

55-hour Ashtanga Samskara Teacher Training Course

Samskara means mental impressions or habits we form through consistent and mindful repetition. Through this course, you will learn the fundamentals of Ashtanga Vinyasa Yoga, including an in depth exploration of the 72 postures of the Primary Series. Through guided instruction and mindful repetition, you will establish a meaningful routine, deepen your understanding of Ashtanga Vinyasa Yoga, and experience growth in your personal practice.

Duration of course: 4 weeks

Eligibility: Open to all

Who is this course for?

- Beginners and yoga teachers with less than 1 year of practice/experience in Ashtanga Vinyasa Yoga;
- Practitioners and yoga teachers looking to learn and apply the basics of Ashtanga Vinyasa Yoga in their daily life;
- Any one looking to adopt yoga as a lifestyle and build a meaningful personal yoga practice.

Course Inclusions:

- Course material;
- 4-week Mysore Program
- 4 weekend workshops;
- Shama Yogshala Merchandise;
- Yoga Alliance Certification

Course contents:

- Introduction to Ashtanga Yoga, Vinyasa Yoga;
- Anatomic in-depth analysis of 72 postures (asanas) of the Primary Series of Ashtanga Vinyasa Yoga;
- Different types of Pranayam (breathing techniques);
- Various yogic concepts applied in Ashtanga Yoga to make the practice sustainable and pain-free;
- Application of all the above concepts in a 4-week Mysore Program;
- Guidance on building a safe and meaningful yoga practice.

Course Schedule:

Sunday

8am to 10am - Led class - Ashtanga Primary Series

4pm to 7pm - Workshop

Monday to Friday

6:30am to 9:30am (90-120 minute session) - Mysore-style Ashtanga Vinyasa Yoga

Course Fees: P15000