



ASHTANGA YOGA  
INSPIRATION

# ASHTANGA VINYASA YOGA TEACHER TRAINING COURSE

200 HOURS / 4 WEEKS

WITH ANDREA PANZER,  
AUTHORIZED LEVEL II FROM SHARATH JOIS



TRAINING CERTIFICATE RECOGNISED BY YOGA ALLIANCE US

## Develop your personal yoga practice and become an ASHTANGA YOGA TEACHER

- *Overview*
- *Description*
- *Prerequisites*
- *Daily schedule*
- *Certification*
- *Dates & prices*
- *Your application*
- *Registration & Payment*
- *About ASHTANGA-YOGA-INSPIRATION & Andrea Panzer*
- *The venue*
- *Terms and Conditions & Frequently Asked Questions*

### OVERVIEW

In this 200-hour yoga teacher training (TTC), you will receive profound yoga training from an experienced Ashtanga yoga teacher. Whether you are a beginner or advanced - you will be able to develop your full potential in your yoga practice. Practice at your own pace, build flexibility and stamina and gain a deeper understanding of asana, pranayama, meditation, and yoga philosophy.

We invite you to experience Ashtanga Yoga as a gentle flow, a wonderful sequence that you will learn to adapt to your personal needs and challenges, and to the needs of your future students.

### DESCRIPTION

#### ABOUT ASHTANGA VINYASA YOGA:

Ashtanga Vinyasa Yoga is the origin of all modern Vinyasa styles, and goes back to Pattabhi Jois, who learned that genius sequence from his teacher Sri T. Krishnamacharya.

Ashtanga Yoga is a dynamic series of asanas, and the special feature is the Vinyasa style - the synchronization of breath, movement, and concentration. Ashtanga Yoga in this combination, called TRISTHANA, has a detoxifying, strengthening and relaxing effect, so that body, mind, and emotions come into balance.

The “gift” of this yoga practice is, that you walk off the mat - each morning - into the new day full of concentration, strength, and happiness!

***Ashtanga Yoga will change your life positively!***

## MY VISION:

- Experience Ashtanga Yoga as “Gentle Flow”!
- Discover lightness and mindfulness as the basis of strength.
- Develop a conscious, powerful, dynamic yoga practice (Vinyasa) by synchronising the breath (Ujjayi) with your inner concentration (Dristi).
- As inspiration for Ashtanga Vinyasa Yoga - gain insight into the other branches of yoga that have developed from Krishnamacharya, the father of Vinyasa Yoga.
- Experience the unity of these approaches to the same asana, which help to understand the posture deeper and adapt to personal capacity.
- Learn the asanas with clear anatomical alignment, as they suit your body, age and the quality of the day.
- Balance the asana practice with special Pranayamas - which lead you step by step into a state of meditation.
- Immerse yourself in the NOW and experience a powerful and meditative FLOW!

*“The simple in the beginning - and the advanced are equal.  
There is no difference in the first breath,  
when you open your heart in the Sun Salutation,  
from the awareness you need to do an advanced backbend.  
Experience yourself deeply in your yoga practice - you are unique.  
Enjoy - and share with others - what you have received inside.  
We are all trying to bring more peace and happiness into our lives -  
this is the goal in yoga.”  
(Andrea Panzer)*



## DEEPEN YOUR YOGA PRACTICE AND TEACH WHAT YOU LOVE!

In this intensive training you will learn the **Primary Series in detail**, while you develop your sequence in the so called “Mysore Class” according to your individual potential (you may practice here into Intermediate).

You will learn the **“sequencing”** of the asanas - how each asana is built up from the basic form to the ideal posture. Since the structure of the Ashtanga Yoga series follows an intelligent, ingenious order, you will learn the asanas of the Ashtanga sequence and how to improve and reach the final ideal posture!

**After completing the training, you will be able to lead an Ashtanga yoga class, a general or themed yoga class, or create a Vinyasa flow.**

From the first week, participants guide each other in parts of the Ashtanga series to reflect on what they have learned. In the **asana technique classes** you will gain confidence in your voice, learn to see and lead your students through **sensitive “hands-on”**.

## INTEGRATE FURTHER YOGA TECHNIQUES THAT SUPPORT YOUR PRACTICE AND POTENTIAL TO TEACH.

*You will learn to use elements of the following yoga traditions developed by close disciples of Sri Krishnamacharya:*

**“VINYASA KRAMA”** is the “Art of Sequencing”. It is the special way of breathing and practising in Krishnamacharya Yoga. Understanding this helps in learning and teaching Ashtanga Vinyasa Yoga.

It is a valuable step-by-step guide that offers a wide range for adaptation and proper approach in the series.

**“VINI YOGA”** – the “small steps” which lead to an asana - passed on through T. K. V. Desikachar (the elder son of Sri T. Krishnamacharya) for the modern yoga students.

**“BKS IYENGAR YOGA”** - helps in challenging asanas for clear, anatomically purposeful alignment of the asanas with the help of “props/aids”. This method was developed by his brother-in-law BKS IYENGAR.

**The YOGA of SRI SRIBHASHYAM** (youngest son of Krishnamacharya).

Sri Sribhashyam imparted the spiritual orientation of yoga practice. This includes mudras, pranayamas and meditation. In Pranayama we will be following his wonderful teachings.



## TARGETS

### **WHAT YOU CAN EXPECT FROM THIS ASHTANGA YOGA TRAINING:**

- The focus is on the “Ashtanga Yoga Primary Series” - depending on your level of practice in a Mysore Class, you may advance into or practice through the 2nd series.
- Learn intensively about Ujjayi (breathing technique), Bandha (inner energy flow) and Dristi (concentration).
- Receive the “code” to teach worldwide: Understand the “Ashtanga Vinyasa Count” of the Primary Series.
- Ashtanga Yoga background and adaptations for a healthy flow
- How to Use Props and Restorative Yoga
- Didactics and Methodology – Includes: How to build a general Yoga class or a Vinyasa Flow – along the structure of the Ashtanga Primary series.
- The art of assisting (“Hands-On”)
- Yoga anatomy in practice
- Practice of Pranayama, Mudra & Meditation
- Yoga philosophy: Patanjali Yoga Sutras - traditional Yoga philosophy to reflect about the role of spirituality in our modern life
- Kirtan & Vedic Fire





## **COURSE OBJECTIVES IN DETAIL**

### **PRACTICE, TECHNIQUE, TRAINING (113 HRS)**

#### **LED-CLASS (Guided Class) & MYSORE-PRACTICE**

The so called "Mysore-Class", the traditional way to practice Ashtanga Yoga - is the most wonderful opportunity to develop on your own potential. It is a group-practice, while everybody is taught personally - one-to-one.

#### **Experience the pearls and fruits of a daily morning yoga practice!**

We start with a short meditation, followed by Pranayama - depending on the time of sunrise this can be outside on the terrace.

Pranayama is followed by some exemplary Vinyasa Krama exercises - to learn about the technique of Ujjayi breathing and bandhas.

In the first week we will have 3 introductory guided Ashtanga Yoga classes to develop your Self-practice step by step.

From the second week onwards, we will have weekly 4 Mysore Practises, 1 Led-Class and 1 Restorative Class.

#### **TECHNIQUES - The ART OF ALIGNMENT & "HANDS ON".**

In the afternoon classes we explore the ASANA technique in detail: We look at the central postures of the Primary with the help of different appropriate technics.

It is an "asana playground" that provides a wealth of practical knowledge and experience – both - for your own yoga practice and for you as a yoga teacher.

"Learn to see" is an observational analysis of postures, so that you will be able to give healthy and empathetic alignments.

**After this yoga training you will feel familiar with the basic "hands on" to support yogi/nis on their yoga way.**

#### **PRANAYAMA and MEDITATION**

*The late afternoon is reserved for pranayama, meditation, and philosophy.*

Pranayama and meditation complement the asana practice and balance it energetically.

The goal in yoga is to balance the body-mind system – try to empty the system of "disturbing" elements (thoughts, emotions, images) - so that we can dive into a subtle Pranayama which prepares us for a nourishing meditation.

#### **MANTRA & TRADITIONAL YOGA TECHNIQUES**

In some morning sun-meditations we will connect with the spiritual aspects of the sun. Be welcomed to Govinda's "Kirtan Singing Circle" and sing with him the classical Indian "Devotional Songs".

In a traditional Vedic fire ceremony, we will invite the element of fire to connect with the universal cosmic energy.

## **TEACHING DIDACTICS & METHODOLOGY (25 HRS)**

Through this intensive training you will develop enough stability and stamina through the Ashtanga yoga practice, that you are rooted in an authentic experience, and from this you will gain confidence to teach yourself.

In methodology we explore how to teach; how to structure your classes; and how to develop your voice and individual style. Here you will get the tools to start teaching or find inspiration and integrate new things into your existing classes. You will be able to teach both - beginner and mixed classes by the end of the course.

## **YOGA PHILOSOPHY (32 HRS).**

The main chapters of Patanjali's Yoga Sutras, as an internationally recognised text on yoga, are presented as an ever topical and exciting way to understand our human setup and purpose in life. The sutras serve as a spiritual psychology of life that we can always refer to in our inner search.

## **PRACTICE - SHARE what you LOVE (10 STD)**

This is a "teaching playground" - the highlight of the 4 weeks - you will be fully prepared and ready to share what you have experienced. By the last week, everyone will have created a supervised traditional or inspired Ashtanga Vinyasa class, which you will now joyfully share with your fellow yogis (each student teaches weekly a small class of 30 - 40 minutes)!



## YOGA ANATOMY (20 HRS)

With a good background in anatomy for yoga, you will be on the safe side of practicing and teaching. As many participants come to a yoga class with health problems, you should be aware of your responsibilities and know where your competence as a yoga teacher ends. Understanding yoga anatomy makes your practice and teaching profound and complete.

**In the 4 weeks Intensive Training we cover 10 hours of functional anatomy.** The other 10 hours are "non-contact" hours that you may cover with a certificate of completion of a 10h yoga anatomy workshop (online or yoga anatomy workshop).

### PLEASE NOTE:

**The Anatomy Certificate is only necessary if you are aiming to register with Yoga Alliance. In any case you will receive the certificate of completing your 200HRS ASHTANGA YOGA TRAINING, when you attend up to 90% of the training. It is also NOT necessary to complete the Yoga-Anatomy course before our Training. You may still decide to do It AFTER the TTC!**

### *You have the following options:*

- Send a **certificate of completion of a yoga anatomy course** (10 STD +) or
- Register for the **Yoga Anatomy Online Course by David Keil** - this course is in English. Once you have registered in our TTC, and you do **NOT have an anatomy certificate, and would like to take the course in ENGLISH** - we will enroll you in David Keil's online course so that you can start directly and at your own pace. For those who have not yet an Anatomy certificate - the **cost of the Anatomy Online Course with David Keil is included in the TTC fee.**

*The online course is available for you to study and complete up to one year after your registration for the David Keil Anatomy Training.*





## PREREQUISITES

This 1-month training is suitable for yoga practitioners of all LEVELS.

1 year of regular Ashtanga Yoga practice is welcome - but not a mandatory requirement. I recommend that you attend Ashtanga Yoga classes - preferably Ashtanga Mysore classes until the start of the training.

I am happy when you arrive with an open heart, ready to learn and integrate new things without reservation.

**As a beginner** in Ashtanga Vinyasa Yoga you will learn step-by-step the sequence of Primary Series - mostly up to "half Primary" - depending on individual potential, may be the whole sequence.

**As an experienced Ashtanga Yogi/ni** you will get a unique opportunity to deepen your practice of Ashtanga Yoga or advance to Intermediate Series.

You will deepen the alignment of the postures and learn techniques to progress in the respective asanas. You will integrate new impulses in relation to asana, bandha and pranayama, learn to practice according to the Count. You will be able to use your personal experience in teaching others.

**If you have any questions, let's arrange a Skype appointment or a personal conversation.**



## DAILY SCHEDULE

This schedule is an example and can be adapted.

08:00 - 08:45	MEDITATION, PRANAYAMA, UJJAYI & BHANDHA, Vinyasa Krama Movement
08.50 - 11:15	<b>MYSORE YOGA PRACTICE -</b>
11:15 - 12:10	<b>VEGETARIAN BRUNCH</b>
12:15 - 13:45	<b>METHODOLOGY</b> (1st and 2nd week) <b>FUNCTIONAL ANATOMY</b> (3rd week) <b>PRACTICE</b> (4th week) BREAK
16:00 - 17:30	<b>"ASANA-KITCHEN"</b> (technique) and <b>"HANDS-ON"</b> (method & practice)
17:30 - 19:00	<b>PHILOSOPHY</b> alternating with <b>PRANAYAMA, MUDRA &amp; MEDITATION</b>
19:30	<b>VEGETARIAN DINNER</b>

## CERTIFICATION

Once you have completed this teacher training course, you will receive your **Ashtanga Yoga Teacher Certificate (200 STD)** from **ASHTANGA-YOGA-INSPIRATION**.

The **ASHTANGA-YOGA-INSPIRATION TRAINING** is registered with **YOGA-ALLIANCE/USA** and following their guidelines (**RYS / YA**).

This means a worldwide recognition of your yoga training.

Our certificate enables you to register yourself with Yoga-Alliance

Find out more about the Terms & Conditions of the YA at [yogaalliance.org](http://yogaalliance.org)



### Successful completion:

- With participation in at least **90% of the 200 hours** of the yoga teacher training. (**= minimum of 180 hours**)
- **Final practical exam** of teaching an Ashtanga Yoga Class of around 45 min. Presentation of the certificate of completion of a **10-hour anatomy online course** or one of the alternatives indicated. (This is **only** necessary if you want to register with Yoga-Alliance)



## DATES & PRICES

- 25 FEB – 23 MARCH 2024 -- TTC (English)
- 29 SEPT – 27 OKT 2024 -- TTC (German)

### PRICES:

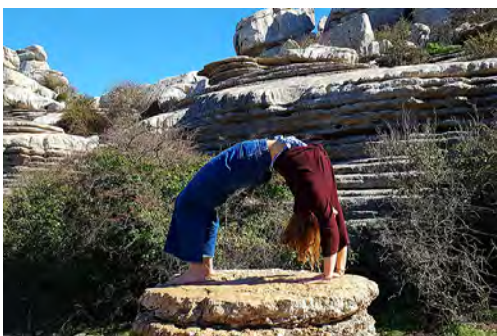
#### ASHTANGA YOGA TEACHER TRAINING

Regular price is 2.800 EUR \*

And includes YOGA, FOOD and ACCOMODATION in a TWIN.

\*Stay in a twin room (Shared room with shared bathroom, 2 beds)

Single room supplement is 280.- (EUR) for the 4 weeks.





## REGISTRATION & PAYMENT

### STEP 1:

Your first step towards your TTC is to apply via the **ASHTANGA YOGA INSPIRATION TTC application form** on our website [ashtanga-yoga-inspiration.com](http://ashtanga-yoga-inspiration.com)

Please tell us there about your yoga background and why you would like to choose this yoga training with us - in a few personal words.

### STEP 2:

a) transfer of your **DEPOSIT of 660 EUR** (Please pay the deposit via our website (Paypal) or by bank transfer) and

b) sending your **FLIGHT DATA** (as a condition for booking your accommodation) your place is reserved!

**Please note that the deposit is non-refundable but can be used within 1 year for another date (TTC or Yoga-Retreat)- please read the “Terms & Conditions” on our website.**

**STEP 3:** Please transfer the balance for the TTC **one day after your arrival** in the TTC or pay by cash on arrival.

### Please note -

that the remaining payment must be split and transferred to different accounts for organisational reasons

**We will send you the details about the payment of the balance after your registration with your deposit.**



## THE VENUE

The **Teacher Training Course in English language, March 2024** will take place in our Finca El Ocle, a typical, lovely and simple (nice but not luxurious) Spanish Villa, 6 km away from the seaside, near the village Cajiz (Velez-Malaga). The Finca is set in a quiet location in beautiful nature, with sea views, a yogashala, a spacious lounge and large outside area with a pool. We provide full board of brunch, dinner and snacks, and drinks throughout the day.

We have space for 2-4 Yogi/ni/s to stay with us in the Finca, or you may choose to stay in the beautifully renovated old schoolhouse in the village of Cajiz - which we have reserved for March 2024. This additional accommodation allows us to receive a nice training group of around 6 participants - an ideal group size.

The price is the same whether you stay in the Finca El Ocle or in the Schoolhouse in Cajiz. If you choose to stay in the Schoolhouse, we can collect you each day for the TTC, or you may prefer to walk the 20 minutes to the yogashala.

**See some pics of our venue and from the Old Schoolhouse in Cajiz on our [website gallery](#).**

The **FINCA EL OCLE** is located 20 km east of Málaga, in a valley open to the sea and only a 6 km drive to the seaside! Ideal for immersing yourself in yoga and recharging with the elements of nature. It is a peaceful, uplifting nature-paradise!

You can recharge on long beach walks or walks in the nearby hills.

A car is not necessary, but recommendable if you want to be independent for outings, also on weekends (our Saturday program ends around 1 pm). You may share a car with fellow students.



## THE VEGGY SNACKS

Nutrition for yogis is an important topic - as we want to be light, flexible and strong in body and mind. We want to eat naturally - and respect other beings on earth. As

Pattabhi Jois said that "Vegetarian diet is the most important practice for yoga".

We love a vegetarian lifestyle and as we live in an area where tropical fruits grow around us - Govinda provides you with fresh and simple vegetarian/vegan food.

You can expect a delicious brunch and a rich vegetarian dinner.

### NOTE:

Tea or coffee / drinks can be prepared in the kitchen at any time.

**On Saturday evenings and Sunday mornings, the group caters for itself** - the kitchen is available - or enjoy Spanish cuisine on your weekend trip to the sea or Malaga.



## ARRIVAL - CHECKOUT - TRANSFER

- The **ARRIVAL DAY/CHECK-IN** is always on the first Sunday. We coordinate the arrival 2 weeks before the start of the TTC via a **whats-app group**. **Meetingpoint is at Sunday 4pm, at the second busstation in Benjarafe, which is opposite the small supermarket “KOMO KOMO”, in the middle of the village.**
- The **DEPARTURE DAY/CHECKOUT** for the TTC in MARCH 2024 **is the last Saturday morning** - we say goodbye with a Spanish breakfast in a typical Chiringuito on the beach - **around 9 am.**

**Please choose a flight that lands in Malaga before 2pm on arrival Sunday!**

From **Malaga Airport / Malaga** you can take a

- a **TAXI** to **Benjarafe** (or directly to our Finca El Ocle) which we would organise for you with a driver who knows the way and is less costly (approx. 55 / 50 EUR).
- Another possibility is to take the **BUS** from the airport to Malaga (3 EUR) and change at the bus station (at estacion de autobuses-Puerto / Avenida de Manuel Augustin Heredia) in the direction of **Torre del Mar** (3.60 EUR). Then get off at the second busstop in **Benjarafe**.
- A special transfer with a **SHARED TAXI** can be planned for **3 pm on arrival Sunday**, if suitable. **Departure is “Plaza de la Merced”** in Malaga (about 50-60 EUR - shared costs)
- One recommendation is to arrive a day before and take an extra Malaga day to acclimatise.

**MORE INFO AND COORDINATION 2 WEEKS BEFORE THE TTC!**



## TERMS AND CONDITIONS

**PLEASE READ OUR TERMS OF BUSINESS ON OUR WEBSITE.**

**The deposit is non-refundable.**

In case of general travel restrictions, it is possible to transfer the deposit to a later date within 1 year.

In case of unforeseen circumstances, i.e., if the services cannot be provided, or in case of unforeseen circumstances on the part of the client, we will refund the paid costs only for the Ashtanga Yoga Inspiration course, minus the costs incurred through agency services, minus already provided services and minus a coupon (voucher) amounting to 10% of the total price.

## FREQUENTLY ASKED QUESTIONS:

### THE YOGA TEACHER CERTIFICATE FROM ASHTANGA YOGA INSPIRATION - RECOGNITION BY YOGA ALLIANCE (USA)

I anticipate that you will choose this yoga teacher training to deepen your yoga practice, develop spiritually, evolve, and consolidate in your purpose. This training offers you a unique combination of a love for Ashtanga Vinyasa Yoga with a comprehensive background of yoga styles developed from the tradition of T. Krishnamacharya. In a yoga teacher training you want to learn specific content, learn about tools, and gain confidence to teach.

Choose where your longing lies, what vibrates within you and spontaneously resonates with your heart! This will be the Yoga Teacher Training which brings you forward on your yogapath!

***This 200-hour yoga teacher training follows the standards of the YOGA ALLIANCE USA and is listed there as a registered yoga school (RYS).***

***This is by Sept 2023.***

*With the certificate from ASHTANGA YOGA INSPIRATION you can register yourself there WITH A YEARLY FEE (RYT-200). For more information, see the YA standards.*

- **At the ASHTANGA YOGA INSPIRATION TTC you will receive a well-founded yoga training**, in small learning groups and with individual coaching from an experienced Yogateacher!
- You **gain confidence through intensive practice** and encouragement on your yoga path.
- **This ASHTANGA YOGA INSPIRATION TTC** will be a **lifelong treasure** on your yoga journey!

### WHAT COSTS ARE INCLUDED?

- 200 hours of yoga training and **vegetarian meals**.
- The **Yoga Anatomy Online Course** with David Keil if you don't have an anatomy certification yet.
- Twin room accommodation is included - single room is bookable with surcharge.

### WHICH COSTS ARE NOT INCLUDED?

- Flight
- Transfer from the airport
- Health insurance abroad (compulsory - often included in the existing health insurance)
- Travel Cancellation Insurance
- A different yoga anatomy course than the online course with David Keil
- The companion book to the online course "Functional Anatomy of Yoga" by David Keil
- Books (after you have completed your registration, we send you the literature list)
- Costs for personal needs
- (Excursions, special meals, or drinks, etc.)
- Single-room occupancy (280 EUR)

## **DO I NEED TO PARTICIPATE IN KARMA YOGA - TASKS FOR A HAPPY & JOYFUL LIFE**

Karma yoga is also called seva - selfless service. Karma yoga is not only for external assistance and purification of our beautiful place - but - and that is why we love karma yoga - it purifies the mind and spirit.

We expect to contribute a ½ hr of Karma Yoga daily -- a small token of one's self to others, to give freely, to contribute something beautiful.

David Swenson said - for him a yogi is someone who leaves his place better than he arrived - this uplifting phrase captures the wonderful mindset behind it.

## **WHAT - IF I HAVE TO CANCEL OR GET SICK?**

The deposit for the TTC is non-refundable but, in the case of general travel restrictions, can be rescheduled to another date within one year. For unforeseeable events, our cancellation policy applies.

**In the event of a flight cancellation, the respective conditions of the airlines apply.**

**We recommend:**

- **book with a travel agency that will help you to change a flight at short notice if necessary (ask for that option).**
- a **travel insurance** - please note the **exact respective conditions**.
- **health insurance abroad** is compulsory - check whether it is included in your current health insurance for this period and clarify whether you need to declare this in advance - or take out travel insurance abroad.

**If you do not miss more than 10 percent (20 hours) of the 200 hours and pass the final exam (on the last 2-3 days of the course) you are entitled to certification.**

In any case, you will receive a **certificate of attendance** for the lessons attended.



## **TRAVEL-CONDITIONS (AS OF SEPT 2023)**

As of SEPTEMBER 2023, there are no special travel conditions regarding the entry to Spain. Please check back with your individual journey.

**Ashtanga Yoga Inspiration wishes you a good journey!**

## GENERAL INFORMATION

### WEBSITES

Andrea Panzer: [ashtanga-yoga-inspiration.com](http://ashtanga-yoga-inspiration.com)

David Keil: [yoganatomy.com](http://yoganatomy.com)

### VENUE

#### FINCA EL OCLE

ASHTANGA YOGA INSPIRATION

Carretera Cajiz-Iznate, km 1, ES - 29792

CAJIZ (Velez-Malaga)

\*Venue for October TTC to be confirmed

