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# TEACHER TRAINING Level I / II

## 2018 / 2019

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### Aim of the Teacher Training:

The total **training hours** for the **Level I/II Course** must be a minimum of **201 hours** (Level I - 100hours, Level II - 101 hours) of teacher training including **50 hours** of assisting, adjusting and teaching students within the course.

It conveys a basic knowledge in philosophy (Yoga Sutras, Bhagavad Gita, Hatha Yoga Pradipika) anatomy, physiology, methodology and didactics. Teaching, observing, correcting and the practice with props are systematically acquired.

### The Teacher Training includes:

- 8 TT-weekends per year
- 2 retreats per year
- Daily personal practice
- Studies / homework
- 2-4 short presentations per year
- 1 class per week
- Teaching classes, assisting classes

We teach **alternately** a **practical weekend** and a more **theoretical one**. So the students get their homework, based on the book “**Yoga Sadhana**”, every 2 months/TT and they have 2 months time for their studies.

### The schedule of the practical weekends (Yoga Sadhanas):

<b>Saturday:</b>	10.00 - 13.00	Practice
	13.00 - 14.00	Lunch
	14.00 - 16.00	Practice
<b>Sunday:</b>	09.30 - 12.30	Practice
	12.30 - 13.30	Lunch
	13.30 - 16.00	Practice

### The schedule of the theoretical weekend (Teacher Trainings):

<b>Friday:</b>	18.00 - 20.00	Practise
<b>Saturday:</b>	10.00 - 10.30	Puja/Yoga Sutras/Test
	10.30 - 13.00	Asanas / Pranayama
	13.00 - 14.00	Lunch
	14.00 - 15.00	Philosophy / Short presentations
	15.00 - 16.00	Special Studies (Menstruation etc.)
	16.00 - 17.00	Practice (Inverted poses) or Teaching
<b>Sunday:</b>	09.00 - 11.00	Asanas
	11.00 - 12.00	Teaching / Correcting

#### ADRESSE

Patanjali YOGA Switzerland  
Sickingerstrasse 6, 3014 Bern

#### TELEFON

031 333 81 36

#### E-MAIL

info@patanjali-yoga.ch

#### INTERNET

www.patanjali-yoga.ch

**Teaching Location: Patanjali Yoga Switzerland,**

Sickingenstrasse 6, 3014 Bern

**Dates 2018 / 2019:**

09. - 13. of July	Yoga Summer Week	Kate
14. of July	Qualifying Examination	Kate
25. / 26. of August	YS	Ali
26. - 28. of October	TT	Eva
24. / 25. of November	YS	Ali
25. - 27. of January	TT	Eva
23. / 24. of February	YS	Ali
22. - 24. of March	TT	Eva
26. - 28. of April	TT	Eva
25. / 26. of May	YS	Ali
08. - 12. of July	Yoga Summer Week	Kate
13. of July	Evaluation Level I	Kate

**Fees:**

The TT fees are: **Fr. 1'650.- per year**

**Please pay Fr. 500.- via bank transfer to the following account prior to commencement of the course:**

Beck Katharina, Yoga, 3013 Bern, PC 30-143309-2,

IBAN: CH 10 0900 0000 3014 3309 2

SWISS-Code: POFICHBE

Notice: Anzahlung Ausbildung 2018/2019.