



# 36 Day - 300 Hour MEDITATION AND YOGA TEACHER TRAINING

ORIENTATION MATERIAL



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## WELCOME TO SAMYAMA

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Samyama Mindfulness Meditation Center welcomes you with open arms to join our family in Bali. We have shared this space with hundreds of practitioners, teachers, and lovers of non-duality spanning more than 30 countries. Thank you for showing up for your evolution.

We all know how hard it can be to create a consistent spiritual practice. That is why our unique team of three international trainers brings their 25 years of combined teaching experience and 5000+ hours of certified Yoga Alliance education to ensure your success.

Samyama cares about the deep need to belong to a community where you can create authentic and lasting connections. What better way to connect than through the journey of self-discovery, supported by traditional Hatha, Tantra, Kundalini, Yin, Bhakti, Raja, and Karma yoga?



## INTRODUCTION

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**Time to take the next step in your yoga and meditation practice.**

This course will build upon your 200-hour teacher training course experience or established self-practice and help you to create a meaningful yoga business to serve your community.

- Deepen your personal experience with a powerful immersion.
- Strengthen your professional skills to become the best yoga and meditation teacher you can be.
- Yoga is a path of liberation. Free yourself from self-imposed limitations and grow beyond your boundaries!



# INTRODUCTION

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## Highlights

- Yoga physiology, anatomy, physiology
- Topics include teaching methodology and professional skills
- Eligibility to register for Yoga Alliance certification upon successful completion
- Soothe your tired muscles with one deep tissue massage
- One-way airport transfer included
- 35 nights accommodation
- 3 meals a day



# INTRODUCTION

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## Skill level

Intermediate

Advanced

## Yoga styles

Hatha

Kundalini

Vinyasa

Tantra

Restorative

Nidra

## Meditation Initiations

Mindfulness

Bhavana

Spiritual Heart

Music meditation

Walking meditation

Techniques from Kashmiri Shaivism

Mantra meditation



## WHAT MAKES THIS TTC SPECIAL?

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### **Outstanding teachers**

The teachers are dedicated and accomplished yogis/yoginis. They all have a solid background in yoga and meditation, and regular personal practice. They will share their diverse gifts and skills with you from an authentic and heart-centered place of service. Get to know each of your teachers by reading the brief introductions we've written on page 11 of this brochure.

### **A venue created by practitioners for practitioners**

The beautiful venue, Samyama Mindfulness Meditation Center, was born out of a desire for authenticity and a love of non-dual teachings. Meditation and inner work were the seeds. Love and a dedication to service helped to water this dream. The facilities have been purposefully designed to support deep transformation, healing, and integration.



## WHAT MAKES THIS TTC SPECIAL?

### Amazing healthy meals

Samyama Eatery is all about wholesome, fresh, colorful, plant-based food made from scratch right here in its compassionate kitchen. They offer predominantly organic, locally sourced food and care deeply about the planet and all life forms on it.





## WHAT MAKES THIS TTC SPECIAL?

*"Words aren't enough to express the depth of transformation I experienced from taking this training. I'm beginning a new part of my journey where I'm sharing Yoga with others from a place of clarity, service & love. I recovered parts of me that were asleep & healed others that were wounded. I feel integrated & rooted, grounded, which for the fairy in me is a must! THANK YOU to my teachers, to the creators of yoga system, to the Divine & to myself. May all the fruits of my labor benefit us all."*

**- EVA, USA**

### Carefree, all-inclusive packages

From the moment you step off the plane in Bali, our friendly and trustworthy drivers will be there to greet you and transport you to Samyama. You will feel supported with a plant-based diet, designed especially for this journey. Samyama's massage therapist, steam sauna, ice bath, and other Healing Center perks are available when you need some extra care. The staff and teachers take pride in the warm family vibe we create, where everyone feels well taken care of.



## WHAT MAKES THIS TTC SPECIAL?

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### **The yoga capital of the world**

Ubud, Bali has become one of the top destinations for yoga and spirituality. The local Balinese Hindus live their practice through a strong belief in karma and acts of devotion – offering to the gods on a daily basis. Ubud translates into ‘medicine’ and has always been a holy center for healing and purifying. It is hard not to feel the strong, yet nourishing energy – like a warm embrace – from mama Bali.

### **Why Samyama Mindfulness Meditation Center**

- The instructors live their practice; a mindful life in service to others
- The team is there for you through anxiety, physical pain, or deeper spiritual dilemmas
- You will feel safe in knowledgeable and caring hands
- Samyama Mindfulness Meditation Center cannot claim to fix it, but they can help you to accept the entirety of yourself exactly as you are right now
- Samyama team has Experienced Registered Yoga Teachers and Continuing Education Providers accredited by Yoga Alliance at the highest level, an IAYT certified yoga therapist, a classical tantra instructor with the highest level of empowerment, and teachers with decades of genuine self-practice.

## SAMYAMA LEAD TEACHERS

- Dijan is a practitioner of yoga (E-RYT 500) and dance for many years, her work is a synthesis of yoga therapy, exploration of the divine feminine, and creative movement. She studied with several teachers and is fully immersed in a yogic way of life and works as a full-time meditation teacher and yoga therapist. Her teachings aim to provide ways to open up to life inside and out to serve oneself and others around.
- Andrea has lived on Earth for some time and traveled and lived in many countries. He has navigated through business and spiritual communities, experienced bliss and depression, checked out Tantra and Advaita. He believes the genuine play of life sits in living fully all of your sides while watching from the middle.
- Devlin (E-RYT 500) is a musician, artist, and teacher. She was first introduced to a simple Thich Nhat Hanh meditation at the age of 12 and has been on a long and winding road to the self ever since. She is passionate about the link between art and heart and worked for many years bringing performing arts and mindfulness education to underserved communities in NYC.
- Kat is a 500 hr certified yoga instructor, certified Mindfulness Coach and mother. She passes forward the lineage of Krishnamacharya that comes with a strong focus on breath, felt sense awareness, and safe structural alignment in her Hatha, Yin and Vinyasa infused yoga practices. Influenced by her own health, healing and motherhood journey, she brings a unique sense of empowerment to her teachings.



## WHAT'S INCLUDED

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- Teacher training program
- Eligibility to register for Yoga Alliance certification upon successful completion
- 3 meals a day on working days
- One-on-one mentoring
- 5-day guided silent meditation retreat
- 6-day guided kundalini retreat
- Detailed training manual, approximately 500 pages
- Access to a private Facebook community
- Apprenticeship program
- Buddy system for extra support and practicum assignments
- 1 airport transfer one way
- 1 steam sauna / cold plunge session
- 1 deep tissue massage with a Balinese massage healer
- Optional evening activities such as Bhajans (devotional singing), women's/men's circle, open mic/ jam sessions

### What's not included

- Travel
- Insurance
- Extra accommodation and meals



## WHAT TO EXPECT

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### Meditation Initiations

Each week you will be taken into the depths of a different and potent meditation style by our empowered teachers. Daily practice of different techniques will help you discover which form of meditation works best for you and give you the ability to guide your future students. You will experience two profound retreats during this course.

- A five-day meditation retreat based on non-dual practices and the revelation of the spiritual heart, at least three days of which will be practiced in silence
- A six-day kundalini yoga and meditation retreat based on non-dual Kashmiri Shaivism and classical tantra teachings

### Styles of Yoga

You will be trained in major, classical poses of hatha yoga, obtaining a thorough understanding of their physical, energetic, emotional, mental and spiritual effects. Additionally, MYTTC will give you a taste of vinyasa, restorative, power yoga, and yin practices of yoga while maintaining our emphasis on tantra yoga which addresses the subtle energetic and spiritual effects of our practice.



## WHAT TO EXPECT

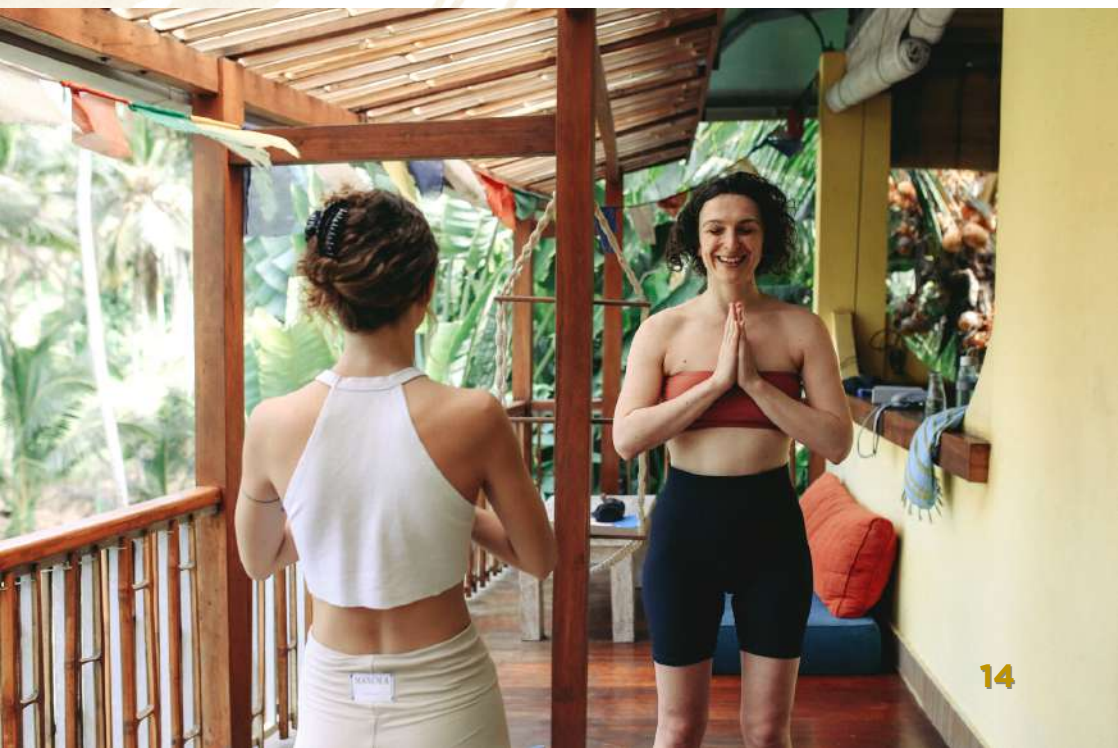
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### **Anatomy and Physiology**

We want you to have a good understanding of the anatomy and physiology of our bodies without getting overwhelmed by medical words alone. Our expert teachers will create immersions into anatomy, physiology, and Ayurveda – the sister science of yoga – for you to explore yoga's effects on our being from a scientific perspective.

### **Kryia Techniques**

We will teach and practice selected techniques from the shat karma kriya system together. This will assist our bodies in the purification processes that occur during intensive yoga and meditation practice. These techniques are gems that you will want to share with your students.



## WHAT TO EXPECT

### Teaching and Professional Skills

We love sharing our passion for this path. We want you to develop all of the required teaching skills; from making adjustments and corrections to giving effective discourses, to tuning into the needs of the individual and the group. We would also like to broaden your vision on how to make teaching yoga and meditation your profession.

### Philosophy and History

Besides the core texts of yoga philosophy such as the Yoga Sutras of Patanjali and the Bhagavad Gita, we will introduce tantric texts such as the Vijnana Bhairava Tantra, teachings from Advaita Vedanta (non-duality), and more. There are so many beautiful and accessible texts that inform and inspire our meditation practice.

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*We seek a balance of practice, theory and teaching formation in our program. Our Meditation & Yoga Teacher Training Course aims to help you build a solid self-practice, give you a strong understanding of the metaphysics of yoga/meditation and provide you with the skills to deliver these teachings.*



## **PRACTICE COMPONENTS CONSIST OF**

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**Initiation to the following Meditation and Yoga techniques:**

- Concentration techniques
- Mindfulness meditation
- Walking meditation
- Music meditation
- Spiritual heart (Hridaya) meditation
- Classical Tantra: practice with mantra (sacred sound)
- Techniques from Kashmiri Shaivism
- Daily yoga and meditation practice including pranayama, mudra, and bandha practices
- Practical application of purification techniques





## THEORY COMPONENTS CONSIST OF

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- The philosophical basis of yoga: core scriptures such as the Bhagavad Gita and the Yoga Sutras of Patanjali; paths of yoga
- Meditation: form, practice, and effects of meditation, functioning of the mind from a yogic standpoint
- Tantra: subtle energy structure of the body; pancha maya kosha, chakra system, principles of macrocosm and microcosm; energy and consciousness
- Anatomy, physiology, and Ayurveda

### Teaching formation component consists of:

- Adjustments/corrections and adaptations as a yoga teacher
- Soft skills: presentation skills, holding space, teaching ethics
- Practical experience: practicum experiences with structured teacher/peer feedback
- Professional development: set-up and marketing of a yoga business



# COURSE SCHEDULE

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## Weekly flow

The Samyama 300hr Meditation & Yoga Teacher Training Course will run over a 5-week period with one day off per week.

## Week I: Earth & Water

- Exploration of the elements of earth & water and corresponding chakras
- Concentration techniques and mindfulness meditation
- The philosophical basis of yoga & review of 200-hour themes
- Purification techniques
- Ayurveda - kapha
- Teaching methodology

## Week II: Fire & Air

- Going deeper into new yoga techniques and pranayama
- Exploration of the elements of fire & air and corresponding chakras
- Bhavana: creative contemplation
- Movement and music meditation initiations
- Experiential teaching formation through practicums
- Ayurveda - pitta



# COURSE SCHEDULE

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## **Week III: Spiritual Heart Silent Meditation Retreat**

- Initiation to spiritual heart meditation
- 5-day silent meditation and yoga immersion
- The fundamental attitudes of meditation
- Self-inquiry & the teaching of Ramana Maharshi
- Contemplation on love and compassion
- A spiritual understanding of death

## **Week IV: The Element of Ether**

- Advanced techniques
- Yogic entrepreneurship
- Experiential teaching formation through practicums
- Ayurveda wrap-up: Vata
- Anatomy labs
- Teaching methodology wrap-up

## **Week V: Kundalini Retreat**

- Classical tantra initiation
- Yantra & yagna
- Further techniques from Kashmiri Shaivism
- Advanced pranayama practice
- Personal mantra sadhana
- Yoga Nidra



## DAILY FLOW

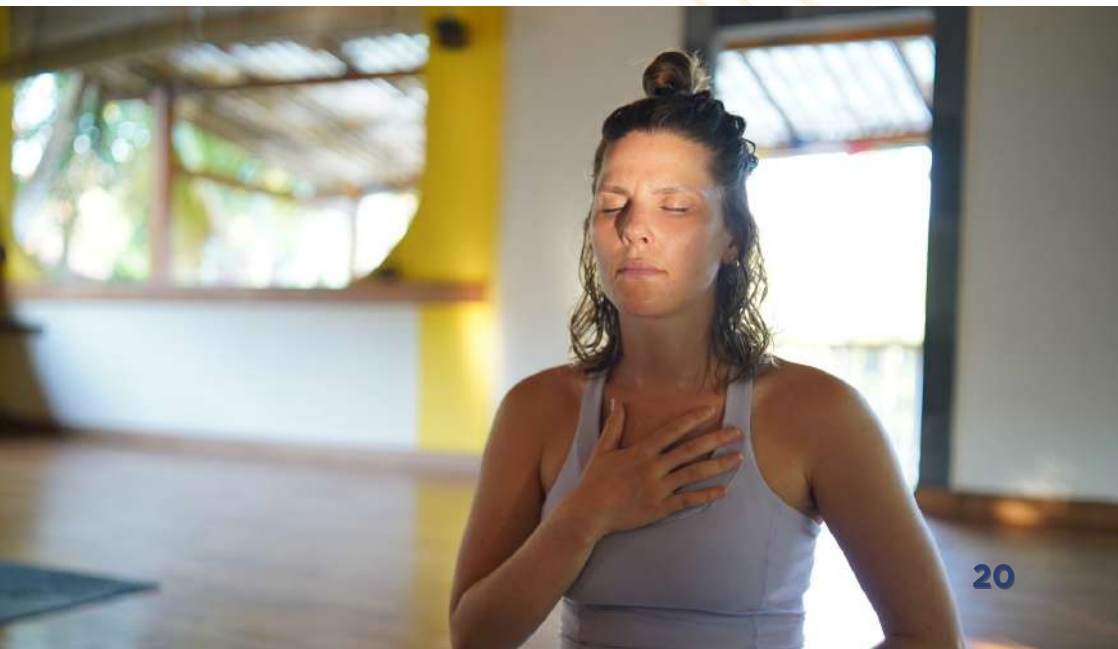
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**Please note that this is a preliminary schedule and is subject to change**

- 7:30 - 9 am Yoga practice
- 9 - 10 am Breakfast
- 10 am - 12 pm Theory
- 12:00 - 12:15 pm Break
- 12:15 - 12:45 pm Mini Practice
- 12:45 - 2 pm Lunch
- 2 - 3:30 pm Theory
- 3:30 - 3:45 pm Break
- 3:45 - 5:45 pm Yoga practice
- 6 pm Dinner

### **Occasional evening activities that are optional:**

- Ice bath and steam sessions
- Bhajans (Devotional Singing)
- Women's/Men's Circle



# ROOM OPTIONS

## SHARED BUDGET PACKAGE

Accommodation in Beijaflor; our mixed dormitory bunk room with separate shared bathroom facilities.

## PRIVATE BUDGET PACKAGE

Accommodation in the Mindfulness Rooms; our private single/queen rooms with separate shared bathroom facilities.

## STANDARD PACKAGE

Accommodation onsite in either our semi-shared Villa Mezzanine or a private cottage with bathroom and kitchenette. Offsite neighbouring accommodation in private room with private bathroom.

## COMFORT PACKAGE

Accommodation in a private master room in our villa with en-suite bathroom, full kitchen, living room and pool. Option for offsite accommodation in neighbouring hotel room with airconditioning and separate bathroom.

*See details by clicking the link in the options.*



## LOCATION

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Samyama Mindfulness Meditation Center is situated in a unique location that is tucked away in a quiet neighborhood surrounded by jungle and rice fields in a tropical paradise. It is only a five-minute drive to town but you will feel far away from the hustle and bustle. Samyama is located south of central Ubud, in the Banjar of Kumbuh, Mas. Their neighbors include local warungs or cafes, other resorts and villas, a fabulous health club, one of the best restaurants in Ubud, and more, all within walking distance. It is a one-hour drive from Ngurah Rai International Airport (DPS).

### Distances

Ubud Center - 5min

Ngurah Rai International Airport (DPS) - 1hr



## CONTACT

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Book a free 30min video call with us  
[HERE](#)

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