



**AT THE CORE**

*Yoga, Meditation and Ayurveda*

## AYURVEDIC YOGA EDUCATOR STUDY PROGRAM FAQ

**I don't really want to teach Yoga or Ayurveda to others. Why would I take this course?** Yoga is a JOURNEY and a DESTINATION that we all can benefit from to help us establish a strong and lasting sense of mental peace, emotional resilience and physical immunity. This course gives us an amazing introductory roadmap for that journey along with some accountability and discipline (which we all find useful from time to time), a supportive community (like-minded others nourish the soul) and helpful guides along the way. As a personal wellness experience, this study program is most profound.

**I would like to share the benefits of Yoga and Ayurveda with others. Will this course give me the qualifications to do that?** This is NOT a training on physical anatomy, structure and posture. It is an in-depth experience sharing the heart of "Yogic Anatomy" or an understanding of the human as various sheaths (layers) of manifestation. Such understanding helps us to connect to the greatest source of wisdom, clarity and confidence – that which comes from within. To share Yoga, you must live, experience and embody Yoga.

Not quite sure what that means? Intrigued? Than this IS the training program for you.

**What? ☺ Can you expand on that a bit.....** The state of Yoga is beyond the mind. And Ayurveda as the "wisdom of natural living" is the source of your very life. These are beyond book study. They are experienced and known through *Sadhana* – dedicated practice, patience, persistence and perseverance. This training program explores the hows and whys of appropriate *Sadhana* to support the purification and nourishment of body, mind, emotions and karma.

**Well it looks great, but it is a bit pricey....** We know and we understand that feeling! But our deepest experience is that the investment into personal WELL-BEING (improved relationships, better sleep, clarity, calm, immunity and reduced pain, anxiety, doubt, procrastination, frustration, fear, anger and resistance) is a meaningful investment in yourself and your family. Through the benefits experienced, profound dividends are gained as your valuable resources are saved (and not just financial resources, but also time and effort as EFFICIENCY in life increases).

**What is the time commitment? I am already feeling busy and overwhelmed. It looks amazing but I could not imagine adding another thing to my plate.** Yes, we hear that a lot and have worked hard to create a program that balances those concerns. We have one class approx. every other Sunday. Though in the summer we will only meet once a month to stay connected. There will be daily practices (approx. 15-30 minutes a day).



This training program cultivates the understanding of how to create appropriate, individual daily practices to allow you the healing necessary to experience your greatest capacities and the best of life. When we are rested, patient, at ease and less frustrated, we tend to RESPOND more thoughtfully rather than react emotionally in life. Much of our valuable resources (time, energy and money) are spent in managing choices we made because of an inappropriate reaction to someone or something. We've seen it over and over again... the time spent in practicing Yoga and Ayurveda saves us much more time than we initially invested!

**Who is teaching this Ayurvedic Yoga Educator study program?** The lead teacher of this program is Yogesh Van Acker. Though both Shankari and Yogesh continue to be a part of it's evolution as we strive to create the most valuable and successful learning experiences. Shankari will cook lunch, co-host the Experiential Retreat, share the occasional lessons and be available for guidance and support as needed.

**I have a good feeling about this study program, it seems like a good opportunity for me, but I also feel a fear or nervousness around it. This is confusing....?** Best to answer this with a story from our own experience. "Every year, as I (Shankari) prepare for my annual study pilgrimage to India, I often experience deep and powerful feeling of resistance, trepidation and doubt. Often characterized as a strong sense of "I don't want to go...." But it's weird, because deeper than that I definitely do want to go. I've studied this phenomenon for many years and have come to a conclusion based on my experiences. It is the "dark forces" (very Star Wars ;) that are trying to keep me from deeper healing experiences. Each year, I acknowledge the negative feelings, check deep within to see if there is really any risk in participating (not really) and continue on my way. I observe the negativity as it arises and have found that it lessens with time. And each study experience is profound in it's joys, healing and transformational benefits. In hindsight, I would have very much regretted missing what I learned. Was it easy? No! Did I reap profound benefits? Yes!!!"

So to summarize, it may be negativity within you trying to avoid release. Or said another way, the ego resisting the healing experience that such a program can facilitate....

**I still have a question which you have not addressed.....** This study program will be a life-changing experience for those involved. If you're not up for \*life-changing\*, than this experience may not be for you. If you are tired of suffering, feeling pain, discontent or are looking for a greater sense of peace, joy, motivation, discipline and/or inspiration in your life, we are most happy to chat with you to discuss any lingering questions or concerns you may have remaining.... **Please do connect with us!**