadi Shodhana.
Learning Ujjayi and the benefits.

MEDITATION, NIDRA, MANTRA, MUDRA, BANDHA

All Mantras between still and dynamic meditation.

PRACTICUM

Competently guiding the 4 sets
Class, Workshop & Retreat Structuring
Guidance of Surya Namaskar A & B

ANATOMY & PHYSIOLOGY

Dealing with common injuries. Correcting whilst guiding.
Confident knowledge of the contraindications of main postures.

PHILOSOPHY & HISTORY

The philosophy of the True Self
A closer look at Living Yoga
Deeper in Transformational and Integral Yoga.
How to use science to explain spiritual science.
Exploring the Concept of Transformation & Transformation in
"Every Day" Life.

8 Limbs of Yoga. History of Ashtanga - Vinyasa.
Intro to Yin Philosophy and the importance of Yin & Yang.

150 - 200 HOURS

+ ANY ADDITIONAL*

ASANA

Daily Physical Conditioning,
Complete understanding of Transformational sets
Guiding short-form vinyasa, Hatha & Yin Practices.

PRANAYAMA

Guidance and Integration of Kapalabhati, Bhramari, Nadi
Shodhana Ujjayi.. Knowledge of the 5 Pranas and their effects.
Introducing other useful pranayama.

MEDITATION, NIDRA, MANTRA, MUDRA, BANDHA

A toolbox of Mantra, guiding meditation, Nidra, Shavasana.

PRACTICUM

Being competent in structuring and guiding 60 minute +
classes. Warm up - Shavasana.
Running a Class or Workshop.
Confident delivery of a full Transformational Class.

THE YOGA INDUSTRY

Duty of yoga instruction and guidance. Practicing what we
preach. Awareness levels required. Holding a safe space for
others. Pathways, what now? Platforms and options for
teaching.

ROUND UP OF HISTORY, PHILOSOPHY, ANATOMY & PHYSIOLOGY

*if there are important sections in theory/philosophy that remain uncovered
these will be transferred to online learning.

EXAMPLE CALENDAR

Starting December 2024/January 2025

-  Proposed Start Dates
-  Open and Close
-  Morning Practice
-  Theory, History, Philosophy, Reading
-  Practical Workshops
-  Anatomy , Physiology
-  Depth & Teaching Practicum

JANUARY 2025

<i>m</i>	<i>t</i>	<i>w</i>	<i>t</i>	<i>f</i>	<i>s</i>	<i>s</i>
		01	02	03	<u>04</u>	05
06	07	08	<u>09</u>	<u>10</u>	<u>11</u>	12
13	14	15	<u>16</u>	<u>17</u>	18	19
20	21	22	<u>23</u>	<u>24</u>	<u>25</u>	26
27	28	29	<u>30</u>	<u>31</u>		

Morning/Daily Practice will be given at the beginning of each month.
E.g. Pavanamuktasana, Back in 6 Directions, Chakra Set.

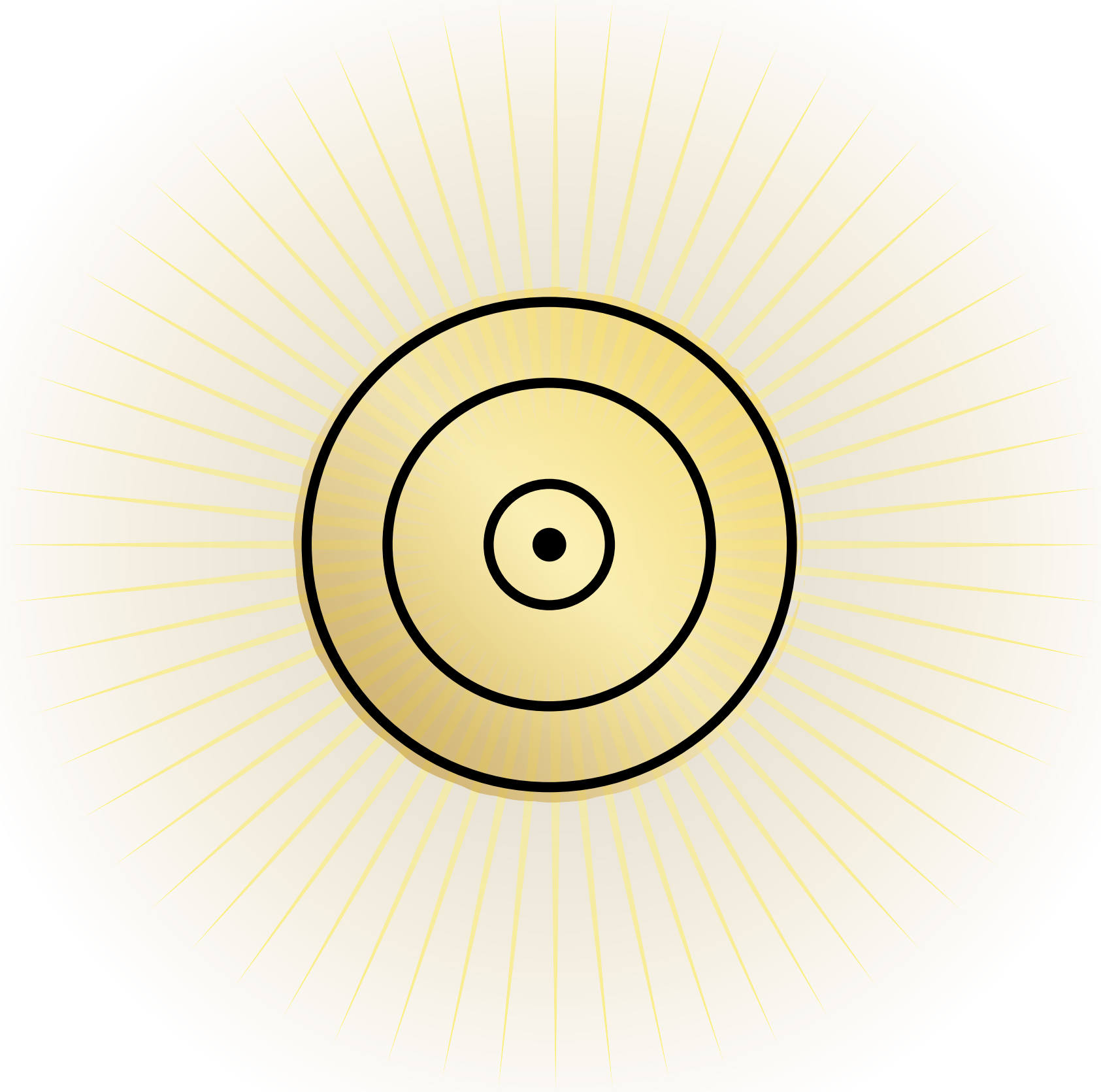
Sometimes anatomy and physiology will be in-person, where we can cover practical aspects like contraindications, adjustments, modifications and variations. Sometimes it will be online for the more theoretical aspects.

Most Theory, history, philosophy & Reading lectures will take place online, this may not be every week. It is also a change for Q & A's about what has been covered during the in-person classes

Practical Workshops will always be in person and focus on the physical practices of Yoga including Asana, pranayama, Mudra, Bandha, Mantra, Meditation, Class Structuring, Flow, Adjustments etc.

Teaching practicum is gaining in person experience of guiding anything from a posture to a class.

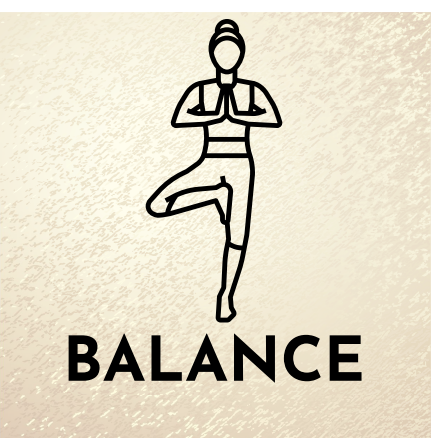
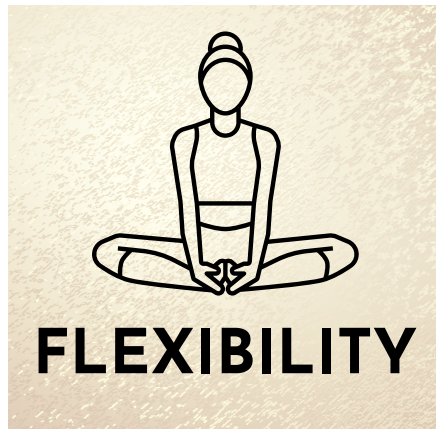
QUICK LOOK AT TRANSFORMATIONAL SYSTEM



Understanding our essential self

Transformational Technique

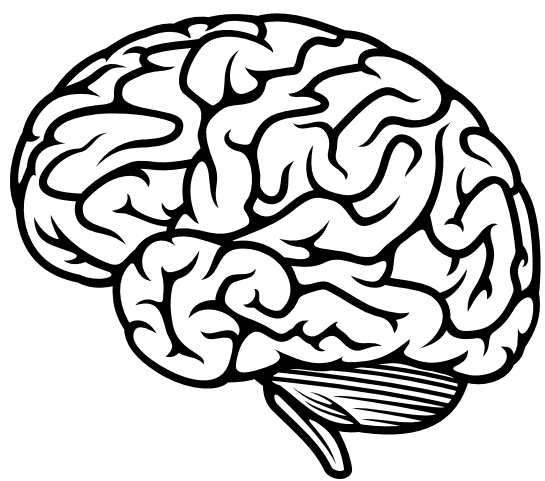
1: PHYSICAL BODY



BODY IS THE MAP

Postures are also useful for focus and stress relief and primarily to de-toxify the physical body. Observation of sensation.

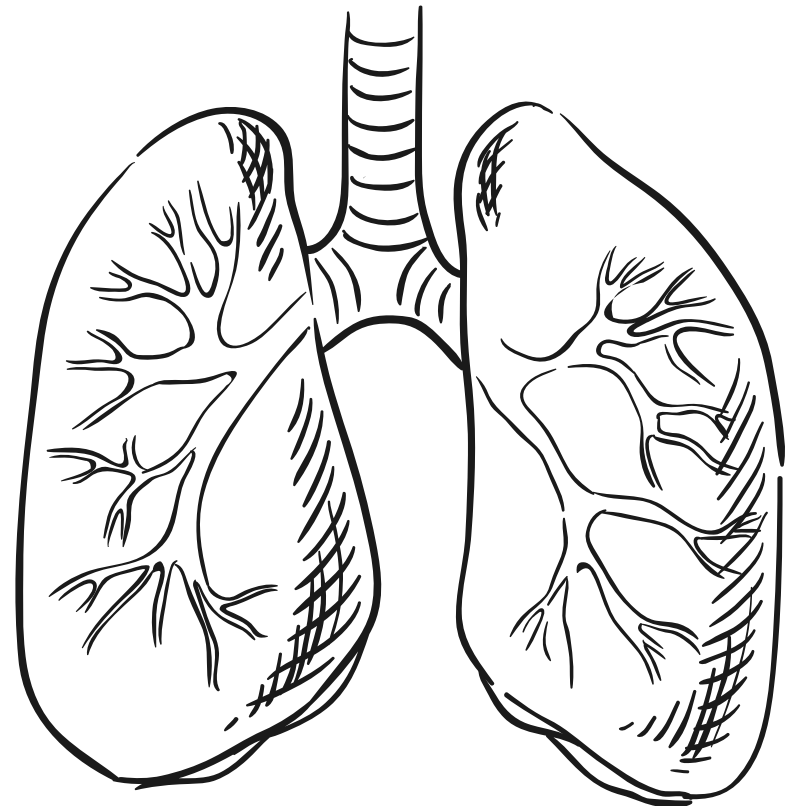
3: MENTAL BODY



MIND IS THE EXPLORER

Balance the mind, bring the wandering thoughts into a single pointed focus and cyclical motion. Purification of mental toxins. Centripetal Force.

2: VITAL BODY



BREATH IS THE ANCHOR

The Practice of regulating the breath supports the steady flow of vital energy and force and expression of stuck emotional energy. Observation of respiration.

4: PSYCHIC BODY



HEART IS THE GUIDE

This is the cleaning concentrated on the Psychic Kosha and sending healing vibrations of love and light through the body. Heart as the transformer as we open to unconditional love.

Transformational Technique

INTRO TO THE KOSHAS (BODIES/LAYERS/SHEATHS/DIMENSIONS)

Causal

Anandamaya

BLISS: Body made of Satchitananda

Space Element

Astral

Vijnanamaya

PSYCHIC:

Body made of Intellect/ Wisdom
(Heart, EMfield, True Self)

Electromagnetic

Air Element

Manomaya

MENTAL:

Body made of Mind (Thought
Transmission & reception)

NEURO-CHEMICAL

Fire Element

Pranamaya

VITAL:

Body made of Prana (Vital
Energy).

Bio-Chemical

Water Element

Material

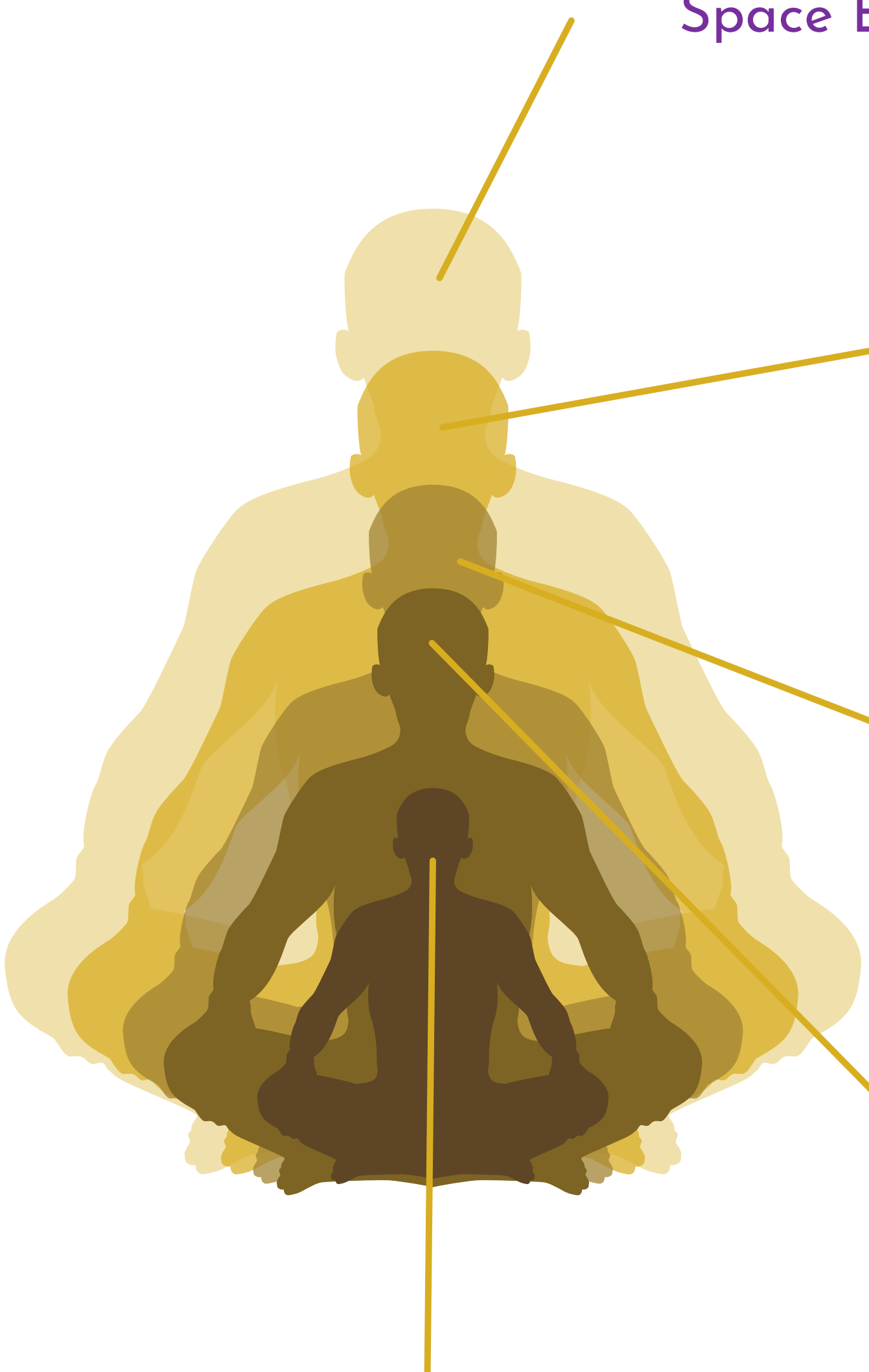
Annamaya

PHYSICAL:

Body made of Food.

Cellular

Earth Element



Transformational Technique

INTRO TO THE KOSHAS (SHEATHS)



PSYCHIC

Coincidences, Love, Unity, Oneness
Dreams, Vision, Transformation
Transcendence of time/space
Meditations, Presence etc..



MENTAL

Memories, Time in the past or future
Knowledge, Study, inquiry,
Stress, Superiority-inferiority
Thoughts, Ego, Will Power, Intellect



VITAL

Energy, Sleep, Vitality, Creativity
Sex, Desire, Feelings, emotions,
reactive (blind) emotions, moods,
hormones etc..



PHYSICAL

Pain, Injury,
Internal & External Condition,
Nourishment, Food, Exercise

Transformational Technique

TRANSFORMING THE CHAKRAS

POLARITY & ENERGETIC TRANSFORMATION

PARA
Transformed Consciousness

TRANSFORMED
PHYSICAL

TRANSFORMED
EMOTIONAL

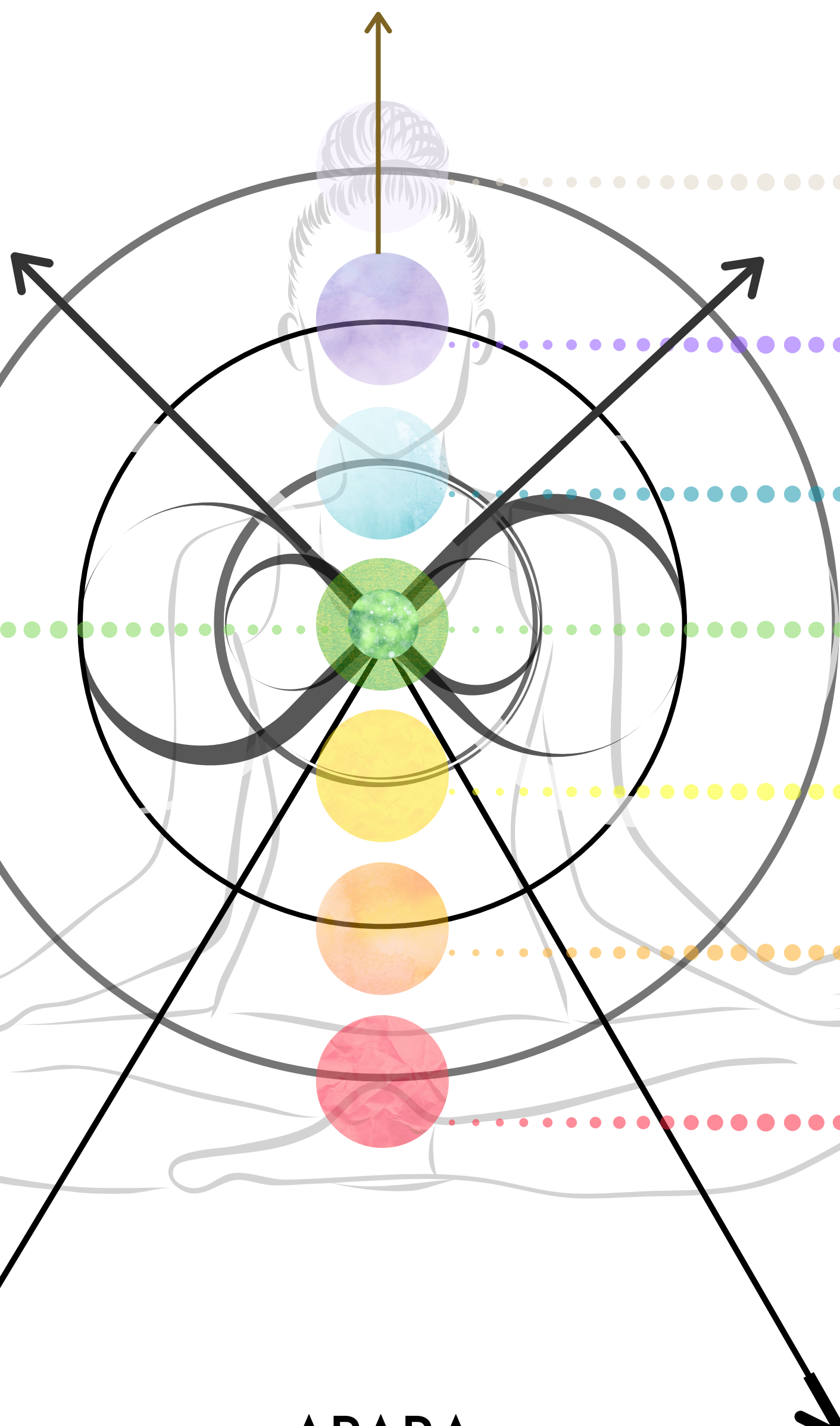
TRANSFORMED
MENTAL

INTERNAL
EXTERNAL

UNTRANSFORMED
MENTAL

UNTRANSFORMED
EMOTIONAL

UNTRANSFORMED
PHYSICAL



APARA
Untransformed Consciousness