

As a Yoga teacher, are you ready to take your skills to the next level and become a Yoga Therapist?

Over the last 7 years we, at the Arsha Kula foundation (the UK registered charity behind the World Yoga Festival), have focussed on bringing you Authentic Yoga in all its forms through online classes and the popular annual World Yoga Festival. In the West, Yoga asana has (thankfully) moved from being regarded as just exercise, to being part of a wider, more



ICYER YOGA CHIKITSA TEAM 2023-24

Participants in the International Yoga Chikitsa Intensive Training held at ICYER, Ananda Ashram, Pondicherry from 29th December 2023 to 16th January 2024 led by Yogachariya Jnandev Giri under guidance of Yogacharya Dr Ananda Balayogi Bhavanani and blessed by Pujya Ammaji.



holistic array of practices as laid out in **Patanjali's 8 limbs of Yoga**. These eight aspects outline a step-by-step progression for our individual spiritual journey, from ethical living, all the way to Self-Realisation.

However, what at first seems eight different sets of practices are in fact an intertwined whole, where different aspects of the teachings affect one another, creating a healthy mind and body for the purpose of understanding our true nature. This use of the multi-facets of Yōga simultaneously for the purposes of healing and understanding, is called **Yoga Therapy**. Unfortunately, cultural mis-appropriation of Yōga into 'new age' yoga schools has also extended into the world of Yōga therapy, such that many teachers describe themselves as Yoga therapists without having studied true Yoga therapy.

The top Indian Yoga schools, well versed in teaching Yōga therapy, recently came together to consolidate Yoga therapy under a single, clear umbrella called **Yoga Chikitsa**, where the word '*chikitsa*' means therapeutic practices for purposes of holistic well-being. Only 35 Yōga teachers in the world are, at present, deemed knowledgeable enough to teach Yoga chikitsa and they are based at a handful of authentic Yoga schools.

The Arsha Kula foundation has sought out one of these schools of Yōga, the prestigious Gitananda Yoga School, from Pondicherry, south India, to start a course of training for attendees of the festival. The first module of the course is online, offering 100 hours of pre-recorded and live sessions. The course is limited to just 10 people and will lead to a CPD qualification as well as provide the basis for further residential study in Pondicherry, India.

Yoga Chikitsa Teacher Training in Gitananda Yoga

Yoga Chikitsa could be termed "man's first attempt at unitive understanding of mind-emotions-physical distress and is the oldest wholistic concept and therapy in the world".

Swamiji Dr Gitananda Giri Ji

Yoga understands health and well-being as a dynamic continuum of human nature and not merely a 'state' to be reached and maintained. Yoga helps the individual to establish **sukha sthanam** which may be defined as a dynamic sense of physical mental and spiritual well-being."

Dr. Yogachariya Ananda Balayogi Bhavanani

Level 1. Yoga Chikitsa Online and Residential Teacher Training



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Who is this yoga therapy course for?

- Yoga teachers and health professionals
- Yoga seekers interested in personal healing and spiritual development.
- Yoga seekers interested in learning and practising traditional Gitananda Yoga Therapeutic Practices.

Aims and Objectives

- This Sadhana and yoga therapy program will take you through some of the therapeutic Rishi culture Gitananda Yoga practices for your own healing and spiritual development
- To learn and experience Yogic therapeutic tools for our body, mind, psychic energy and karmic energy to heal yourself and further share these tools with your students and Yoga therapy seekers
- Developing further Yoga teaching, and Yoga therapy skills
- Learning how to use Yogic ideas and principles as part of lifestyle changes and counselling for yourself and your students.

Requirements

- Qualified Yoga Teacher in Gitananda Tradition at Ananda Ashram, Puducherry or trained under Senior Gitananda Yoga Mentors.
- Step by Step Course or other qualifications under guidance of Yogachariya Dr Ananda Balayogi Bhavanani or Senior Gitananda Yoga Mentors
- Qualified Yoga Teacher or Health Professional

Yoga Therapy Course Tutors

- Guide, Mentor and Guru- Yogachariya Dr Ananda Balayogi Bhavanani Ji
- Yoga Chikitsa Achariya, Organiser, Facilitator – Yogachariya Jnandev Giri
- Yogacharini Anandhi Korina

What does the program include?

- Studying the concepts and principles from Yogic and Hindu Scriptures
- Correlating or understanding these concepts and principles in context with modern Science.
- Learning to use these tools and principles to develop yogic diagnosis and therapeutic protocols
- Learning yogic kriyas, prakriyas and their applications in context with each module.

Yoga Chikitsa - Level 1 Outline for 100 Hours Online **(follow up 200 Hours Residential course available if desired)**

Duration: 25 weeks

Timing: 3 hours every Sunday, 9am to 12noon (UK time), starting Sunday 7 April 2024

- **9am** Yoga Chikitsa Concepts, principles and their applications
- **10am** Gitananda Yoga Chikitsa Practices
- **11am** Yoga Chikitsa Theory and Applications

Module 1 (Pre-recorded and discussion) - **Understanding Yoga, Yoga Chikitsa, Swasthya (holistic health) and Roga (Disease)**

Module 1.1 (Pre-recorded)

1. Yogic and ayurvedic concepts of disease (roga)
2. Swasthya – Holistic health
3. Spanda Nispanda concept of Therapeutic Hatha Yoga

Module 1.2 (Pre-recorded)

4. Holistic Health management through Yoga
5. Ashtanga Yoga or Eight Limbs of Yoga
6. Jattis, Kriyas and Prakriyas as therapeutic practices and adaptations

Module 1.3 (Pre-recorded and discussion) - **Mental Health and Yoga Chikitsa**

7. Pancha-Vṛttis (Five Types of Whirlpools of Mind)
8. Kleshas (the main causes of suffering)
9. Yogic Kriyas and Prakriyas to transform our mental health

Module. 1.4 (Pre-recorded and discussion)

10. Obstacles in Yogic Evolution and their remedies
11. Five States of Mind and how to enhance our mind and awareness
12. Hatha Yoga for Self-Healing
13. The 12 Point Yogic diagnostic Tools introduction

Module 2 (Pre-recorded and discussion) - **The 12 Point Yogic Diagnosis and Yoga Therapy Protocol in Gitananda Yoga**

14. Tri-dosha: Three Doshas (Vata, Pitta, Kapha)
15. Three Gunas and Cultivation of Health and Well-being
16. Vasanas – Past Impressions and Deep-Rooted Desires
17. Prana Vayus and Life Energy
18. Abhyasa Karma and Samaskaras – Deep rooted behaviour patterns and Habits
19. Jiva Karma – Lifestyle
20. Chetana, Yogic Psychology and mental health
21. Vacha or Speech
22. Ahara – food and eating habits
23. Buddhi, Intellect, attitude and life values
24. Sankalpa – Goals, Dreams and Life vision
25. Jiva-Vritti – Biological life patterns

Course timings:

3hrs every Sunday from 9am till 12 noon starting Sunday 7 April 2024.

Course work

Please note that participants will be required to submit written assignments which will be evaluated by course teachers.

Qualification:

This course will lead to a CPD certificate and open up the opportunity for further residential study in Pondicherry, India.

Costs:

£595 - for 100 hours online including coursework evaluation & feedback.