



**Santidas Yoga Presents**

**Yoga for Personal Development Course and Teacher Training  
2019 - 2020**

*“True knowledge always comes from within, with PDC you will bring out that knowledge you were seeking for centuries. The Para-atman Programme takes Self Development as the root for becoming a true Yogi or Yogini”*

Sash Missaghi

Nothing in this world is more valuable and important than your Love and Peace with Your Self. That is the essence of Yoga. Being of service to Other Seekers as a Yoga teacher is a vocation and a calling that allows you to be the change you want to see in this world.

As true devotees of Yoga and teachers at Santidas Yoga, we can guide you on this path.

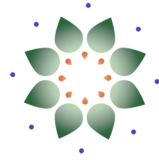
This unique Para-atman Program (Sanskrit: atman: inner self, Para-atman beyond self/Primordial self) takes as a departure point that ultimately all Yoga Practice is to discover and lead you to your self for eternal happiness and Oneness.

Once you have opened this portal, and if and when you are ready to deepen and strengthen your practice and your knowledge about the practice of Yoga, we can bring you to a level that you can share this with others as a Teacher.

Our Program is destined for those who are interested in Yoga and want to take a journey towards deep self-discovery, healing, and development. For your self-development, you will immerse your Self in a transformative Yoga practice of pranayama, Jnana Yoga, Yoga Philosophy and solid Asana practice 10 Sundays per year, in addition to one-week-end retreat. Through this, you will become self-aware of body mind and soul, and the ancient practice of Yoga, which will assist you to overcome any of your limitations.

If and when you are ready and willing you can add the option Teacher Training Program for three more years.

Here you will be deepening your Non-dual Yoga Practice, understand the mechanics and spiritual value of Asanas, their physiology and anatomy, Non-dual Yoga Philosophy, Sanskrit, Chanting Mantras and the power of transmitting the teachings of Non-dual Yoga. In this journey, you will be expected to fully immerse your Self into the practice of Non-dual Yoga, as you will be challenged but lovingly taught by your Masters.



## Our methodology

You can choose to take the Personal Development Course as a single and separate course, taking place once a month and one week-end. (Units of teaching 100 hours).

After one year of PDC if you are interested to become a yoga teacher and share your knowledge, you can choose to take the additional Teacher Training course for three more years, this will entail mandatory Yoga Practice average twice a week at a level II or III class (Level III only upon allowance of admission from Yoga Master).

All Students will have to work with their **Yoga Diary** and will work out their Yoga Profile throughout their studies. All students, in particular, TTC Students are expected to have a daily practice of Yoga.

- Our **Program for PDC** includes:
  - ◆ 2 x 1.5 hour Yoga practice (Pranayama/Asana/Relaxation/Meditation) – adapted to the need and practice of Students at each session
  - ◆ What is Non-dual Yoga
  - ◆ Psychology and self-Enquiry sessions
  - ◆ Why and what are Emotions
  - ◆ Introduction to Body and Mind
  - ◆ Why do we fall sick?
  - ◆ How and why Yoga can heal
  - ◆ What is meditation and contemplation,
  - ◆ Who am I, what am I?
  - ◆ Yoga Lectures and workshop on topics such as Yoga and the Mind, Yoga and Consciousness, Love and Self-Love, Stress and de-stressing, Yoga and Sexuality, Dealing with the Past, Accomplishing Self Peace, Yoga as Purifier, Nutrition, and Yoga
  - ◆ Basic Yoga Philosophy (selected works of Patanjali)
  - ◆ Bhagavad Ghita

In PDC sessions we can work out all personal issues if it is necessary. Because in Santidas Yoga we believe that a good yoga teacher is someone who has worked out and clarified her/his past Karma or at least is aware of them.

The Program for TTC includes three years:

- ◆ 10 Sundays & one week-end as above (each year)
- ◆ 2 x 1.5 hour mandatory Yoga practice during the week at Santidas Yoga Centre (each class counts as one unit, one Level III class is mandatory) – (80 practice units = 40 hours)



- ◆ Yoga Philosophy (sources, branches, principles)
- ◆ Understanding the goals of Yoga
- ◆ Ethics of teaching Yoga (teacher-student relationship and others)
- ◆ Asana Anatomy
- ◆ Digestion and Nutrition
- ◆ Neuro - Yoga (Connection of body and brain in Yoga)
- ◆ Mantra Chanting (connecting to the sound of Yoga)
- ◆ Pranayama (Breathing)
- ◆ Philosophy of Bhagavat Gita
- ◆ Non-dualistic Yoga
- ◆ Teaching Methods
- ◆ Sanskrit (5 sessions)
- ◆ Assists
- ◆ Chakras, Bandhas,
- ◆ Meditation and deep relaxation, practice, and teaching.
- ◆ Yoga for special needs (pregnancy, old age, injuries)
- ◆ Assisting twice a class
- ◆ Learning reflective practice: observing and transcribing and drawing lessons from a Yoga class

### Examination and graduation

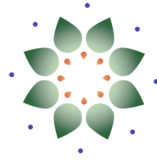
The TTC course will be completed by writing an article of 15 to 20 pages on a topic chosen by the student and oral exam. In addition, the student must have accomplished a satisfactory yoga practice including mastering the most current asanas and must hold a peer taught a class. Successful students will receive a certificate/diploma and earn the title Santidas Para atman Yoga Teacher.

### Head Teacher/Master

Sash, an accomplished Master of Yoga has a teaching practice of 30 years with more than 20000 hours of teaching.

Whilst a student in India studying psychology at the University of Poon he also confirmed his Yoga with Iyengar at his Institute of Yoga.

Yoga was also his topic of research when conducting his masters in clinical psychology at the Catholic University of Louvain. Yoga is his full- time life calling. He has taught Yoga and spread its light to thousands of students, teaching in health clubs like Aspria, David Llyods, in the European Commission and the European Parliament. He takes students for retreat and Yoga vacation to India and other places such as Greece and Mallorca. As a Master (acharya) he began to instruct yoga teachers with his own curriculum as of 2010. Many students have turned to Sash for spiritual counseling, yoga therapy, and coaching. His classes are deeply spiritual and connect to the deep body and Self. Health clubs and Yoga teachers alike often invite Sash



lecturer and speaker on Yoga and the art of living. He has shown the power of advanced Asanas in numerous public demonstration.

Sash is a member of the Association Belge des Enseignants et Praticants de Yoga.

For aspiring **Yoga teachers**, there is a requisite of

- ◆ Good general health
- ◆ An established Yoga practice of two years (preferably at our center ☺)
- ◆ Practiced with one of our teachers a few times
- ◆ Your goals and motivations should be clear
- ◆ Strong commitment and perseverance in your practice
- ◆ Accept the Rules of Santidas Yoga Centre (see santidas.com)
- ◆ Attend all sessions (except if excused by the Head teacher)

#### Prices

990€ for Personal Development Course (2 yoga classes per week are included)

TTC 990€ per year and 2 yoga classes per week are included. (additional classes are extra)

**Prices exclude** weekend retreat approx. 150 Euros

It is possible to pay in two/four installments.

Full enrollment once contract is signed

**Minimum enrollment:** 6 students

#### Dates for Personal Development Course 2019 – 2020

22<sup>nd</sup> September

20<sup>th</sup> October

10<sup>th</sup> of November

15<sup>th</sup> of December

12<sup>th</sup> of January

31<sup>st</sup> of January

16<sup>st</sup> of February

15<sup>th</sup> of March

19<sup>th</sup> of April

16<sup>th</sup> - 17<sup>th</sup> of May

Week end of 20<sup>th</sup> -21<sup>st</sup> June

If you would like to make an appointment for this course, please contact:

[Sash@sash.be](mailto:Sash@sash.be) - 0485729779

[www.santidas.com](http://www.santidas.com)

Bank account: BE08 3631 3747 5413

