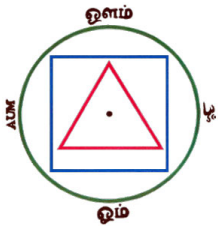
KRIYA HATHA YOGA®

TEACHERS TRAINING 2018



with Siddhananda Sita

from October 22nd to November 3rd

[France]

Intensive 12-day residential training in preparation a year of personal work and 200 hours of practice giving entitlement to a teacher's certificate, to enroll in the Yoga Alliance and the French Federation of Yoga.

As students of Babaji's Kriya Yoga you are cordially invited to become Babaji's Kriya Hatha Yoga Teacher. One of the best ways to deepen your practice and serve others is to teach this wonderful and scientific art of Kriya Yoga. The teacher training has been designed in such a way that it allows you to perform the 200 hours required by the Yoga Alliance to obtain an international certificate.

A manual of approximately 250 pages accompanies the program. Following a twelve-day stay of intensive practice, students will begin a year of study and teaching during which they will perform some practical exercises.

The program will not only allow you to fulfil the requirements but will also promote your personal well-being and spiritual growth. This program is pragmatic; it focuses on personal transformation as much as on the acquisition of professional skills.

> *To be admitted, students must practice Kriya Yoga, have followed the **first and second level initiations and practice daily**.*
> *They must also practice Hatha Yoga **for at least two years**.*
>
> This is an intensive practice program and all participants must be in good physical and emotional condition.

The 12 days of residency include an in-depth work on the mechanics of the 18 asanas of Kriya Hatha Yoga, their physical benefits, the theory that justifies the selection of asanas and energetic phenomena related to the practice of postures. Fifty additional asanas will be explored and incorporated into practice.

The program focuses on Yoga Philosophy through the study of Patanjali Sutras. It also includes a thorough study of energy, prana and the subtle body, as well as the study and teaching of bandhas, prananyama and meditations.

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Twelve hours of lectures are devoted to the relationship between the anatomy and physiology of the human body and the practice and teaching of Hatha Yoga. The program includes the acquisition of teaching techniques: How to modify a posture for a specific problem, therapeutic purposes or personal limitations; how to guide the breathing; how to work with energy lines; how to balance intensity and relaxation. You will begin to develop your teacher's voice by deepening your inner Hatha Yoga experience.

Conditions

To obtain their certificate, students must be able to perform postures with precision and presence, have the skills to teach demonstrating a yogic attitude, and meet the following conditions:

Condition 1: 12-days of residence
Condition 2: Teach one class per week (1h30) for 11 months
Condition 3: Practice sadhana daily, including 18 postures
Condition 4: Keep a personal journal of a daily sadhana, including condition 3, hold a day of silence a month, and record your meditations, reflections and observations on your own behavior (to be submitted)
Condition 5: Initiation to Babaji Kriya Yoga Level 1 and 2
Condition 6: Study Mr.Govindan's translation of Patanjali Sutras and Baghavad Gita.

You must complete a questionnaire about your thoughts (to submit)

Also Required:
Final Examination Practice

The teachings Elements included in the 12 intensive days

Philosophy of Yoga and Philosophy of Kriya Yoga

- The Patanjali Sutras and the 8-member Ashtanga Yoga
- The three stages of practice and the six stages of Ashtanga Yoga
- Philosophy of Kriya Hatha Yoga
- Principles of asana practice
- Understand and work with prana
- Practice and teaching of pranayamas (complete breathing, ujjayi, kapalabhati, alternating breathing)
- Warm up the body - center and invite the body to the movement

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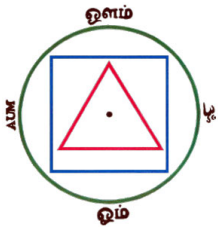

- Practice of 50 additional postures, taught in series
- Theory of practice and teaching of 18 Kriyas asanas In-depth practice of 18 postures Pedagogical techniques: Rectifying a posture, guiding the breathing, the lines of energies, the limit
- Guide the 18 postures in five steps
- Adapt and modify postures according to specific needs
- Psycho-spiritual aspects of postures
- Anatomy and Physiology
- Identify flexions and muscle extensions for each of the 18 postures
- Physical benefits of 18 postures
- Basic postures and therapeutic indications
- The subtle body: Kundalini, chakras and nadis

Philosophy II: Do you think the body creates Consciousness?

- Discrimination: The key that turns karma into dharma
- To live the daily life without effort: the teaching of the Vedantic advaita
- Teaching meditation: Hamsa and yoga nidra
- Develop your Yoga Teacher Voice
- Practice of teaching
- The qualities of a good teacher
- Moving from practice to teaching

Yoga is an important step and requires some skills and especially the desire to share. Sharing is an act of love. In love lies presence; acceptance without judgment of oneself and others. A good teacher must also constantly learn, grow, challenge himself with humor, humility and a sense of gratitude to all our teachers, including our own students. Enthusiasm is also a fundamental quality in teaching it is an extraordinary force. Finally, a teacher must practice intensively in order to be able to transmit from his personal experience, from his inner being which bears the highest qualities.

Training program

- October 22nd
  at 8:00 am Registration, regulations (training, accommodation and meals)
  Introduction and first class: 10:30 to 13:30

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Second class: 14:50 to 18:30
Discussion and sadhana: 8:00 pm to 9:30 pm

- from October 23rd to November 2nd
Morning sadhana: 6:30 to 8:30
First class: 10:00 to 13:30
Second class: 14:50 to 18:30
Discussion / sadhana: 20:00 to 21:30

- November 3rd
Morning sadhana: 6:30 to 8:30
Last class: 10:00 to 12:00
Departure before 19hrs

Pricing

Price of training 1008 euros. A deposit of 300 euros non refundable is required to reserve your place. Payment can be made by money order or check payable to Carla Leite, 1905 Chemin de la Couronnade 13290 Aix en Provence.
[Accommodation: To be determined]

Acharya Siddhananda Sita

Sita Carla Leite was born in Brazil. Yoga enters her life from an early age and is definitely part of her encounter with Kriya Yoga. In 2004 she received her first initiation with Govindan Satchidananda and since her practice intensifies to become the essence of her life. During the months and years that followed she received the second and third initiations and participated in pilgrimages and stays in India. In 2006 she completed her teacher training with Durga Ahlund and Govinda Satchidananda in Quebec and renewed this training two more times thus preparing herself to teach this training. In 2009 she became acharya of Babaji's Kriya Yoga and began transmitting the first initiation in France and other countries in Europe. In 2011 she completed a period of intense preparation for teaching the second initiation into Kriya Yoga, and in 2015 she was allowed to teach third initiation. Since then she has traveled to various countries to teach this discipline and art that has become her life. It is with great joy that she proposes here in France the training to become a teacher of Kriya Hatha Yoga to the already initiated students wishing to deepen their sadhana and share this teaching with others.

For more information,
contact Sita at 06 98 44 91 33
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Babaji's Kriya Yoga
www.babajiskriyayoga.net