



SADHANA CAMP, Level 1

To deepen your practice and
to learn teaching skills
with **BELA LIPAT**



at ASHTANGA YOGA ROVANIEMI, Finland, 25-30 July, 2016

Hox! Rovaniemi airport under renovation in July → Free pick-up from Kemi and Oulu



To deepen your practice and to learn teaching skills, join Ashtanga Yoga Rovaniemi's exclusive 50-hours Sadhana Camp with Bela Lipat, Authorized Teacher.

We will investigate the fundamentals (Trishtana) of the practice of Ashtanga Yoga and how it works to bring steadiness and ease to the body and mind. With theory and useful strategies, learn to practice with skillful and sensitive awareness. Learn how to adjust patterns and develop pathways of energy and information in the body-mind system.

The focus of this camp is learning about the traditional system, the method of practice (your own) and how to teach it.

The foundation of this course is a strong personal practice in the "Mysore style" as taught by Guruji, Sri K. Pattabhi Jois and R. Sharath Jois, in Mysore, India, and led class, the counted class. In this course we will explore both methods of teaching, in which students learn hands-on adjustments in a "Mysore style" setting and to lead a counted vinyasa class in traditional Sanskrit. Particular emphasis will be given to practical experience based on a strong and dedicated personal practice informed by studies of the Yogic texts, namely the Yoga Sutras of Patanjali.



For Level 1, you will learn:

- Traditional Sanskrit Counting for led class and initiating students into the practice as your foundation.
- Techniques how to teach finding the bandhas and to apply to fundamental movements and foundations with breath and drishti
- How to demonstrate, count in Sanskrit, and breathe, all at the same time. In short: The Art of Teaching and Demonstrating
- How to teach floating jump back and in
- How to read bodies and give systematic modifications and adjustments
- Philosophy and Practice and how it works in daily life
- This course will cover Sun Salutes and Standing Sequence
- Course manual will be given



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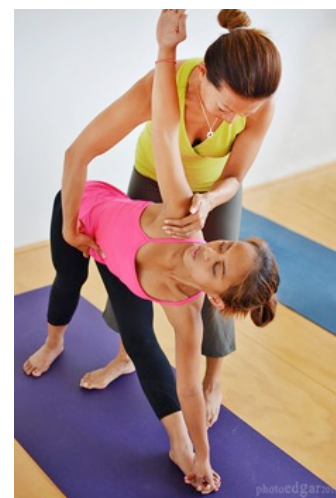
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The course outline will give each student the skills to be able to deepen their understanding and experience of the practice and how to share it effectively with passion, devotion, and humor.

This course is suitable for Ashtanga teachers and well established students who plan to teach or want to deepen their practice. Ideally you should have an established Ashtanga practice at least up to Navasana.

To apply, please send us an email describing your background in yoga, your practice, and your motivation to join this course at: ashtangarovaniemi@gmx.com



Course Structure

- Daily Asana/breathwork (pranayama) practice – 3 hours
- Asana and alignment/adjusting clinics – 1.5 hours
Learning the traditional Sanskrit vinyasa count (for Sun Salutations and Standing Sequence), Sanskrit (chanting), Philosophy, and Theory of Ashtanga Yoga – 1.5 hours
- Teaching Techniques and Skills Practice- 2 hours per day
- Written exams



Sample Course Timetable:

07:00 - 10:00 - Meditation, Breathwork, Asana practice - (3 hours)

10:00 - 11:30 - Brunch

11:30 - 13:00 - Chanting and Philosophy based on Yoga Sutras of Patanjali - (1.5 hour)

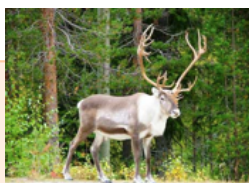
13:00 - 14:30 - Adjusting and Alignment techniques - (1.5 hours)

14:30 - 16:30 - Teaching Techniques - (2 hour)

8 hours/day x 6 days = 48 hours + homework

Course Venue:

Ashtanga Yoga Rovaniemi
Kansankatu 2, A11
96100 Rovaniemi, Lapland, Finland



This is a non-residential course

Course fee:

Early Bird before 01 April: 400euros
Regular Fee: 480euros



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