

# The Mother's Integral Health Centre

## SRI AUROBINDO ASHRAM – DELHI BRANCH

### ***Intensive Residential 200-hour (Level One) Certificate Course on Teaching Yoga (3 February 2021 - 18 March 2021)***

#### **A Course for Aspiring Yoga Teachers** Learn Yoga with a difference!

There is no dearth of yoga courses which teach the student a comprehensive set of asanas and pranayamas, and sometimes also a technique of meditation, and equip her with skills for teaching the same to others. But is that all there is to yoga? How about Sri Aurobindo's celebrated quote, "All life is yoga"? "Yoga is not just a set of techniques but a way of life" is a hackneyed expression which is repeated parrot-fashion in every yoga course, but what actually happens in the course seems to equate yoga with its techniques.

Here is a yoga course with a difference. Sri Aurobindo worked out about a hundred years ago a very powerful synthesis of all the major traditional schools of yoga, and the Mother demonstrated how the path of yoga can be walked every minute of the life while living in the real world. The course being offered would explore the depths of yoga, bring out its role in a life-affirming spiritual quest, and illustrate how yoga enables us to live a life full of love, peace, joy, and above all, fulfillment. Further, the course would enable you to translate this comprehensive view of yoga into a concrete short-term program for your students.

#### **Objective**

The broad objective of the course is to prepare qualified and competent yoga teachers capable of imparting instructions on yoga to the general public in tune with integral yoga of Sri Aurobindo and the Mother. At the end of the course, the student should not only be able to bring yoga into his/her life but also organize a course on integral yoga for diverse groups such as children, young adults and the elderly as well as give instructions for the common yogic practices.

#### **Course Content**

The course would include THEORY modules on

- *Yoga* (schools of yoga, with special reference to integral yoga; the spiritual philosophy underlying yoga; the place of yoga in health and disease; and the role of yoga in stress management)
- *Human Anatomy & Physiology, and Nutrition*
- *Ayurveda*
- *Communication skills*

And PRACTICE sessions on

- *Asanas and Pranayamas*
- *Meditation*
- *Teaching yoga*

## **Duration**

The duration of the course is about 6 weeks (3 February – 18 March 2021) with a contact time of at least 200 hours (Theory, 80 hours; Practical, 120 hours).

The timings of the teaching-learning process will be distributed between 6.45 am - 7.30 pm five days a week (Monday through Friday) and 6.45 am - 12.30 pm over weekends. The duration of the teaching-learning process would be at least 36 hours per week.

## **Timeline**

*Last date for submitting the application: 15 January 2021*

However, since the course is residential, and the candidates are likely to be from outside Delhi or outside India, it is advisable to apply as early as possible so that there is enough time to make travel plans after the selection has been confirmed.

*Interview for selection:* Soon after submission of application. In case of candidates from outside Delhi, the interview can be conducted telephonically, and the decision regarding selection communicated within a week of the interview by e-mail.

*Inauguration of the course:* 3 February 2021, 10 am

## **Fee**

Rs. 45,000 (for Indian students); USD 1,200 (for foreign students)

The fee includes stay in the Ashram for up to 50 days in a double room on twin-sharing basis, food served in the Ashram Dining Hall, a set of books and a jala-neti pot.

## **Medium of Instruction**

English

## **Eligibility**

The minimum qualification for eligibility is graduation. It may be relaxed in case of candidates with appropriate work experience or special aptitude.

## **Selection**

The selection would be based on information provided in the application form and an interview.

## **Seats**

Thirty

## **Resource persons**

*Prof. Ramesh Bijlani*

*Ms. Monica Chand*

*Ms. Vidya Mundhra*

The guest faculty is likely to include:

*Mr. Prashant Khanna*

*Dr. Surinder Katoch*