saraswati yoga school

hosted at: SOLEIL LUNE YOGA CENTER, LLC — A barefoot kind of place

300hr Advanced Teacher Training Program: Details + Application

Deepening in Self: a Spiritually-based classical approach to the various paths of Yoga

Hosted at Soleil Lune Yoga Center, Oconomowoc WI | Commencement: February 2016

Yoga reminds us that you are a spiritual being having a human experience, not a human being trying to have a spiritual experience. Yoga is the journey of each individual to connect to the Source of Life and deeply connect with the beautifully diverse world we live. This yatra is more than a theoretical and practical study of the philosophy and spirituality of the Orient. It is an embodied exploration of your Purest Self and the uncovering of the Inherent Peace, which is your True Nature.

This unique 300hr TT program is presented from the lens of the Saraswati lineage of monks and spiritual aspirants, which dates back to Sri Adi Shankaracharya from 8th century CE. Within this dynamic lineage contains many great Gurus and Saints who have kept the teachings alive and intact, even today. By having a one lineage's interpretation of the teachings, the aspirant is able to gain a deeper insight into how the information weaves together and learn the value of each mystical layer secretly woven within specific teachings. For example, water has over 70 different words and meanings in Sanskrit.

This concise 12-month program is designed so that each aspirant may receive the greatest opportunity for personal and spiritual growth by condensing the teachings into one year. This requires more time commitments on behalf of the trainee, but the reward is quite great. By requesting more during the program, it optimizes the practice of the aspirant and will more likely increase the chance of establishing a dedicated home sadhana. All this supports your inner development.

Lila Saraswati, Trish Washburn and Prem Sadasivananda create your faculty team. They blend effortlessly together, providing you with the most well-rounded perspective of Yoga teachings. Lila Saraswati will be the lead teacher; offering Bhagavad Gita guidance, asana classes, theoretical and practical exploration of ancient Yoga's philosophy & spirituality. Trish Washburn brings the therapeutic lens to asana and the structural lens only a professional athlete can give to asana. Prem Sadasivananda offers a deeper insight into the Bhagavad Gita, teaches Sanskrit and sacred mantras, and offers a variety of online webinars for you to deepen your studies. This faculty is truly one of a kind; each experts in their own reflective fields of study.

Join us for this personal and spiritual transformation through the sacred texts of ancient India. This will be an embodied experience - whether during asana classes, group discussions and conversations about philosophy, or personal home study - you will begin to manifest the Yoga life you have envisioned.

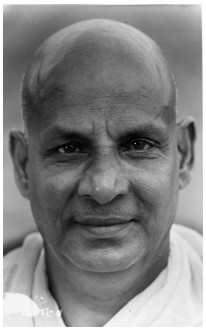
You are invited to join us as we deepen in the studies and practices of classical Yoga and remind you of your Exquisite Self through community and connection. Journey into mystic India's timeless teachings and traditions and become transformed.

saraswati
yoga school

300hr Advanced Teacher Training Program: Details + Application

Meet the Gurus: Saraswati Lineage Overview

Sri Adi Shankaracharya (788-820 CE) - Philosophy and theologian from Kerala India who consolidated the doctrine of Advaita Vedanta (non-dualistic approach to God). He is credited with unifying and establishing the main currents of thought in Hinduism. He travelled across the India subcontinent to propagate his philosophy through discourses and debates with other high thinkers. He established the importance of monastic life, having established 4 main *mathas* (monestaries) and 10 monastic orders (lineages).



Swami Sivananda Saraswati (1887 - 1963) - Spiritual teacher and a proponent of Yoga, Vedanta and Hinduism. Born in Kerala India, he served as a medical doctor turned yogi (sannyasin/monk). He established the Divine Life Society in Rishikesh north India in 1936 and authored over 200 books on Yoga, Vedanta and a variety of many other subjects. Swami Sivananda sent many of his disciples to the West in the 1950s and 60s. He was one of the first monks to initiate women and also to translate the ancient Veda from Sanskrit to English. He was a modern day saint and sage who was said to have reached enlightenment, the final beatitude of human development and spiritual perfection.

Swami Vishnudevananda Saraswati (1927 - 1993) - A close disciple of Swami Sivananda, Swami Vishnu is the founder of the International Sivananda Yoga Vedanta Organization, in which Lila Saraswati and Prem Sadasivananda gained most of their Yoga study. Swami Vishnu was born in Kerala India and lived with Swami Sivananda in Rishikesh for 10 years. In 1957, Swami Sivananda placed a symbolic 10 rupees in Swami Vishnu's hand and told him to go to the West, "people are waiting." In 1969, Swami Vishnu established one of the first yoga teacher training courses in the West - which to date, has trained nearly 40,000 people worldwide. He is also known for his humanitarian acts for world peace.

Meet Your Program Hosts:

Saraswati Yoga School, LLC - Saraswati Yoga School, LLC is a classical yoga school who teaches philosophy and spirituality according to the Saraswati Lineage of India. It is dedicated to making the teachings relative to the modern era and its foundation is to spiritually evolve each aspirant who comes to study within this school.

Soleil Lune Yoga Center, LLC - Soleil Lune Yoga Center believes everyone should honor themselves and each other on our spiritual journeys. Soleil provides a spiritually based focus woven through the practice of yoga and the philosophy of our mats serve as our mirrors to reflect who and what we really, truly, authentically are at our core.

saraswati
yoga school

300hr Advanced Teacher Training Program: Details + Application

Meet Your Program Faculty:

Lila Saraswati Lolling - Lead Teacher of Yoga Philosophy, Traditions, Spirituality and Asana. Veteran Sivananda Yoga teacher who was initiated into the Saraswati lineage 15 years ago. She is a dedicated yogini and teacher and will be the main instructor facilitating this course. She founded Saraswati Yoga School (2015) in honor of this sacred lineage and the DeafYoga Foundation (2007), a nonprofit organization dedicated to sharing classical teachings in ASL. She is also co-steward of Sangha Yoga Studio (2013) with Becky Morrissey. Lila Saraswati is a compassionate, spiritually-educated, funny and passionate teacher who believes we can embody the Peace we seek.

Trish Washburn - Lead Teacher of Anatomy/Physiology, Asana, and Alignment. Trish is an ex-professional athlete who brings a fluid, fun style to her teaching. She is inspired by the deep transformations of body, mind, heart, and soul that yoga can engender for practitioners. Her teaching style is fun, creative and nonjudgmental with an emphasis on releasing everyday stress and negative attitudes to experience the joy yoga brings. Trish is a ERYT500 teacher and founder of Soleil Lune Yoga Center in Oconomowoc Wisconsin. See soleilluneyoga.com for more information about Trish.

Prem Sadasivananda - Teacher of Sanskrit, Mantras, Bhagavad Gita. Direct disciple of Swami Vishnudevananda and one of Lila Saraswati's main yoga teachers. Prem Sadasivananda is a scholar of Vedantic Philosophy, Hindu Scripture, and Sanskrit. Prem Sadasivananda was a sannyasin for 24 years in the Sivananda Organization, having served as the Center director of NYC and London from 1990-2014. He is a devotional and wise teacher who loves to share Kirtan and Yoga joyously with others. Prem Sadasivananda will be hosting online webinars and weekend immersions during this program. See the "TT Elective" section. See Vidya-Samyogah.com for more information about Prem.

Swadhyaya: Topics of Study

- *Anatomy & Physiology* - Learn the embodied perspective of annamaya kosha
- *Hatha Yoga Asana* - Advanced variations, classical approach, energetic sequencing
- *Hatha Yoga Disciplines* - Learn the traditional purpose of kriyas, asana, pranayama, bandhas, etc.
- *Prana & Pranayama* - Deepening in practice and teaching techniques
- *Subtle Body Anatomy* - Study of koshas, nadis, chakras
- *Karma Yoga* - Path of service and overcoming your karma
- *Bhakti Yoga* - Path of cultivating devotion in daily life
- *Raja Yoga* - Power of the path of meditation
- *Sanskrit 101* - Learn to read and write Sanskrit at a basic level
- *Sanskrit Mantras & Kirtan* - Practices to increase your vibratory level
- *Vedanta Theory & Practice* - Deeper investigations into the philosophy and psychology of Yoga
- *Facilitating Yoga Philosophy Workshops* - Broadening your teaching offerings
- *Teaching Methodology* - Ancient approach to Yoga meets modern era
- *Refining your Swadharma* - Fine-tuning your purpose in teaching yoga and staying inspired

saraswati
yoga school

300hr Advanced Teacher Training Program: Details + Application

- *Bhagavad Gita* - Guided and independent study of this sacred scripture
- *Yoga as a Business* - Ethics, planning, structure and diversifying your teaching portfolio
- *Therapeutic Applications*- Guiding private sessions and alignment-based yoga therapy postures

Module / Session Dates 2016: Soleil Lune Yoga Studio

February 10 - 14, 2016 - 55 hours - Cedar Valley Retreat, West Bend WI
March 12, 2016 (9am - 5pm) - 8 hours with Trish Washburn
April 29 - 31, 2016 - 15 hours with Lila Lolling
May 21 & 22, 2016 - 15 hours with Trish Washburn
June 2016 - Off for integration
July 29 - 31, 2016 - 15 hours with Lila Lolling
August 20, 2016 (9am - 5pm) - 8 hours with Trish Washburn
September 25, 2016 (9am - 5pm) - 8 hours with Trish Washburn
September Webinars with Prem Sadasivananda - 4 hours
October 5 - 9, 2016 - Cedar Valley Retreat - 55 hours
November 5 & 6, 2016 - 15 hours with Trish Washburn
December 2016 - Off for integration
January 13 - 15, 2017 - 15 hours with Lila Lolling
February 10 - 12, 2017 - 15 hours with Lila Lolling

224 exclusive total contact hours = 5-day Retreats (2), weekends (6), one-day intensives (3)
Additional hours required = 46hrs asana, 30hrs independent study; required over 12 months.
Total Course = 300 hours (270 contact, 30 non-contact)

Program Swadhyaya: Module Details

Lila Saraswati will be your main philosophy and spirituality teacher. Trish Washburn will be your main anatomy and asana teacher. Woven throughout the swadhyaya calendar year, you will see a blend of three wonderful teachers, and three unique styles of teaching.

Trish Washburn, owner Soleil Lune Yoga, will focus on the structural approach to yoga and its therapeutic applications. She will also be your main asana teacher for your classes at Soleil. Prem Sadasivananda will lead online webinars from his residence in NYC in the fields of positive thinking, Sanskrit, and Dharma.

PHILOSOPHY MODULES with LILA LOLLING, ERYT500

Philosophy Module One - The Origins of Yoga: Investigating Yoga Roots and Seeds
February Retreat

During our initial module, we will set clear intentions for our year, as well as for the course itself. Prem Sadasivananda will be joining us to lead our inauguration ceremony as well as give us the background to the Bhagavad Gita, the Vedas and Upanishads. We will also explore Saraswati lineage and the Sivananda Hatha Yoga sequence. Conversations will focus on the trainees spiritual path to date, the goals of the future, and why we practice. This weekend is all about the roots and seeds of Yoga.

saraswati
yoga school

300hr Advanced Teacher Training Program: Details + Application

Module Two - Understanding the Aim of Yogas: Introduction of Purusha, Prakriti and Maya
February Retreat
Module Two investigates the fundamental principles of yoga - that which is being 'yoked.' Through lecture, discussion and group conversations, we will explore the two distinct realities being joined in all paths of yoga (Ultimate Reality and relative reality) as well as explore a deeper overview of the four main paths of Yoga. We will also dive into the land of frequency and vibration, learning how the three gunas are in absolutely everything and how they impact our lives, moment to moment.

Module Three - Living Inspired: Understanding the Value of Proper Action
February Retreat
Module Three breaks down the four main levels of Karma Yoga as well as the importance of understanding the proper principles of Karma. We will use this time as a way to explore the instruments of service (hands/feet/heart) and the importance of selfless service in our daily life. We will also open group discussion into the realm of teaching / sharing yoga as a service and offering.

Module Four - Cultivating Love & Devotion: Spiritualizing your Life
April 29 - 31, 2016
Module Four consists of an introduction into Bhakti Yoga, the path of devotion. Although we will weave this topic throughout the year, these workshops will be focused around Bhagavad Gita, heart openers and the qualities of a devotional yogin.

Module Five - Diving into the Subtle: 3 Bodies, 5 Koshas, 7 Chakras
July 29 - 31, 2016
Module Five is a fun and insightful weekend which offers a deeper view of the 3 bodies, 5 sheaths, and 7 chakras. Through embodiment work we will also evaluate and learn about the endocrine and skeletal systems, the beauty of annamaya kosha and how it is the foundation to the more subtle experiences. We will also explore classical Hatha Yoga and how HA and THA are the foundations to our pendulum swing in daily life. We will also explore Tantra and Kundalini Shakti in great detail.

Module Six - Breaking through Resistance: Finding Peace amongst the Friction
October Retreat
Module Six is dedicated to finding the peace and purpose of resistance on the spiritual path. We will investigate and establish conversations around how resistance appears in the physical body and mind. The resolution for resistance is to overcome these blessed obstacles by applying Viveka (discrimination) and Vairagya (non attachment) to our life.

Module Seven - Raja Yoga: Honoring the Royal Practices
October Retreat
Raja Yoga, formally called Ashtanga Yoga, is a beautiful path that leads one to the Divine through reducing the thought waves or vrittis. Module Seven offers a devotional perspective to the eight limbs while theoretically exploring the psychology of thoughts and desire. You will gain clear insight into how to overcome the pull of likes / dislikes as well as the importance of cultivating concentration to take your practices to the next level.

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yoga school

300hr Advanced Teacher Training Program: Details + Application

Module Eight - Yoga of the Self: Brahman, Atman, Maya & Sanskrit Immersion
October Retreat
Module Eight is all about deepening. Here we explore the idea of superimposition, more clearly connect to the experience of may as well as take a Sanskrit 101 immersion with special guest Prem Sadasivananda. Friday evening will be dedicated to opening a discussion about how to develop yoga philosophy workshops to expand your yoga offerings.

Module Nine - Staying Motivated on the Path
January 13 - 15, 2017
During Module Nine we will contemplate ways in which one can stay motivated on the spiritual path. We begin here to discuss mentorship and studio stewardship as well as Ethics for Yoga teachers. This module reminds us that we can and need to learn from each other and how to create a co-supportive environment for peers and fellow yogins.

Module Ten - Beauty of Self Expression: Graduation Weekend
February 10 - 12, 2017
Our final graduation Module Ten will focus on the beauty of Self (spiritual) expression with conversations geared towards peer supervision and continued education as one moves forward. We will conclude our special year of dedication with a traditional yoga ceremony (puja) and a celebration of all in which we have received over the past year.

ASANA + ANATOMY MODULES with TRISH WASHBURN, ERYT500

The asana and anatomy modules presented by Trish Washburn is a smooth blend of professional athleticism, all out fun, and a knowledge and caring teacher. Her Asana + Anatomy modules are designed to establish a space for community learning, education, and support. She emphasizes the importance of a daily practice and internal questioning on one's spiritual path. She beautifully weaves alignment-based yoga therapy classes and private instructions.

During your modules with Trish, the trainee will learn the structural anatomy and apply cumulative skills to real life examples by working with classmates. Throughout the year, the curriculum will cover specific anatomical studies; such treatment activities, therapy techniques, and private lesson practices. Topics of discussion include:

Breathing Continuum, Authentic Breathing
Asana Focus: Action & Resistance
The Foot - anatomy of the foot & ankle
The Shins - anatomy & imbalances
The Knees - anatomy & somatics
The Pelvis - pelvic floor & anatomical solutions
The Shoulders - anatomy & scapular stability
The Spine - anatomy & abdominal muscles
The Six Main Chakras
Treatment Activities
Therapy Techniques
Anatomy & Physiology of structural body

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300hr Advanced Teacher Training Program: Details + Application

Program Investment:

This program offers aspirants an opportunity to invest in your overall well-being. Your investment supports you by including in your tuition:

- **Two, five-day retreats at Cedar Valley** - for inner connection & community deepening
- **Unlimited asana classes at Soleil Lune Yoga** - keep body supple & healthy, $900 value
- **Guided audio pranayama practices for home** - for vibrancy and purity of the energetic body
- **Guided audio meditation practices for home** - for a calm and focused mind
- **Monthly swadhyaya meetings** - deepening your understanding of yoga philosophy & spirituality
- **Mentorship, stewardship, and peer sessions** - to continue to cultivate your inner teacher
- **TT manual and Bhagavad Gita required textbook** - for your swadhyaya

Program Tuition = $4200 paid in full by January 1, 2015
12-month Payment Plan Option = $4400, deposit applies to tuition balance. Estimated $333/month.
Program Deposit = $400 - applies towards tuition balance.

* Limited space is available. Early registration is recommended.

500hr Teacher Participation: Opportunity for Continued Swadhyaya

Are you or someone you know a 500hr yoga teacher but would like to participate in our training to continue to deepen your studies and share your wisdoms to a group during discussion time? You are cordially invited to join us during our curriculum and participate in specific modules and/or even join us at our Cedar Valley 5-day Retreats. If you would like more information about how this can work, please contact Lila to discuss further. Hours will be counted towards YA continued education and a certificate will be issued. lilalolling@me.com

Required Textbooks & Scriptures:

Bhagavad Gita by Swami Prabhavananda & Christopher Isherwood - quick review, perfect for beginners
Radha: a Diary of a Woman's Search by Swami Sivananda Radha
Anatomy Coloring Book
Anatomy of Breathing by Blandaine Calais-Germain
Anatomy of Hatha Yoga by H. David Coulter

Suggested Program Books:

Mediation & Mantras by Swami Vishnudevananda
Sanskrit Glossary of Yogic Terms by Bihar Publications
Bhagavad Gita by Swami Sivananda (deeper reference guide) - free downloads at dlshq.org

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300hr Advanced Teacher Training Program: Details + Application

Moment of Gratitude: a Personal Message from Lila Saraswati

Om Namo Narayanaya
Namaste Blessed Light,
On behalf of the Saraswati Yoga School, I would like to offer sincere gratitude for Soleil Lune Yoga Center for hosting such a powerful and integrative Advanced TT program. We are all so fortunate to have such a studio in Wisconsin. It has been a real honor and privilege to visit and teach there.

My heart also gives gratitude and would like to acknowledge the teachers of this program who are co-creating a deeply transformative year for the aspirants called to participate. Specifically, Trish Washburn and Prem Sadasivananda for having a direct hand in my personal and spiritual evolution. Thank you for both for being a part of my life.

I wish to also give gratitude to you, beloved yogin, for your willingness to unveil your Divine Self, the Pure Consciousness and Absolute Peace which is who you are. Through your courage and commitment for conscious living, you are encouraging others to do the same. Without your participation, this program would not be possible.

Thank you for answering the inner calling and for trusting us to be your guides during this journey. Also, thank you for the wisdoms you will bring to this program and share with your training course Kula (family).

With Om and Prem,
Lila Saraswati

Curriculum & Certifications Provided By:
Saraswati Yoga School, LLC
Still awaiting YA approval.

Program Host & Collaborative Faculty Partner:
Soleil Lune Yoga Center, LLC, Owner: Trish Washburn

SOLEIL LUNE YOGA CENTER, LLC
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Registration Process:
Please mail application and full tuition or $400 deposit to:
Saraswati Yoga School
112 N Second Street
Loveland, Ohio 45140

Check payable to Saraswati Yoga School, LLC

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300hr Advanced Teacher Training Program: Details + Application

Name: _____ Date: _____

Address: _____

_____

Phone: _____ Email: _____

Years Practicing Yoga: _____ Preferred Style of Asana Practice: _____

Graduating 200hr School (name & location): _____

_____

Deposit or Payment in Full? _____ Check #: _____

How did you hear about this program? _____

Why are you applying to this program?

How would you describe your knowledge of Yoga philosophy & Eastern spirituality?

Why are you interested in learning yoga teachings from the lens of the Saraswati lineage?

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300hr Advanced Teacher Training Program: Details + Application

Where do you plan to participate in weekly asana classes during the course? name & location

How has Yoga influenced your life?

What would you like to get out of this program?

Any other thing you would like us to know about you and/or your intention to join this program?