

# Yoga Teacher Training

with Ramanand Patel

**6 Sundays, March 10 through April 14**

**11:30am – 5pm**

**Location:** Bija Yoga, San Francisco

**Cost:** \$800, payment due by January 31.

## Topics to be covered:

- Student/Teacher Relationship from the Yoga Point of View
- Some Aspects of Ethics, Insurance and Law
- Patañjali Invocation First Day Basics
- Class Arrangements
- Demonstration Technique
- General Control of Class
- Giving simple clear verbal Instruction
- Voice Intonation, Repetition and Body Language
- Continuity in Instruction
- Connecting the Link
- Technique of Observation and Inference
- Sequencing of Poses and daily Practice
- A Curriculum of a ten-week Course
- Art of Correction-Touch
- Technique of Correction - verbal
- Philosophy of Touch
- Psychology of Touch
- Types of Physical Touch
- Observation and Inference of Touch
- Uses of Props
- Some typical Comments on Teaching techniques



Ramanand Patel has been a leading Iyengar Yoga Instructor around the world since 1968. He trained many of the teachers who have conducted the teacher training program at the Iyengar Institute of San Francisco. Some of these teachers have gone on to become internationally well known instructors. His deep knowledge regarding challenging physical issues, technical knowledge of asana and pranayama, and a grasp of the fundamental questions of philosophy and psychology are mixed with a keen sense of humor making his classes thought provoking and challenging in all aspects of yoga.

He regards his father, yogacharya Shri Iyengarji, Swami Dayanandaji and J. Krishnamurtiji to be his source of guiding light.

*A letter of completion can be given at the end of the 30-hour course.*

*Students must have completed at least one year of Iyengar-style yoga study in order to be qualified to participate.*

**Registration and other information, including additional topics that may be presented in the future, can be found at:**

**Bija yoga website: <http://bijayoga.com>**

**or Ramanand's website: <http://www.yogirama.com>**