



Sri Sri Yoga Teacher Training Course

The ancient wisdom and techniques of Yoga brought to you
in a simple and joyful manner.

The scriptures say that books can only teach the yoga techniques,
but the subtle effects can be experienced only through Grace.
We invite you to come and experience this Grace...

Special Sri Sri Yoga TTC 10 Days Format

3rd – 14th October 2010 in Bad Antogast

Teacher: Dinesh Kashikar

A trained yoga instructor from India



The training includes an in-depth study and practice of:

- Morning and evening Asana sessions
- Knowledge of Yoga scriptures and philosophy of Yoga
- Knowledge of Anatomy and Physiology
- Introduction to Ayurveda
- Nutrition
- Teaching skills
- Pranayama and Meditation
- Development of a proper personal practice
- Service, singing, fun, and laughter

At the successful completion of the training those who want to become Sri Sri Yoga teacher will be asked to complete an additional part of training organising and teaching at home a number of courses in order to get their certificate.

PRE-REQUISITE: Completion of at least one Art of Living Part 2 course and DSN. Listening to Sri Sri's tapes on Yoga Sara Upanishads and Patanjali's Yoga Sutras is highly recommended.

Explore your Being

SRI SRI YOGA



Health and Happiness

www.srisriyoga.org



THE ART OF LIVING

For further information and bookings contact:
Bad Antogast: Tel. 0049 7804 97390 • info@artofliving.de