

ADVANCED TEACHER TRAINING

March 2025 - at Sivananda Resort and training, Dalat Vietnam

Advanced TTC allows graduates from the TTC to deepen their spiritual practice and their study of Hatha yoga, Vedanta philosophy, Raja yoga, Anatomy, and Sanskrit.

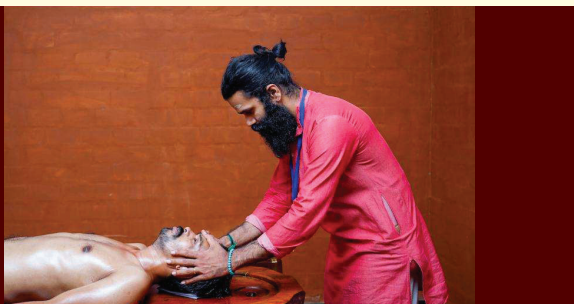
SADHANA INTENSIVE

April 2025 - at Sivananda Resort and training, Dalat Vietnam

This two week course is for graduates of the TTC who want to be established in personal sadhana and routine under the supervision of experienced teachers.

PANCHA KARMA DETOXIFICATION RETREAT

Allow the body and mind to rest and rejuvenate (from 7, 14, 21 days) Preferable after TTC. Pre registration necessary. Please write to healing@punarnava.org for booking your ayurveda treatment course after TTC.



AYURVEDA HEALING CONSULTATION AND RETREATS

3 days minimum please check . Visit: www.vaidyagrama.com
For TTC participants, personal health consultation (at extra cost) with the vaidya is possible. Ayurveda Treatment session can also be available on your day off.
Classical Ayurveda oil treatments deepen the effects of the yoga practice. Male and female therapists available.



ADMISSION

Though a basic knowledge of yoga postures and philosophy is helpful, beginners are welcome. The course is intense and demands discipline. You must be sincere in your desire to learn and willing to follow the rules. Please note that in keeping with the ancient Yoga tradition, spiritual practices such as meditation, mantra chanting, ceremonies, selfless service and study of philosophy constitute a large part of this program. Please do not attend this course if you just want to practice postures, breathing and relaxation.

To preserve the spiritual atmosphere, no meat, fish, eggs, coffee, alcohol, tobacco or narcotics are allowed. Participation in all classes and punctuality are mandatory.

WHAT TO BRING

Two sets of uniforms are provided, but you will need to bring modest, comfortable clothes for asana practice, plus casual clothes. Be prepared for 25-30 Degrees Celsius weather after monsoon season. We recommend that you bring a waterproof jacket, T-shirts, cotton pants, night clothes, sun hat, shoes for nature walks and a pair of slip-on shoes.

Bring your own Yoga mats, meditation cushions, meditation shawls, toiletries, notebooks, pens, flashlights, and water bottles. Internet access is available.

TEXT BOOKS

The Complete Illustrated Book of Yoga by Swami Vishnu-devananda and the *Bhagavad Gita* with commentary by Swami Sivananda are available for purchase.

TRANSLATION

Classes will be held in English, there is Japanese translation if needed.

TELEPHONE AND MOBILE PHONE

There is a mobile phone contact, which should only be used in case of emergency: +91 9943317526/ 9360315495
Mobile phone coverage for Airtel, Idea and Vodafone is better here. Sim cards can be available at the International Airport, & would require copy of your passport/visa and 1 photo. Most foreign SIM cards do allow Internet roaming access.

VISA INFORMATION

Tourist e-Visas are available for 30 days, 1 year or 5 years.
AYUSH VISA for 30 -60 days
Please apply only on this website:
<https://indianvisaonline.gov.in/evisa/tvoa.html>

REGISTRATION

Register on line. Apply at <https://sivanandayogafarm.org/ttc-india/>

Arrival and departure time: Arrival a day before Thursday after 2pm or Friday to complete registration. Course starts on Saturday at 2pm. Leave on Sunday.

Based on your time and date of arrival, we can arrange a cab for your airport transfers.

Contacts: we will contact you for an interview on line upon your TTC registration to prepare you for the experience.

For additional local information tel and contact

www.vaidyagrama.com

+91 - 9943317526 (Krishna Kumar)

+91 - 9360315495 (Aparna Sarma)

TTC & ATTC Costs

All inclusive.

Accommodation for 28 nights and tuition.

Single	\$4,500
Shared (2 people)	\$3,500
Shared (3 people)	\$2,800

English speaking Indian nationals, enquire for discount, please apply and write to us, for taking the registration process ahead.

ACCOMMODATIONS

Comfortable rooms (1-3 beds), private Western-style bathroom, water kettle, white linen bed sheets, quilt with quilt cover or blankets, pillow, bed cover. Laundry service has extra charges. INTERNET available in community space.

Drinking water and teas

Teas will be available on a self-service basis after morning meditation and at midday. Mineral water is available at extra cost.

Meals and snacks

Daily two lightly spiced Indian-Ayurvedic vegetarian meals and one snack will be served buffet-style; fresh chapatis, dosas

HOW TO GET TO VAIDYAGRAMA

- From Kochi airport - 3.5 hours drive by taxi to get here.
- From Coimbatore airport - one hour taxi drive. Please book your taxi in advance by sharing your travel details.
- From Coimbatore Railway Station: 45 minutes taxi drive
- From Chennai by road: 7 hours taxi drive

OUR WEBSITE
<https://sivanandayogafarm.org>

International Yoga Teacher Training

AUG 17 - SEPT 14, 2024



200hr
Sivananda Yoga
in Coimbatore
Tamil Nadu, India





The Masters ✿



Swami Sivananda (1887–1963)

A great sage and yogi of modern India and the spiritual strength behind the Sivananda Yoga Vedanta Centers world wide, Swami Sivananda's teachings are a synthesis of all four paths of yoga. He spread his knowledge of health and yoga by writing over 200 books.



Swami Vishnu-devananda (1927–1993)

Founder of the International Yoga Vedanta Centers, Swami Vishnu-devananda was a renowned authority on Hatha and Raja Yoga and author of the classical textbooks The Complete Illustrated Book of Yoga and Meditation and Mantras. He was a pioneer in starting Yoga Teacher Training Courses and yoga vacations throughout the world.



Swami Sitaramananda is a direct disciple of Swami Vishnu-devananda, and one of the senior acharyas of the ISYVC organization. She has been teaching Yoga and meditation internationally for 40 years, and is the director of the Sivananda Yoga Farm in Grass Valley, California.



Swami Narayananda has 25 years of international experience in teaching and training Yoga and meditation. He is a senior teacher of the organization and is the current director of the Sivananda Yoga Resort and Training Center in Dalat, Vietnam.



Swami Adi Parashaktiananda joined staff in 2007 after completing his TTC. He is a dedicated Hatha Yoga practitioner and teacher. He has been teaching the Hatha Yoga classes for TTC and ATTC in the U.S., Vietnam, and China since 2011.

✿ The Teaching

In 1969 Swami Vishnu-devananda taught the first Yoga Teacher's Training Course in the West. Since then, over 51,000 teachers worldwide have graduated from this comprehensive training course.

The 4-week course gives you the proficiency to transmit the knowledge of yoga to others and is a profound personal experience. The essence of yoga is learned through a combination of repeated practice and inspirational lessons. The approach to teaching is personal, allowing individual attention. Among the many benefits that students report are increased strength and flexibility, greater spiritual awareness, improved powers of concentration, enhanced self-esteem and a new-found sense of self-discipline.

✿ The Teachers



Dr. Ram Kumar is the founder-director of Punarnava Ayurveda committed to "Authentic Ayurveda for Universal Well Being", and has spear-headed creation of Vaidyagrama Ayurveda healing community. For over 30 years, he has given talks and conducted workshops around the globe, promoting health, happiness and contentment.



Dr. Ramdas Hailing from Thrissur, the cultural capital of Kerala, Dr. A. R. Ramdas inherits a strong family tradition of Ayurveda. He has completed over 3 decades of ayurveda practice and is the Medical Director of Vaidyagrama Ayurveda in Coimbatore.



Dr. Ardent Winston graduated in 2016, is part of Vaidyagrama healing team since 2019, got trained under various expert vaidyas, and completed CRAV in Asthi Marma Chikitsa. He combines his modern medical knowledge and the ayurveda healing system well.

Location ✿

The course will be held at renowned Vaidyagrama Eco Healing Village born in 2008, in the 40 acres in the outskirts of Coimbatore, Tamilnadu, and is protected by mountains and forests. Its aesthetically designed in Kerala Nalukettu style architecture gives adequate space for all to be.

Healing comes with respect of Nature, which is present at every aspect of life: naturally grown flora and fauna, multiple vegetable and herb gardens, comfortable building made of mud blocks; Dhanwanthari Temple of Healing and its traditional ceremonies, community development projects, an environment free from chemicals, plastics and pollution, with classical care following authentic Ayurveda.

DAILY SCHEDULE

05:30 am	Wake-up bell
06:00 am	Satsang (meditation, chanting, lecture)
08:00 am	Asana & Pranayama class
10:00 am	Vegetarian brunch
11:00 am	Karma Yoga (helping in the ashram)
12:00 pm	Chanting or Bhagavad Gita class
02:00 pm	Main lecture
04:00 pm	Asana & Pranayama (teaching techniques)
06:00 pm	Vegetarian dinner
07:30 pm	Satsang (meditation, chanting, lecture)

This schedule is followed 6 days a week, with one day off from 8 am to 7 pm for resting, studying, temple visits, touring, day excursions....

CERTIFICATION

Upon successful completion, students will receive a certificate from the International Sivananda Yoga Vedanta Centers that confirms they have the knowledge and experience to teach Hatha Yoga, and which qualifies them to apply for Registered Yoga Teacher (200 hours) status from the International Yoga Alliance.

✿ TTC Curriculum

Yoga Asanas

- Effects of asanas on the physical and astral body
- Proper postural alignment and deep relaxation

Pranayama

- The basic practices: kapalabhati, anuloma viloma

Kriyas

- The six classical exercises for purifying the body

Hatha Yoga Theory

- The astral body, nadis and chakras

How to Teach

- Teaching the sun salutation and the 12 basic postures
- How to teach beginners and intermediate students
- How to adapt teaching to special groups

Anatomy and Physiology

- The effects of yoga practices on major body systems

Yoga Philosophy and Psychology

- The four paths of yoga: Karma, Bhakti, Raja and Jnana
- The law of karma

Ayurvedic diet, nutrition and principles of health

- Physical, ethical & spiritual reasons for vegetarianism

Meditation

- Twelve-step guideline to meditation
- Mantras, mantra initiation (if requested)

Kirtan (chanting classical Sanskrit chants)

- Positive effects of chanting on emotions

Bhagavad Gita

- Study of the classical yoga scripture.

Spiritual and Cultural programs

- We will celebrate Onam festival, Ganesha Chaturti, Krishna Janmastami

