



# Ananda Institute of Living Yoga

"Where Yoga Comes to Life"

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## ANANDA YOGA TEACHER TRAINING LEVEL 2 (AYTT-2)

### INFORMATION FOR PROSPECTIVE APPLICANTS

2019-2020

#### WHAT IS ANANDA YOGA?

Ananda Yoga provides all the physical and mental benefits for which hatha yoga is generally known:

- Tones and stretches the muscles, building strength and flexibility
- Promotes cardiovascular health and emotional well-being by providing stress relief
- Stimulates and invigorates internal organs, thus encouraging the body to heal itself
- Improves concentration and focus by increasing mental clarity

But Ananda Yoga offers much more than physical benefits. By working sensitively with body and breath, but without using force, we discover that the practice of the yoga postures (*asanas*) stimulates awareness of, and the ability to control, our vital Life Force (*prana*). The result is a greater sense of ease, well-being, connectedness, vitality and inner joy that work their way into our daily lives. Thus, yoga transcends the classroom and becomes a way of living.

This awakening of the subtle Life Force is the higher purpose of Ananda Yoga and of hatha yoga, classically. Rather than focusing only on the physical energy, Ananda Yoga uses physical energy as a pathway inward, to awareness and control of prana. Control of prana is the source and the essence of health and well-being, and is also the outward manifestation of our higher, spiritual nature. A yoga posture (*asana*) stimulates prana to move outward along certain pathways from its source in the spine. By deep focus on this movement of prana within the body, it is possible to then withdraw it back into and up the spine to the pre-frontal area of the brain (the point between the eyebrows) which is recognized both scientifically, and in the yoga teachings since ancient times, as the seat of higher, human functioning. Adding this inward and upward flow of energy to the practice of the postures enables you to experience the higher state of awareness that is the true purpose of each asana.

#### WHO SHOULD ATTEND?

Ananda Yoga Teacher Training Level 2 (AYTT-2) is open to anyone who has graduated from a 200-level Yoga Teacher Training program. You can either be an active teacher or you might just want to delve deeper and learn advanced yogic practices. It is recommended that you have an active yoga practice, since we will be examining several advanced *asanas* (yoga postures), *pranayamas* (breathing exercises meant for energy control), *mudras* and *bandhas* (gestures and locks).

If you have graduated from the 200 hour Ananda Yoga Teacher training, then AYTT-2 builds on that experience through advanced asanas, a deeper examination of Yoga Sutras and the Bhagavad Gita, Ayurveda, and the core teachings of Hatha Yoga. If you are new to Ananda Yoga and your 200-level certification is from a different school, you will find the Ananda Yoga approach to be very inward, strong but calming, and with an equal emphasis on body, mind, and energy.

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If you are an RYT-200 but are new to Ananda Yoga, you should also take the Raja Intensive workshop. This is a 12-week workshop which introduces you to the basics of Ananda Yoga and Meditation. It is offered every winter (Jan – April) and Fall (September – November) in both Seattle and Bothell. Class times are Tuesdays (Seattle) and Thursdays (in Bothell), from 6:00 – 9:00 PM. For more information, please contact the Co-Director of Yoga Training, Michelle David, 425-806-3700 or [michelle@anandaseattle.org](mailto:michelle@anandaseattle.org)

If you have any questions about your personal practice or how this program can serve you, please contact the Co-Director of Yoga Training, Michelle David, 425-806-3700 OR [michelle@anandaseattle.org](mailto:michelle@anandaseattle.org).

## CERTIFICATION

AYTT-2 offers the complete set of courses required for getting your RYT-500 (Registered Yoga Teacher at the 500-hour level) certification from Yoga Alliance. To be eligible for certification you should:

<p><b>Take any 4 courses from:</b></p> <ol style="list-style-type: none"><li>1. Meditation Teacher Training</li><li>2. Bhagavad Gita and Advanced Asanas</li><li>3. Spiritual Counseling</li><li>4. Yoga Sutra and Advanced Asanas</li><li>5. Advanced Pranayama</li></ol>	<p><b>Complete the Assistantship course</b></p>
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In addition to completing your coursework, you should have 100 hours of teaching experience before you can apply for RYT-500 certificate (this is a Yoga Alliance requirement).

## LOCATION

All courses, except Assistantship, are offered at the Ananda Meditation Temple, located at 23305 Bothell Everett Highway, Bothell, WA 98021.

Assistantship is offered at The Expanding Light retreat center located in Ananda Village, Nevada City, CA. It is usually offered twice a year and is an immersion program lasting two weeks. Details at [www.expandinglight.org](http://www.expandinglight.org).

## SCHEDULE OF COURSES

AYTT-2 courses are offered throughout the year. The courses are designed to be modular – that is, you can take them in any order. Most courses are taught on a Saturday or a Sunday; certain philosophy classes, e.g. Yoga Sutras or Bhagavad Gita, are taught weekday evenings.

Below is the schedule of courses in 2019-2020:

Schedule of Courses in 2019-2020		
Date	Course	Details
May – Jun 2016	Bhagavad Gita and Advanced Asanas	Bhagavad Gita: 8 Thursdays, May 26 – July 14, 7:00-9:00 PM. Advanced Asana: 7 Sundays, May 22 – July 10, 1:00 – 5:30 PM. No class on July 3 <sup>rd</sup> .
Fall 2019	Meditation Teacher Training	8 Saturdays between 9:30 AM and 4:30 PM Exact dates TBD
Jul 10 – 23, 2016	Assistantship	13-day immersive program. Offered only at The Expanding Light Retreat Center, Nevada City, CA. Prerequisite: Completion of 80 hours of teaching experience.
Fall 2020	Spiritual Counseling	8 Saturdays between 9:30 AM and 4:30 PM Exact dates TBD
2019	Assistantship	See above
Jan – Mar 2017	Advanced Pranayama	8 Saturdays between 9:30 AM and 4:30 PM Exact dates TBD

## DETAILS OF EACH COURSE

### MEDITATION TEACHER TRAINING

*Led by Nayaswami Hriman McGilloway*

Whether you train to teach meditation, or simply to deepen your understanding and experience of meditation, this power-packed course is for you! This in-depth study of the stages of meditation, the techniques and attitudes for focusing the mind, relaxing the body and calming the emotions, will give you valuable tools to assist others with their meditation. This in-depth exploration of meditation includes practice and study of:

- 3-phases of meditation: relaxation, concentration, and expansion of awareness
- Core pranayams (breathing exercises), why and how to use them?
- The power of creative visualizations
- The effect and importance of chanting and mantra
- Art and science of observing the breath
- How to shift from “doing” to “being” in meditation
- What is the most important aspect of meditation?
- 8-Fold path of meditation
- Advanced techniques: where, when, how, and why?
- Quieting the mind
- Are beliefs necessary?
- Meditation for all reasons: from health to heaven!
- How to deal with the G-word?
- Review and practice of floor sitting and chair sitting positions
- Overcoming resistance, sleepiness, & other common challenges
- Art of interpreting meditative experiences
- How to awaken devotion?
- Counseling students
- Use of audio and visual aids in teaching
- How to lead a guided meditation
- Step by step meditation routines
- Places to teach
- Speaking techniques
- How to speak from inspiration

Required Reading Materials:

- “How to Meditate” by John Novak
- “Awaken to Superconsciousness” by Swami Kriyananda

### BHAGAVAD GITA AND ADVANCED ASANAS

*Led by Nayaswami Hriman McGilloway and Murali Venkatrao*

Nayaswami Hriman presents an in-depth course on the most beloved text of India, which Swami Kriyananda called “the world’s greatest scripture.” The *Bhagavad Gita* contains timeless insights into right action, right attitude, meditation, yoga, and the underlying reality of creation. While it is a truth-teaching for the ages, it has found an enthusiastic audience in the West owing to its refreshing transparency, clarity, and universality. The “Gita’s” connection to the practice of hatha yoga, while indirect, sheds a ray of light as to the deeper significance of asana practice and the states of consciousness towards which asanas lead.

Nayaswami Hriman McGilloway has been teaching the precepts of the *Bhagavad Gita* for many years for Ananda based on the commentaries by Paramhansa Yogananda and Swami Kriyananda. In this course we explore these themes taken from the stanzas of the *Gita*:

The *Gita*: a dialogue on the eve of a great battle

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- The players arrayed against each other: the good, bad, and ugly
- Historical, literary, and cultural context of the Gita
- Life summons us to choose sides
- Why we fear to change and grow spiritually
- What is right action? What is our duty in life?
- Nishkam karma: action without personal desire
- Have we lived before?
- The need for introspection
- Three stages and qualities of creation and consciousness
- Which is better: understanding or action?
- The need for yoga (meditation)
- The need for discipline and self-offering
- Devotion: the great purifier
- Karma yoga, bhakti, yoga, gyana yoga and raja yoga
- Avatara: the divine descent into flesh

We will use as our text the (bound-to-be a classic) book, *The Essence of the Bhagavad Gita Explained by Paramhansa Yogananda*, written by Ananda's founder, Swami Kriyananda. Swami Kriyananda was present when Yogananda dictated his commentary on the Bhagavad Gita at his desert retreat in southern California. This revelation of India's best-loved scripture approaches it from an entirely fresh perspective, showing its deep allegorical meaning and also its down-to-earth practicality. The themes presented are universal, including: how to achieve victory in life in union with the divine; how to prepare for life's "final exam," death, and what happens afterward; and how to triumph over all pain and suffering.

Murali leads the study of several Level 2 asanas, including: *Tola Trikonasana, Ganapatiasana, Parivritta Trikonasana, Bakasana, Mayurasana, Pinca Mayurasana, Purvottanasana, Sirshasana, Yoga Mudra, Padmasana*, and several others. Also included are advanced variations of level 1 asanas, including: *Trikonasana, Paschimottanasana, Adho mukha Svanasana, Padahastanasana, Viparita Karani,, Marichyasana I*, and a few others.

Practice teaching sessions will help students internalize the techniques and variations associated with each of these asanas.

Michael Dennis will teach several advanced topics in yoga anatomy that are relevant to fascia, forward bends, and inversions.

### Required Reading Materials:

- "The Essence of the Bhagavad Gita" by Swami Kriyananda
- "Yogabody" by Judith Hansen Lasater
- "Spiritual Yoga - Awakening to Higher Awareness" by Gyandev McCord

## SPIRITUAL COUNSELING

*Led by Padma McGilloway*

Spiritual Counseling is the art of sharing honestly our experiences, listening to others in the right way, and working intuitively to help others find their own solutions to life's challenges. As with any other art, there are techniques and tools can be used to deepen your understanding of how to counsel others.

During this course, you will learn how to:

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- Cultivate and recognize true intuition
- Listen to someone else's higher self from your own
- Avoid the temptation to try and "fix" people
- Look for solutions, instead of being overwhelmed by the problem
- Recognize conscious, sub-conscious, and super conscious thinking in yourself and in others
- Find solutions for your challenges

The course includes specialized exercises, introspection, practice counseling, and instructor feedback.

## ADVANCED PRANAYAMA

*Led by Nayaswami Hriman McGilloway and Murali Venkatrao*

Topics covered include:

- Basics of Breathing:
  - Diaphragmatic, Costal, Clavicular, and Full Yogic breath
  - Anatomy and Physiology of Breath
- Asanas which are directly beneficial to deepening the breath
- Classic Pranayama Techniques: Chandra Bheda, Surya Bheda, Nadi Shodhana, Kapalabhati, and Bhastrika
- Classic Mudras and Bandhas: Mula, Uddiyana, Jalandhara, Ashwini, Jivha, and Maha Mudra (physical aspects only)
- Exploration of Mudras and Bandhas within Pranayama, especially Nadi Shodhana
- Exploration of mudras and bandhas within key asanas: Viparita Karani, Paschimottanasana, Sarvangasana,
- Energization Exercises
- Astral Anatomy and Chakras

Each of these topics will be covered both from the perspective of learning and from the perspective of teaching.

Required Reading Materials:

- "Anatomy of Breath" by Blandine Calais-Germain

## YOGA SUTRAS AND ADVANCED ASANAS

*Led by Nayaswami Hriman McGilloway and Murali Venkatrao*

Nayaswami Hriman presents an in-depth course on the famous Yoga Sutras for those wishing to deepen their experience and understanding of meditation and states of higher awareness. For those practicing or teaching hatha yoga (postures), the Sutras offer guidelines of attitude, consciousness and techniques through which to understand the higher purpose of asana practice. Each week includes guided meditations taken from or inspired by the sutras themselves.

Using as our guide the landmark text *Patanjali Demystified* written by Ananda's founder, Swami Kriyananda, we can part the veil of confusion, language, culture and sometimes hopelessly pedantic interpretations of these sutras that have masked their depth and practicality for students and teachers in modern times.

Murali leads the study of the following 12 Level-2 asanas:

Study the following 12 Level-2 asanas:

- Arm Balances: *Mayurasana* and *Pinca Mayurasana*

## ANANDA INSTITUTE OF LIVING YOGA

- Advanced Backbends: *Chakrasana, Supta Vajrasana*
- Advanced Balance Poses: *Tola Trikonasana and Ganapatiasana*
- Advanced Hip Openers: *Raja Kapotasana, Gomukhasana*
- Advanced Forward Bends: *Upavista Konasana, Parsvottanasana*
- Special Discussion of *Padmasana, Sirshasana*

In addition, we will study deeper variations of several level 1 asanas including: *Paschimottanasana, Janu Shirasana, Sarvangasana, Trikonasana*, and a few others.

Practice teaching sessions will help students internalize the techniques and variations associated with each of these asanas.

Michael Dennis will teach several advanced topics in yoga anatomy that are relevant to arm balancing, backbends, and hip openers.

Required Reading Materials:

- “Patanjali Demystified” by Swami Kriyananda
- “Yogabody” by Judith Hansen Lasater
- “Spiritual Yoga - Awakening to Higher Awareness” by Gyandev McCord

## ASSISTANTSHIP

*Led by Maitri Jones. This is a 13-day immersive course offered at The Expanding Light Retreat Center, Nevada City, CA. For details, go to [www.expandinglight.org](http://www.expandinglight.org).*

Participants will get personal coaching in adapting poses for individual needs, plus hands-on experience as an Ananda Yoga Teacher Training program assistant. Students attend daily classes in how to assist, and then practice what they learn with new Yoga Teacher trainees during morning asana classes, practice teaching sessions, and restorative yoga sessions. We review anatomy and physiology, and common injuries and vulnerabilities that require special consideration when keeping a student safe and comfortable in asanas. Class size is limited to make sure each participant has plenty of hands-on experience with real students and personalized feedback by the instructors.

Required Reading Materials:

- “Ananda Yoga Teacher Training Assistantship Manual” by The Expanding Light
- “Ananda Yoga Teacher Training Manual” by The Expanding Light

## ADMISSION REQUIREMENTS

Each course in AYTT-2 is registered separately and is open to all RYT 200 graduates. If you have not graduated from Ananda Yoga Teacher Training Level 1, you will be required to take the Raja Intensive workshop.

Also, because of the nature of the courses in AYTT-2, additional criteria are considered to determine the feasibility of the student’s participation:

- **Overall health:** Some courses in AYTT-2 require consistent physical effort over a period of two months. We will accommodate special physical conditions whenever circumstances permit and so long as the overall safety of the student is not in jeopardy.

## ANANDA INSTITUTE OF LIVING YOGA

- **Background and intention:** A consistent personal asana practice is a pre-requisite and a personal meditation practice is an expectation. Above all, the desire to learn and an open mind are most important.
- **Time commitment:** AYTT-2 is sensitive to the timing constraints of people with full time jobs. At the same time, each course also requires consistent effort over a period of 2 months. Prospective students are encouraged to study the dates and program hours to understand the time commitment required by the course.
- **Completed health questionnaire:** This should be submitted as early as possible and prior to the commencement of classes. We will review it and may need to contact you to discuss it further.

Upon receipt of your program application, we will contact you to schedule a meeting with the Director of Yoga Teacher Training. Class size is limited. Early registration is encouraged.

## FEES

**All courses, except Assistantship:** \$750 each

**Assistantship:** \$1820, includes tuition, room (double occupancy), and meals for this 13 day immersive program. Please contact The Expanding Light Retreat Center at 800-346-5350 for more details and other accommodation options.

**Installment payments.** Course tuition for Bothell classes may be paid in equal installments for every four weeks of the course beginning on or before the first class. There is a \$5 installment fee with each payment.

### Refund Policy

Course fees are refundable in full if withdrawn prior to commencement of the first class. It is pro-rated thereafter (less a \$50 administrative fee).

## FREQUENTLY ASKED QUESTIONS

### Q: What is Yoga Alliance (YA)?

**A:** Yoga Alliance is a non-profit organization representing the Yoga Community. It is composed of teachers from a diverse group of yoga schools, and has established voluntary national standards for yoga teacher training. These standards help Yoga Schools maintain high academic quality and promote safe Yoga instruction.

Ananda helped found Yoga Alliance, and has been involved in developing these standards. Gyandev McCord, Director of Ananda Yoga Worldwide, is a co-founder and serves on the board of Yoga Alliance.

### Q: How is Ananda Institute of Living Yoga relate to Yoga Alliance?

**A:** Yoga schools can go through an accreditation process with the YA by submitting their teacher credentials, teaching methods, and syllabus. Graduates of accredited schools are recognized by YA as Registered Yoga Teachers.

Ananda Institute of Living Yoga is a YA accredited school. The Institute meets and exceeds the requirements of both the beginner program (called RYS 200) and the advanced program (called RYS 300).

### Q: What is RYT 200 and RYT 500?

**A:** Graduates of Ananda Level 1 Yoga Teacher Training (AYTT) can register with YA as RYT 200. RYT stands for “Registered Yoga Teacher”, and 200 is a reference to “200 hours”, which is the minimum number of hours required by YA for this program.



## ANANDA INSTITUTE OF LIVING YOGA

After graduating Ananda Level 2 Yoga Teacher Training (AYTT-2), and teaching for at least 100 hours, one can register with YA as an RYT-500.

**Q: I have an RYT 200 certification, but not from Ananda. Can I take these courses?**

**A:** Yes. The certification program is open to any RYT-200, regardless of where you did your 200 level program. To get the most out of these courses, you will need to understand Ananda's approach to Yoga; so if you are new to Ananda Yoga, you will be required to take the Raja Intensive workshop. Please see the section "Certification" for more details.

**Q: I practice yoga semi-regularly. I have some physical limitations. Will I be able to get much out of the advanced asanas?**

**A:** In general, the answer is Yes. As the name indicates, some of the asanas are physically demanding. But there is enough diversity in the asanas that we teach that, even though you may be limited in your ability to practice some of them, you will likely get a lot out of the others. Where appropriate, we will also teach variations that stay true to the spirit of the asana while making it more accessible.

**Q: I practice Yoga postures, but I am not a regular meditator. Is it appropriate for me to take these courses?**

**A:** In general, the answer is Yes. If you are not a regular meditator, you will learn the basics of meditation as part of these courses. Most of the courses don't require you to meditate for long periods of time (although it's certainly beneficial to do so).

Yoga postures awaken inner energies and interiorize these energies, so that the body is in a state of dynamic stillness – and thus ready for meditation. Thus the higher purpose of Yoga postures is to prepare the body and mind for meditation. At Ananda, we approach Yoga postures with this goal in mind, and thus meditation is integral to how we teach and practice Yoga.