



AT THE CORE
Yoga, Meditation and Ayurveda

AYURVEDIC YOGA TEACHER TRAINING 250 Hours

Become a Certified Ayurvedic Yoga Educator



A Yoga Teacher is someone who Practices and Experiences Yoga

Balance Prana | Balance Body | Balance Mind

Join us for this authentic Yoga Study Program taking you beyond yoga asana training.

This comprehensive Ayurvedic Yoga Educator Program delves into all eight limbs of Yoga as outlined by Sage Patanjali with an emphasis on the knowledge of Ayurveda and the understanding of seasonal harmony and individual temperament.

Experienced Guidance and Support Yogesh and Shankari Van Acker are dedicated students and teachers of the Vedic Sciences including the practical tools of Yoga and Ayurveda. Their study flows from lineages of teachers going back to the ancient seers of Vedic Wisdom in India. They have spent over a decade immersed in the practices and teaching of the Yogic Sciences and continue to learn and study with their own teachers, including understanding the authentic teachings as they are still shared and experienced in India. As guides they are dedicated partners in your successful completion of this transformational experience.

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Course Study Includes:

1. Techniques, Training and Practice

- A. Asana, Pranayama, Mantra, Meditation and other traditional techniques with an Ayurvedic emphasis (including additional discounts for Ayurvedic Asana Classes and Ayurvedic Workshops)

2. Anatomy (Physical and Ayurvedic Anatomy)

- A. Yoga and Ayurvedic Anatomy essentials (including an understanding of the five koshas)
- B. Energetic anatomy & physiology (chakras, nadis, vayus) including Ayurvedic considerations.

3. Yoga Philosophy

- A. Samkhya Philosophy, Ashtanga Yoga from Sage Patanjali's Yoga Sutras
- B. Study of Yoga philosophies, Yoga lifestyle and ethics for Yoga teachers
- C. Instruction in a Personal Meditation Practice (\$295+hst value)

4. Teaching Methodology

- A. Principles of demonstration, observation, assisting/correcting & instruction
- B. Teaching styles, qualities of a teacher, the student's process of learning
- C. The business aspects of teaching yoga

5. Practicing Teaching

- A. Practice teaching, receiving feedback, observing others teaching, giving feedback

150 Course Hours

- 75 hours – Asana, Pranayama, Meditation & Mantra
- 25 hours – Teaching Methodology (Yoga Class Exploration 10 hours)
- 20 hours – Physical and Yogic Anatomy (Body, Energy, Lower/Higher Mind, Karmas)
- 20 hours – Ayurvedic Anatomy (Organs, Dhatus, Nadis, Vayus, Chakras, Marmas, Agni)
- 20 hours – Yoga Philosophy (Samkhya, Gunas, Sage Patanjali's Eight Limbs of Yoga)
- 15 hours – Ayurveda & Yoga Lifestyle and Ethics (Yamas & Niyamas – Daily Routine)

100 Course Hours

- Personal Practice, Experience and Study

Course Location

AT THE CORE

485 Grangeover Crescent | London ON



Instructional Class Schedule 2019

- Saturday January 19th > Orientation 6:00-9:00pm
- Sunday January 20th
- Sunday February 3rd
- Sunday February 24th
- Sunday March 17th
- Sunday March 31st
- Sunday April 14th
- Sunday April 28th
- Sunday May 12th
- Experiential YOGA Retreat June ** May 24th-May 26th **
- Sunday June 9th
- Sunday July Online class 90 minutes | date TBA
- Sunday August Online class 90 minutes | date TBA
- Sunday September 15th
- Sunday October 6th
- Sunday October 20th
- Sunday November 3rd
- Practical Exams November 10-16th
- Sunday November 17th
- Sunday December 1st > Written Exam
- January 2020 Graduation | date TBA

Class Timing

Sunday 9:30am-5:00pm

**Experiential Retreat: Friday 6:30pm – Sunday 2:00pm

Homework & Personal Practice all homework and self-study exercises must be completed and submitted to receive Credit Hours towards your 250 Hour Certification

Practical and Written Examinations 5 Additional hours

- to be schedule individually November/December 2019

Missed Class Policy to receive your 250 Hour Certification; any missed class hours must be made up to complete the required 175 contact hours. (A fee of \$35+hst per hour may be in effect).



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AYURVEDIC YOGA TEACHER TRAINING

*Successful completion earns Certification as an
Ayurvedic Yoga Educator 250 hours*

Course Tuition includes Instructional Classes, an Experiential Retreat, personal Meditation Instruction, three private Ayurvedic Yoga Consultations along with special discounts for Ayurvedic Yoga Classes and Ayurvedic Workshops.

Early Bird Full Tuition Option - \$2,997+HST (save \$500+hst)

- \$997+HST deposit due at Registration
- \$2,000+HST due by December 15th, 2018

Full Tuition Option - \$3,497+HST

- \$997+HST deposit due at Registration
- \$2500+HST due by January 1st, 2019

Monthly Payment Option - \$250+HST/month

- \$1,497+HST deposit due at registration.
- 9 monthly payments of \$250+hst – January 2019 to September 2019

- Payment options include Paypal, etransfer to information@atthecore.ca and cash.
- We value the ability to make knowledge available to all who seek with a true, sincere intention to learn. Additional personalized payment plans, including tuition reduction may be available upon request.

In Addition to Course Tuition Fee:

Reference Books

- Yoga and Ayurveda: Self-Healing and Self-Realization – Dr. David Frawley
- Yoga for Your Type – Dr. David Frawley
- Path of the Yoga Sutras - Nicolai Bachman

Asana Classes, Ayurveda/Asana Workshops

- With AT THE CORE - 50% discount – *Effective January 2019 to December 2019* -- excluding Cooking Classes and AT THE CORE Retreats
- Attendance to a minimum of 8 additional Yoga Classes by 4 different teachers is required



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Ayurvedic Yoga Consultations:

- 3 Personal Ayurvedic Yoga Consultations are included in the Course Tuition Fee (\$300 value). These private consultations support your personal Ayurvedic Yoga Practice (asana, pranayama, meditation, mantra).

Prerequisites:

- A minimum of 15 hours of Yoga/ Ayurveda classes with AT THE CORE
- Additional previous Yoga/ Ayurveda study may be considered acceptable on an individual basis – please contact us to discuss further.

Refund Policy

- All payments are final and non-refundable

Missed Consultation Policy

- A consultation may be rescheduled one time within 4 weeks from original date

How to Register

- Please contact Yogesh and Shankari for registration details or to discuss any questions or concerns pertaining to course content, support, fees, schedule etc.

Please email completed registration form along with tuition payment to information@atthecore.ca or mail to:

AT THE CORE
c/o Yogesh Van Acker
485 Grangeover Cres. London ON, N6G 4P7