

2012

OM YOGA SCHOOL UK TEACHER
TRAINING MANUAL



JO PRAKASH

OM YOGA SCHOOL UK

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MANUAL

**Taught By Yoga Acharya Subramaniam Manoharan
Yoga Siromani Jo Prakash
And Dr Om Prakash**



Lord Ganesha Prayer

**"Gajananam Bhoota Ganadi Sevitam,
Kapittha Jambu phalasara bhakshitam
Umasutam Shoka Vinasha karanam
Namami Vighneswara pada pankajam"**

"Oh Elephant-faced, worshiped by the existing beings, of all living beings, tasting the elephant apple (kaith) and jambolana (jamun), the Son of Uma, destroyer of grief, I bow to the lotus feet of Ganesh who is lord of all."


DEDICATED TO SRI SWAMI SIVANANDA



“An ounce of practice is worth tons of theory.”

We offer our greatest respect to the founder of the Divine Life Society, master of Sivananda Yoga Vedanta School; it is here that our personal spiritual journey started thanks to his wisdom he shared with the world.


“OM BOLO SATGURU SIVANANDA MAHARAJ KI JAI”

Welcome to  OM Yoga School UK, the training school of dynamic, classic hatha yoga techniques.

As a teacher of this school you will learn all aspects of yoga including kriyas, bandhas, and postures including variations, vinyasa, chakras, yogic philosophy and sacred ancient texts plus much more in the curriculum.

You will be challenged on a physical level, with mind adjustments as you progress, by the end of the course you will physically and mentally feel strengthened and energised.

This yoga teacher training course consists of 140 contact hours with highly qualified instructors and 60 non-contact hours in your own time, within the course.

Upon completion you will receive an accreditation by  OM Yoga School UK whereby you will be qualified to teach worldwide with RYS200 status, leading to further accreditations as and when you require.

The modules are as follows:-

- Yoga Philosophy
- Anatomy and physiology
- Yoga teaching, techniques and practice (TTP)
- Methodology
- Practicum

Philosophy

This part of the course is the study of the basis of yoga; it is the ancient philosophy behind yoga and references to Ancient Hindu texts in the description of yoga and the four paths of yoga.

Observations and restraints that should be followed as written by Sage Patanjali Maharishi in the Yoga Sutras and the study of the Bhagavad Gita known as the word of God (Lord Krishna), the ancient Sanskrit epic about the practice of yoga and how it applies in modern day life.

Accompanied with this is the lifestyle and ethics within the yogic culture including; Ayurveda, the three gunas, principles of nature and its cycles and ages and the law of metaphysics.

Categories within this include karma and reincarnation, astral bodies and vegetarianism with references from authorities and legends in the subject such as Sri Sri Paramahansa Yogananda, Harish Johari and Swami Sivananda.

Anatomy and Physiology

Within this module you will be studying the different body systems including musculature, skeletal, respiratory, digestive, central nervous and cardio vascular system.

Correct posture and spinal movement and which techniques to use to determine and correct poor posture.

Studying of the brain hemisphere's in relation to breathing and within yogic texts. Study of subtle nerves known as nadis and the three main nadis - ida, pingala and sushumna and parts of the brain they enter.

The subtle psychic centres of the chakras found along the spine to the head and the relationship with the nadis.

The study of the different layers of the body (koshas) and the astral body and the rising of the kundalini in relation to the nadis, chakras and yoga.

Yoga Teaching, Techniques and Practice (TTP)

This module consists of training as a student first and then learning the principles of techniques, practice and analysing different aspects of yoga.

This includes Surya Namaskar, asanas and variations, vinyasa, pranayama, meditation, mantras and kriyas.

You will also learn about the different modes of teaching

Long holding postures,

Restorative yoga,

Dynamic vinyasa flow,

Asanas and variations,

Preliminary and strengthening exercises

And more

A number of sun salutation sequences including Surya Namaskar as taught by Swami Sivananda and further options to progress gradually to a longer, more varied warm up.

Learning the correct techniques for alignment and body co-ordination with appropriate breathing transitions between movements.

Analysing and learning about the many asanas from headstand and variations, twists, basic and intermediate back bends, arm balances and variations, and more.

Learning how to teach from experience in each posture.

Learning how to sequence a number of asanas into a flowing movement with correct breathing transitions and correct technique gained from experience.

Vinyasas will range from beginners to intermediate options.

Analysing and learning about how to breathe correctly using yogic techniques such as abdominal breath, full yogic breath and anuloma viloma. This breathing accompanies any yoga class or student.

Practicing and learning about the different forms of meditation using a number of different techniques such as visualisation, autosuggestion and guided meditation. Learning the principles of why yogis meditate. This includes the study and practice of mantras.

Learning the ancient body cleansing techniques to accompany hatha yoga for internal cleanliness such as neti, sutra neti, kapalabhatti, kunjla kriya and nauli.

Methodology

Different teaching styles and how to adapt classes to different styles from vinyasa to restorative yoga.

In this subject you will also learn how to set up the right environment for a class, how to observe and determine a student's level of practice and establish when and where corrections are needed.

How and when to demonstrate, how to address the class and arrangement of students in relation to where you are teaching so they can all see clearly.

Step by step principles of adjustment and how much force to exert and which part of the body you will use for the correction.

Isolating your student's body areas that need physical manipulation and variations for special needs.

The atmosphere and your temperament within your class and how to manage a class.

Working in a health and safety environment, public liability and insurance, self-employment or employed in a gym or other establishments.

Ethics all yoga teachers should follow for continuing personal development.

Practicum

This module is purely based on your practical ability in teaching with the aim to build in confidence and knowledge by observing, analysing and assisting in a class environment.

You will progress from teaching with guidance from an instructor to confidently, preparing, teaching and managing a class, all within the rules of health and safety, without the support of an instructor.

You will be required to attend additional classes to observe, participate and analyse with your own interpretations about the style of yoga.

Students have been vetted and accepted according to their level of practice and experience, people with no experience or lack of personal practice will not be taught by ॐ OM Yoga School UK as it is our belief that yoga is a discipline and not a hobby; if you have this manual already then congratulations you have been accepted!!

The course will require dedication and perseverance, you cannot be absent for classes or refuse to take part in subjects you believe are irrelevant. This manual has been created with basic knowledge that is necessary and which should be mastered

for you to become a teacher. Failure to do so can result in non-completion of the certificate until you are at an acceptable level.

This may require you to join additional classes to improve; feedback will be given by instructors about your progress on a regular basis. Homework will also be given as well as personal self-study during the course and additional workshops will be within your curriculum in which you will need to attend.

As a teacher, it will be your duty to continue with personal development after certification as yoga is a lifelong practice. There is a lot to learn and we hope you enjoy the course and enjoy your time as a teacher once qualified.

INSTRUCTORS



Yoga Acharya Subramaniam Manoharan
SYVC, ATTC, E-RYT500

Yoga Acharya Subramaniam Manoharan has over 10,000 teaching hours experience in his 15 years as a yoga teacher.

He trained with the Sivananda Yoga Vedanta School, India, in 1997 where he received the title of Yoga Siromani and later in 2000 he completed an advanced teacher training course with the same school which entitled him as Yoga Acharaya (yoga master).

Mano had taught at the Sivananda Centre in Putney for many years before deciding to establish his own classes in South Wimbledon.

He now has dedicated students and followers of his own style of teaching, which is dynamic and intense while still classic.

His philosophy of yoga is a strict approach in which he believes that yoga is a daily, lifelong discipline requiring much effort, motivation and commitment in all areas of life, a strong teacher with high expectations of his students in order to gain self-control, strength of body and mind.

Yoga Acharya Subramaniam Manoharan always maintains a friendly, encouraging approach to his students, an honest and humble teacher who always gives appropriate guidance when needed.

He specialises in advanced yoga techniques and has instructed several yoga demonstrations at the Yoga Show in London, Olympia, runs numerous workshops every year, teaches free community classes to the elderly, as well as teaching group classes and personal tuition. Many of his students are already teachers or progress into teaching of a high standard after attending his classes.



Yoga Siromani Jo Prakash
Dip. SYVC, REPs L3, E-RYT500, RPYT, RCYT, SYT

Yoga Siromani Jo Prakash has over 7000 teaching hours experience, she completed her teacher training course with the Sivananda School, in Madrid in 2004, she taught at several gyms and spas in Hertfordshire and Bedfordshire before establishing her own classes in Bedfordshire.

Jo has taught at retreats abroad and in the UK, performed at the Yoga Show under the guidance of Yoga Acharya Subramaniam Manoharan, written articles for various magazines and been on the radio with the BBC several times talking about the subject of yoga, they even visited her studio and aired live from her class.

A busy working mother of two, she applies yoga practically in daily life combining different techniques from kriyas, self-study, yoga study, pranayama and meditation. She believes that the best way to develop is through balance, not just in yoga, but in life.

Yoga Siromani Jo Prakash believes that strength and flexibility of both the body and mind should be equal for maximum health; Jo's classes combine long holding postures, dynamic flow, target asanas, restorative and chakra balance yoga, so no area of hatha yoga is imbalanced.

With this same approach she also applies different parts of yoga to her own practice be it bhakti yoga, raja yoga, jnana or karma yoga, to keep variety and prevent stagnation or boredom of practice.

As a teacher her enthusiasm of yoga is infectious to her students, she is able to advance them to a higher level by determining their strengths and weaknesses, so she knows what they are capable of, increasing their confidence and advancement in yoga.



Dr Om Prakash

BSC, M.B.B.S, M.S, D.O.London, MC Oph

We are lucky enough to have a medical doctor teaching on the yoga course, the anatomy and physiology as a subject and the medical health benefits and contraindications of hatha yoga techniques.

Dr Om Prakash was born in India, where yoga was and still is a way of life, daily he practices raja yoga (asanas, pranayama and meditation) and bhakti yoga which he believes is essential for maximum health and well-being of the mind, body and spirit.

His philosophy of yoga is not to take anything to the extreme and look after your health through correct living in all areas of life.

As a lifelong “yogi” he has regularly commenced karma yoga throughout his career by participating in charitable work in third world countries, operating and travelling at his own expense to provide free medical attention at medical camps to those most needy.

His knowledge of yoga from a lifetime of self-study and yoga study means his knowledge and understanding of the both the human body and the spirit are extensive.

His belief in health, diet, exercise and mental relaxation are essential for human well-being, physically, mentally and spiritually.

At the age of 27 he came to the UK after qualifying as a medical doctor in Agra University, India.

He studied at the Royal College of Surgeons in London where he specialised in Ophthalmology.

With the combination of these instructors here at ॐOM Yoga School UK we believe you will receive the best foundation for any aspiring yogi or yogini to blossom into a great teacher and student of yoga, receiving a deeper insight into yoga as a whole rather than an exercise form only, allowing you to help yourself and others in all areas of life.

This manual was compiled by Joanna Prakash with the anatomy and philosophy module created by Dr Om Prakash; photographs were taken by Claire Knights.
Thank you for your assistance on the training manual formation, it is greatly appreciated.

Books required for this course:

The Bhagavad Gita with Commentary by Swami Sivananda
The Divine Life Society Yoga-Vedanta Forest Academy Press,
P.O. Shivanandanagar, Distt.
Tehri-Garhwal, Uttaranchal, Himalayas
India
ISBN 81-7052-000-2

Anatomy of Yoga by Dr Abby Ellsworth
Hinkler Books Pty Ltd 2011#
Heatherton Victoria 3202
Australia
ISBN 978-1-7418-4105-3

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