

Teacher Training & Lifestyle Enhancement Program 200 Hour Certification

NEXT PROGRAM BEGINS JUNE 2012

At Dancing Shiva in Hollywood: 1st weekend of every month for 6 consecutive months.

Note: All are welcome to audit our current programs, please contact us to confirm dates and times and to make a reservation.

ONE PROGRAM WITH TWO GREAT SYSTEMS

Welcome to the original Yoga and Ayurveda program that unites both sciences into an authentic teaching approach and lifestyle-training course. This program uniquely teaches how Yoga and Ayurveda are practiced together to create the perfect balance of practical wisdom and spirituality. If you are looking for a course that embraces the essence of all types of yoga, this is it. This course strongly adheres to individuals seeking their truth as a path for personal transformation. The Yoga aspect involves developing discipline through dynamic yoga practices and rituals to discover a deeper understanding of who you to find your dharma (purpose) in life. On the Ayurvedic side, daily and seasonal routines are taught as a foundation for balanced healthy living and longevity to develop a profound relationship with nature. The importance of this program lies in understanding the material in a manner that aids the student/practitioner in the development of his or her sadhana/spiritual lifestyle disciplines. Essentially our motto is, "if you are living it, you understand it!"

DETAILS ABOUT THE PROGRAM

The program is about learning through practice and strongly adheres to a experiential approach to learning. Philosophical teaching is commonly given during various exercises and rituals as well as from our staffs many years of teaching experience. You learn to practice yoga and create a lifestyle according to what is best for your dosha type (body-mind constitution) rather following some fixed formula as most western teachings preach. One of the most important themes of the program is based on this principle of individuality. In learning how to adapt a routine and a yoga practice unique to your needs, it encourages the student to be creative and dynamic as they develop into a teacher. The course also serves to prepare a person to teach others not just asana (postures) but an integral approach to yoga that includes other components such as

breath-work, mantra and meditation and knowledge of Ayurvedic principles that provide for a truly holistic approach to teaching or becoming a healer.

DANCING SHIVA YOGA & AYURVEDA CENTER

The center is dedicated to the education practice and lifestyle of the great Vedic sciences of Yoga and Ayurveda. The center is focused on a unified authentic approach of Yoga and Ayurveda and is the birthplace of the YogaVeda online program. Dancing Shiva has served as the landmark center in the west to offer a complete curriculum aimed at achieving the perfect balance of these great systems. The center offers daily yoga classes, workshops, certifications, consultations, Ayurvedic clinic with detoxification healing treatments and lifestyle retreats and pilgrimages to India. The center is located in the heart of Los Angeles in the Hollywood area.

YOGAVEDA ACADEMY ONLINE (Note: This program launches Summer 2012)

YOGAVEDA LEVEL ONE (Initiation & Lifestyle) Namaste and welcome to the online “home studies e-format system” of the Yoga and Ayurveda Teacher Certification and Lifestyle Enhancement Program. The online format allows the student the opportunity to study on an individual basis at their own pace and from their own computer. Essentially all the course materials are provided online, which includes the creative recordings of the complete program classes, tests, evaluations and teleconferences. Additionally the course includes a yoga DVD series and a comprehensive course manual to guide you through the whole course with fascinating reading, charts and illustrations and practical exercises for spiritual development and a multitude of ayurvedic practices and remedies for personal self healing. Each of the 12 course sections includes yoga practices, mantras and meditations, modern themes and metaphors, lectures and Q & A discussions. The course material is structured in a condensed yet specific format to allow the student a clear perspective of how the yoga and ayurveda traditions can be practiced and integrated into our modern lives. The value of this course lies in the manner it is presented to aid the student in their personal development and understanding of yoga and to experience ayurveda in an intimate and practical manner. Essentially our motto is... “if you are living it, you understand it.” These sciences as presented in this program consistently endorse the surest means of self healing and self realization.

Note: The cultivation of these yogic disciplines provides the foundational requirements for becoming a “Teacher” of Yoga and Ayurveda as offered in the Tier Two training program. For more information and specific questions contact admissions at 323 934 8332.

YOGAVEDA LEVEL TWO (Teaching Intensive) – Learn the integral approach to teaching YogaVeda in an even more direct and personal experience in these 7-day intensive trainings. Mas Vidal and the faculty will cover detailed alignment according to the energies of the doshas, teaching techniques and preparations of various class “sets” and teaching structures and many other sacred healing practices as part of being a Yoga and Ayurveda teacher. **Note:** This portion of the course includes live and personal

interaction with Mas Vidal and the program faculty and will be offered yearly at both east and west coast locations. Contact us for specific information and also check our website www.masvidalyoga.com and www.dancingshiva.com for dates of up-incoming trainings. Only those students who have completed the level one course will be accepted into the level two training. *The Level Two “Teaching Intensive” is only required for individuals seeking to become yoga and ayurveda teachers. Therefore a distinct certificate will be issued noting the distinguished effort the student has made to attain the teachings in a personal live format as given in this specific program.*

THE TEACHERS

MAS VIDAL

As a yogi, mystic and ayurvedic healer, Mas Vidal is the director and founder of the Dancing Shiva center. Mas is a pioneer teacher and lecturer of Yoga and Ayurveda and is recognized internationally for his work in propagating a unified approach to these sister sciences. His teachings are a dynamic and practical combination of Raja-Bhakti yoga and Ayurveda’s tri-dosha. His teachings provide a wise balance between the physical and the spiritual aspects. His formative training as a Kriyaban disciple of Paramahansa Yogananda teachings eventually led him into the sacred science of Ayurveda and has worked and taught with Vamadeva Shastri (David Frawley) for the last 12 years years and shares his approach and understanding of Yoga, Ayurveda Tantra and Vedanta. He is the main teacher of the program as an Ayurvedic practitioner maintains an active clinical practice.

Johanna Bennett

Yogini Johanna is a Yoga and Ayurveda teacher based in Los Angeles, California. She is trained at the 200-hour level from the Center for Yoga/Yoga Works and at the 500-hour level from Dancing Shiva Yoga and Ayurveda. She also carries certification from the American Institute of Vedic Studies as a Yoga and Ayurveda Therapist. In addition, Johanna is also a certified Pancha Karma therapist having completed training and clinical internship at Dancing Shiva Yoga and Ayurveda. Johanna has a BA in Religious Studies and Asian Studies, and is currently working on her master’s degree in Asian Studies. She is a student of Sanskrit, and is currently working with Dr. Tracy Tiemeier at LMU translating devotional Tamil Alwar poetry.

Dr. Subhash Ranade

Dr. Ranade is one of the foremost experts on Ayurveda. He is the chairman of International Academy of Ayurved in Pune, India. (www.ayurved-int.com) He is leading academician and physician in the field of Ayurveda. He is the author of 146 books on Ayurveda and Yoga.

Dr. Ram Tamang

Dr. Ram is originally from Nepal and is licensed Ayurvedic Physician (BAMS MH) in India and Nepal and a master herbalist who headed a Pancha Karma retreat center in

Southern India. He has given several national and international seminars and workshops on Ayurveda and Health at various institutions through out the world. He is deeply influenced by the teachings and thoughts of the seer and philosopher, J. Krishnamurti, and is grateful that he can pursue a way of living that involves practicing Yoga and Ayurvedic Medicine and devote time for health education and awareness to his clients.

REQUIRED MATERIAL

Specific reading assignments are given from the below texts with each program section to support the core materials outlined in the curriculum and as a supplement to the program manual. These readings are equally important to the program manual. *Note: The course does require the specified material and authors listed below.*

- Yoga & Ayurveda by David Frawley
- Yoga For Your Type by Frawley/Kozak
- Ayurveda, Natures Medicine by David Frawley and Subhash Ranade
- Bhagavad Gita “God Talks With Arjuna” by Paramahansa Yogananda

The above listed course books can be ordered at a discount directly from www.Natarajbooks.com. The coupon code is “DSYA” and for specific questions and other issues contact Salil Mahajan who is the Director of Online Sales.

E-mail: Salil.Mahajan@natarajbooks.com / 703 455 4996

Store Hours: Monday-Saturday 10 AM - 7 PM EST

MATERIALS INCLUDED WITH THE COURSE

Once you have completed registration with the academy the main course materials will be mailed directly to you. Included is a welcome packet to help you start on your journey of Yoga and Ayurveda.

- A comprehensive program manual by Mas Vidal
- Optimum Yoga and Ayurveda 3 DVD Set by Mas Vidal
- Autobiography Of A Yogi by Paramahansa Yogananda

TYPICAL DAILY CLASS SCHEDULE

8:00 – 8:30am: Special cleansing breathing exercises (Pranayama), introduction and teaching of a specific mantra followed by period meditation.

8:30 – 9:00am: Discussion on a particular theme of the day and specific details for the yoga practice.

9:00 – 10:20am: Technical review of certain postures as listed in the program manual.

10:20 – 10:30am: Short break

10:30 – 12:00pm: Integral Yoga Practice or interactive group demonstrations of postures, sequences and integrated with other techniques being taught that day etc...

12:00 – 12:15pm: Short break

12:15 – 1pm: Review and Q & A of the yoga practice and summarizing the postures emphasized in this class.

1 - 2:15pm: Lunch Break

2:15 – 4:50pm: Lecture on one chapter/section in the program manual.

4:50-5:00pm: Short break

5:00-6:00pm: Review of a breathing technique (Pranayama), additional review and practice of a mantra followed by a period of meditation.

COURSE CURRICULUM

PART ONE: WISDOM MYTH AND THE GOLDEN AGE _____ 10 hours

Ancient Wisdom (Vedas)
About B.C.E. and A.D.
The Four Vedas
Introduction To Yoga & Ayurveda
Vedanta & Samkhya Philosophy
Bhagavad Gita

PART TWO: BLUEPRINTS OF OUR WORLD _____ 10 hours

Tattvas (24 Cosmological Principles)
Purusha / Ultimate consciousness
Cosmos in Four Parts
Yugas (World/Ages of Creation)
Jyotish (Vedic Astrology) basic principles
Comparison of vedic and western astrology
About the sun and the moon
Dharmas (Aims of Life)

PART THREE: FORCES OF NATURE _____ 10 hours

Pancha Maha Bhutas (Five Great Elements)
Gunas (Prime Qualities)
Doshas (Biological Humors)
Ayurveda's Two Main Forms

PART FOUR: THE MYSTICAL ENERGIES _____ 10 hours

Essences
The Five Directions of Prana
Chakras
Nadis
Kundalini Shakti
Three Shariras (Gross, Astral & Causal)
Karma & Reincarnation
Yajna

PART FIVE: CLASSICAL & MODERN YOGA _____ 10 hours

Patanjali's Yoga Sutras (Ashtanga)
Scriptures of Hatha Yoga
Tantra and Hatha Yogas Deeper Connection
Tantra and The Yogis
Yoga In The West
Yoga and Ayurveda in America
The Healing Potential & Sacredness Of The Feet

PART SIX: YOGA ASANA _____ 10 hours

Asana Purpose & Function
Group Yoga Practice
Types of Asanas
Salutation to the Sun & Moon (Surya and Chandra Namaskar)
The Essence of Yoga and Ayurveda
The Elements of Ayurvedic Yoga
Characterisitics of the Dosha Types in a Balanced State
Characterisitics of the Dosha Types Out of Balance
Three Bandhas
Principles of Alignment
A Threefold Approach To Alignment
Length of Holding Yoga Postures
Energetics of Asana

PART SEVEN: MANTRA – PRANAYAMA – MEDITATION _____ 10 hours

Mantra
Five Levels Of Chanting
Types of Mantras
The Melody Of Aum
Deity Mantras
The Garland: The Symbolism and Sacredness of 108
Pranayama
Types of Pranayama
Meditation (Prayer, Visualization & Affirmations)
Five Steps of Meditation

Preparation for Meditation (Understanding Pratyahara)

PART EIGHT: ANATOMY, PHYSIOLOGY & THERAPEUTICS _____ 10 hours

Dhatus & Malas
General Anatomy and Physiology (Human body)
Spinal Column and Major Systems
Anatomy Part II (Dosha Organs)
East & West-Comparing Systems

PART NINE: BE THE CHANGE YOU WANT TO SEE _____ 10 hours

Role of the Individual
Noble Qualities
Ethical Guidelines
Doshas in the classroom
Practice Notes for Dosha Types
Five Vital Components of a Yoga Practice (asana, pranayama, pratyahara, dharana, dhyana)
Learning the Art of Intuition
Raja Yoga and Ayurveda
Insurance

PART TEN: THERAPEUTICS OF HEALTH & WELLNESS _____ 10 hours

Digestion, Peace Of Mind, Balance
Therapies (Nasya, Jal Neti, Abhyanga, Sweat, Fasting)
Special Concerns of Practice (Menstruation Period, Injuries, Pregnancy & Ailments)

PART ELEVEN: LIVING WITH NATURE _____ 10 hours

Ayurvedic Living and Daily Routine
Diet (Six Tastes),
The Gunas & Food
Tastes & The Doshas
Ayurvedic Dietary Themes (Ama, Jatharagni)
Spice List
Seasons & The Doshas
Dietary Purification
Ayurvedic Herbology (Digestive System)
Foods (Dairy products, Milk, Ghee, Eggs, Meats, Mushrooms, Chywanprash)
The Ashramas (Yogic Living)

PART TWELVE: SPIRIT AND NATURE DANCING TOGETHER ____ 10 hours

Spirit and Nature
Caste System

12 Home Yoga: Practices & Disciplines

30 hours

These exercise are given at the end of each course section to develop yogic discipline and for lifestyle enhancement.

12 Home Ayurveda: Routines & Remedies

30 hours

A variety of daily and seasonal routines are given at the end of each course section to promote self healing and connect you to natures medicine.

Monthly Conference Calls

20 hours

Each month the program Director or staff will lead engaging discussions on course topics, answer questions and share informative dialogue with students.

Total Hours

200 hours

TUITION, FEE'S AND PAYMENT OPTIONS

- Registration fee _____ \$100 (Non Refundable)

Note: Registration fee should be included with the application form

- **DANCING SHIVA PROGRAM**

1. Pay Entire Program Tuition in one payment of \$ 2,950.00
2. Pay Tuition in three alternate monthly installments of \$1,003.00
3. Pay Tuition in six monthly installments of \$516.00

Note: This program takes place bi-annually at the center located in Los Angeles.

- **YOGAVEDA LEVEL ONE ONLINE** (e-format system)

1. Pay Entire Program Tuition in one payment of \$ 1,950.00
2. Pay Tuition in three alternate monthly installments of \$670.00
3. Pay Tuition in six monthly installments of \$350.00

- **YOGAVEDA LEVEL TWO**

Pricing for this training will vary between \$1,200 - \$1,500 depending on the location, facility and meals provided. Various locations through out the United States will be chosen each year for the trainings. The level two trainings are 7 days in length.

All payment options include the registration fee. We accept checks and all credit cards including Visa, Master Card, Discover and American Express. Payments can also be made through wire transfers as an alternative option and for international students. Call the center for the specific details at 888 888 8888.

REFUND POLICY

Students are required to provide a written notice about cancellation from the program with details and reason for having to withdraw. Telephone calls, emails, or absenteeism will not be considered as valid cancellation. All cancellation letters should be mailed to:

Dancing Shiva
c/o YogaVeda Academy
P.O. Box 48293
Los Angeles, Ca 90048

- A. 100 % of all tuition's are refundable if student chooses to cancel or withdraw on the first day of registering.
- B. If the student decides to discontinue his/her enrollment before the end of a 30-day period (as dated on the application) 50 % is refundable (excluding registration fee).
- C. There will be no refunds after the first month or 30-day period.

LEAVE OF ABSENCE

Students may take a leave of absence for up to one year with a written request. Once granted students can return back to program exactly where they left off. You can contact the center at **323 934 8332** or by mail at **P.O. Box 48293 Los Angeles, Ca 90048**. The student is still required to complete the payments as agreed to in the initial application form.

APPLICATION FORM

Date _____ / _____ / _____

Name _____

Address _____

City _____ State _____ Zip Code _____

Home Phone # _____ Cell Ph # _____

Birth date: _____ / _____ / _____ Email: _____

Education completed: High School _____ College _____ Graduate _____

Major: _____ Degree _____

Yr. Graduated _____

Current Profession: _____

Career satisfaction: Love it _____ Ok Career _____ Unhappy _____

Use a separate sheet of paper or type if necessary when answering these questions.

Experience in Yoga & Ayurveda (explain, courses, practice & related experience):

Reason for taking the YOGAVEDA Program:

Lifestyle and spiritual practice, meditation, diet, service to others: (Describe):

Approximately how many hours per week do you have available for yoga practice, reading, studying and ayurvedic lifestyle.

_____ 5 – 8 Hours _____ 8 – 12 Hours _____ 12 -15 Hours _____ over 15 hours

Your signature below certifies that you have understood the policies of the YOGAVEDA Program. This also confirms that all the information you have provided on the application is accurate and true.

Signature _____ Date _____ / _____ / _____

(By signing you acknowledge that you have read and fully understand the program guidelines and the tuitions and fees, payment options).

Namaste! ☺

