



Sembrando Semillas con Yoga

INVITATION YOGA TEACHER TRAINING

200H and 300 h YTTC

Center of Yoga & Meditation
Human & Environmental Development

CERTIFICATION

Of course our School is certified by Yoga Alliance as a Registered Yoga School RYS 200 and 300
Yoga School registered

When you graduate from a training with us you are able to apply for RYT 200 Yoga Alliance
Certification or 300 hour, This allows you to teach all over the world, as in most countries Yoga
Alliance is widely acknowledged in Studios and Yoga Schools.



Schedule TTC 200h

Morning

5 : 30 Wake up

6 :00 Meditation

7 :00 Pranayama

7 :30 Mantra

8 :15 Breakfast

Mid Morning

10 :00 Philosophy

12 : 00 Morning Practice

1 :15 Lunch

Afternoon

3 :00 Afternoon Practice and workshop

6 :00 Dinner

6 : 45 Workshop

9 :00 Rest

The workshops and sacred teachings

Temazcal

Plant Bath Natural Products

Crystal Therapy

Pachamama Offering

Walking Meditation

Shamanic Nidra Yoga Silence

Chakra Workshop

Cacao Ceremony

Teaching each other

Shatkarmas

Reiki

Ayurveda Test and Oils

Sharing Gifts

Create Your Class

Create your Japa

Trataka

Why teach Yoga

Karma Yoga- Selfless Service

Cooking Class (Possible) Recycling (possible)

The use of props Yoga

Bussiness Tips for a yoga teacher

Mudras

How to prepared a yoga class

Experiencing your own asana Meditation ,

awareness of the breath Meditation

awareness of the body

Asanas for chakras

Chakras meditation

The power of manifestation

Alignments

Teaching each other



Philosophy

Forgiveness Meditation

What is Yoga

History of Yoga

Main Schools

Path of Yoga

Patanjali Sutras

Bhagavad Gita

Nadis

Gunas & Koshas

Introducción y commitment to 8 limbs of yoga

Introducción to patanjali's sutras, yamas

Anatomy

Yogic breathing

Ujjagi breath

Anuloma viloma
Asana
Pranayama
Pratyahara
Dharana
Dhyana
Samadhi
Shatkarmas
Suryabheda
Dharma
Trataka
Kapalabathi pranayama
Sattipathana
Sheaths of beings koshas
Yugas-ages
Nadi shodana
Respiration/ digestion
The yoga of jesus
The yoga career – living the teaching
Sitali pranayama
Suryabhedana pranayama
Yoga anatomy – abdomen, spine. Arms
Ayurveda
Andean Cosmvision
Bandhas

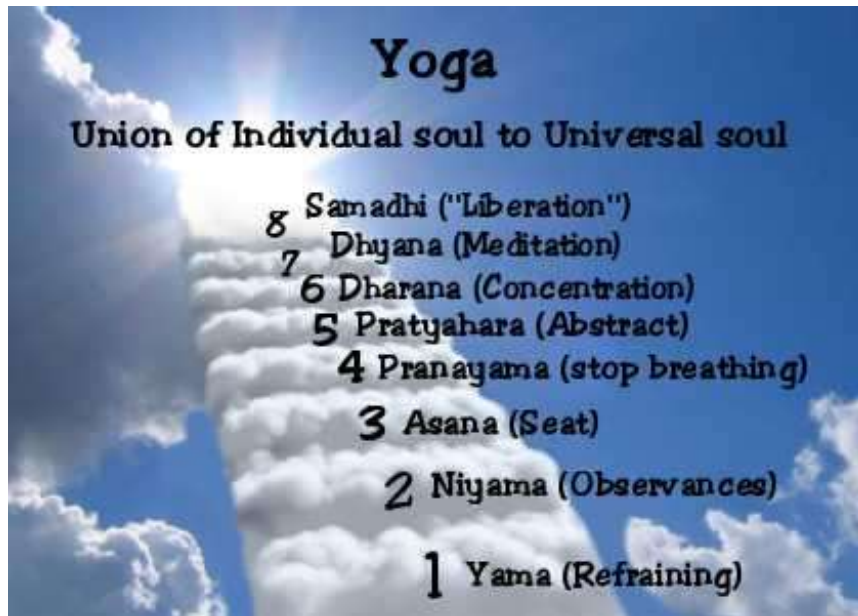
The Program

Waking up at 5.30 am. Resting at 8 or 8.30pm. Our studies are serious. Mantras and Meditation in the morning. The students go deep inside to connect with the sanscrit mantras, healing and harmonizing body and mind. The practice of asanas, alignments is every day, we share a profound teaching which the students learn to apply in their future life. Our schedule is designed to make a good yoga teacher,

we are responsible to give the true yoga knowledge to each student. We take this path very serious, is not just about exercises. It is a path of conscious living.

Our intention

“is to train you in a way so that you can experience truth within yourself in order to become an authentic guide who can help people to find their own truth, true happiness and openness to the guidance of Higher



COST. 2450 dollars 200 hours

COST. 3,980 dollars 300 hours (included Machupicchu and silent retreat Amantani Puno lake)

Email. info@sembrandosemillasconyoga.org

www.sembrandosemillasconyoga.org

ALL IS INCLUDED

May God bless you in your path.

Namaste