Yoga Mala
Teacher Training

Yoga Mala
Teacher Training Course (Level 1, 250 Hrs)
with Roxi

- ***Certification according to the guidelines set by the Israeli Yoga Association, amounting to 250 annual hours.***
- ***The Course will be held once a week at Yoga Mala School of Light, Michmoret, Israel.***
  - ***Roxi Stolk (Canada), Senior Yoga Teacher, has been teaching for over 20 yrs.***
  - ***Roxi has studied with Sri Dharma Mittra (New York), and Shakti Mhi (Vancouver), Rupert Spira and Adyashanti.***

Roxi Stolk & Boaz Agmon (directors)

Website: www.yoga-mala.com

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The Course Team

Roxi

Yonatan Shraf-
Anatomy

Boaz Agmon-
Nutrition and
conciousness

***please bear in mind that the course team may change and its final structure is only decided near years' start.

The Path:
Yoga Mala Teacher Training is a 500 hour certified course based on guidelines set out by the Israeli Yoga Teachers' Association.

Yoga Mala's Course excels to new standards in professionalism and spiritual knowledge.

Our Teacher Training provides a spring-board from which mature Yogis graduate into an awakened world to shine, and to spread the ever-present inner happiness which is everyone's birthright!

This inspiring, life-changing journey intends to walk each student consistently and stably through an accelerated self-evolution that ultimately empowers them to transcend their fears, peel away unnecessary baggage and habit energy, and enter into a new state of loving and Being.

Then, the student emerges from fear, like the butterfly emerges from the darkness of the cocoon, into full and joyful flight.

At the end of such a year, our students often look back in amazement, and gratitude at the road they have traveled, and smile.

The Sangha (the Team):
Roxi and Boaz lead this revolutionary spiritual unfolding, together with a team of experienced staff teachers who are especially skilled in the supporting, containing, and deep listening that such a process requires.
In addition to the staff teachers, we are blessed every year, with unique and dedicated group assistants, who are especially chosen from our previous Teacher Trainings. Our assistants are available throughout the Course to answer questions about homework, books, timetables, and to provide guidance from their own unique path.

The Content:
Yoga Mala's Course content encompasses Yoga Asana, Pranayama, Meditation and practical philosophy, as well as Yogic Nutrition, Tantra, Energy work, Anatomy, Education and so much more!
Students learn how to structure practice sessions and how to assist and adjust other students both verbally, and physically. Through content, and process, almost without noticing, the magic happens.

The Outcome:
Our students are skillful and caring Yoga Teachers who carry a timeless spiritual tradition into a new millennium.
Many graduates start teaching immediately after the course ends, opening studios, workshops, classes and journeys of their own!

If, perhaps, teaching Yoga is not your dream
and you are interested in taking this course,
in order to have an empowering - life changing experience,
you will find yourself going beyond your borders
into unimaginable freedom!

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About Roxi:

Roxi's sessions express the flavors of spiritual traveling.
On the one hand, there is the nostalgia of outdoor farm life in Canada,
of swinging from trees, of long-distance running, rowing,
of handstands flung into long August grasses.
On the other hand, there are dabblings of Film and Religious studies,
Poetry, Music, Philosophy, and Zen, all combining together in the perfect culmination of spiritual work.

Roxi's depth of work-play is an investigation both physically engaging, and deeply spiritual, with room for curiosity and the gentle unfolding of our True Nature: Knowing-Being.

This exploration plunges us deeply through the Heart of Yoga toward the steady pulse of our Being, which is Silent Awareness itself.

Course teachers

Roxi

Although this course is labeled a "Yoga Teacher Training," it could just as accurately be called "How to Uncover the Happiness Within" or " Watching the Truth Wake Up in You".
True teaching does not merely offer the student techniques for a potentially better life. It revolutionizes our Seeing by opening our eyes to what is really here. True teaching points us toward the recognition of our most basic nature, and ultimately allows us to realize our real Self.
True teaching

boaz:

Nutrition and consciousness

We learn nutrition in order to maintain a strong and healthy physical entity that will give freedom to our spirituality. Modern Yogi has to understand the modern environment in order to maintain that. Stability, clearity, and sustainability, from the smallest molecular level, up to digestion, health and mental faculties, all of which are highly challenged by today living habbits.

Boaz: "I grew up in a Kibbutz, studied music in "Rimon school of Jazz". I practice meditation since 1997. I was allays intrigued by the magical side of existence. For several years I read and practiced Carlos Castaneda's "the art of dreaming", to explore our energetic bodies.
The understanding of the digestive system and keeping it healthy, was enforced on my good self after five years of sever gut problems, that ***miraculously*** disappear after I implementing the "Natural Hygiene" way. According to that theory once we stop eating wrong, the body will restore perfect, radiant health.

Yonatan Shraf:

Anatomy

Anatomy is studied in the western world in the same way for hundreds of years. Sketches of muscles and tendons drawn by master Devin-chi are still the base for a deeper understanding of how the body moves. As Yoga teachers we will learn how the muscles joints bones and ligaments, moves throughout our Yoga practice. We learn how to avoid getting hurt and how to treat others.

Yonatan: I am treating people with Hydrotherapy since 2011, Watsu, Water Dance Swedish and Tai massage. I am a 4th year student of Osteopathy.

I study and practice healing by touch since 2011 in and outside the water. I believe that any therapist must have a deep understanding of body's' anatomy and phisiology.

My greatest passion is exploration of of the human body trough natural ways of healing.
I believe that healthy spirit resides inside a healthy body and strong healthy body is one that is stable in its movement.

I wish to all the Anatomy students in the course to make the most of that exciting information and that it will serve them well as Yoga teachers.

Course Structure

- ***The course is based on the following guidelines set by the Israeli Yoga Association*** *(which is recognized by the "Yoga Alliance International"), with Roxi's unique emphasis, and additions.*
- ***The certificate:*** *is given under the Israely Yoga Association which is a member of the European Yoga Association (but the certificate is not Eropian). Teachers graduated in Israel are appreciated around world for they're depth and understanding that is usually greater than they're certificate can show.*
- *The course is built of 33 meetings of 6-7 accademic hours each. Usually we will start the day with Roxi, Prnyama, Meduitatio, Asana, and later in the day lunch and other study sujects.*
- *Part of the course is built as a home-work, because the extent of the material cannot be all covered during class hours. Hours that are done at home are considered part of the course hours and are therefore mandatory! Without preparing at home it will be hard for you to keep up with your group.*
- ***practicing at home****:*
    - *Assana, Pranayama, Meditaion*
    - *reading articles and watching vidoes.*
    - *Preparing presentations for class.*
    - *Teaching assisting and observing "***real"** *classes.*

	Number of Hourse	Certificate
1st year	250	Yoga Instructor
2nd year	250	Certified Teacher

Course start	
Course conclusion	
	Group 1: wednesday 10:15-15:30
	Group 2: Fridays 10:15-15:30
Holidays: classes will not take place	to be announced at course start
Retreat: near the end of course	Retreat dates to be announced during the year

- ***Lunch:*** *During the course we will learn to prepare healthy delicious food! Every week you'll practice by preparing a vegan dish for the potluck lunch. In our experience, the culinary creations of previous courses exceeded all expectations. Come inspired.*
  Practicing with other teachers: *we believe it is important for stuent's to have many influences. Course students can purchase student cards for practicing with other teachers in the studio. If you can't come to Mikhmoret, we recommend finding a suitable teacher around your home.*
- ***Remember: regular practice is crucial for anyone who wishes to progress. Be sure to make time for it!***

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Course Subjects

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Subject:	1st	2nd	Sub total
Philosophy / Yoga History: *** For these classes you need your books from the "mandatory" reading list. • Introduction to the different yoga styles/ traditions from ancient texts • During those classes, we'll read, explain and ask questions, from a selection of the yogic spiritual scriptures: texts (Yoga Sutra, the Bhagavad Gita, the Upanishads, Rig Veda, Hatha Yoga Pradipika, Shiva Samhita) and more. **Watching online lectures on you-tube:** • Periodically, during the year, you will be asked to watch certain online "You Tube" lectures in various areas as nutrition consciousness, Advaita Vedanta etc. • after the watching, we'll discuss those Satsangs in class.	35	30	65
Anatomy, Physiology and Health: • In Anatomy classes we will learn about: • the structure of of our bodies, and how the skeleton and muscles work as we practice Asanas. • Common Anatomical problems and how we address those in class. • Which variations are given for what type of injuries and how we can accelerate the healing process. • About anatomical anomalies and how we can adjust for them through practice. • **Physiology,** We'll learn about the internal organs and their functions. • Ultimately, we'll learn to admire the miracle we embody every day – The Human Body!	35	25	60
Yoga for Special Needs: • kids yoga workshop • Yoga therapy workshop, according to Iyenger Yoga and physiotherapy. • Pregnant yoga workshop			
Introduction to Ayurveda and Yogic Lifestyle **Nutrition Vegetarianism, Veganism** • **in Ayurveda We'll learn about:** • the basics of Ayurvedic concepts (gunas, doshas, purusha and prakriti etc…) • Nutrition according to Ayurvedic philosophy • Asana practice based on individual prakriti and life cycle • **in Yogic Life Style** We'll learn about: • how to implement yogic principles in modern life • Discernment between real commodities like clean food, earth and water and artificial commodities like Status symbols "food products" etc. • how to grow our own food even in an urban environment. • How to collaborate with our fellow yogis, in order to buy clean organic products, at wholesale prices! • We'll talk about finding and joining a "SANGHA"	20	10	30

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The way of the natural diet and health (as part of the yogic way of life) • what is a natural diet? • Can we feed ourselves primarily on raw vegan diet and thrive as human beings? • identifying and eliminating toxins in the domestic environment. • Learning about the bacteria in our digestive organs, and the role they play in human health. • What is a self poisoning? and how to prevent it. • Introducing the way of the Natural Hygiene & Kriyas– for a life without disease.			
Energy Work: • we learn about Energy in and around our bodies • we learn how to use that energy to create! • For further info, please refere to the "Course Teachers" section of this broushure	6	6	12
Sacred Sexuality: • we learn about our sexuality and how when practiced correctly can uplift our spiritual practice. • we learn about boundries un and out of class • and about the deep healing that this part of ourselves, needs. • See more in "Course Teachers" section.	2	2	4
Asana practice: • We will start every meeting with Asana practice. ◦ Each lesson will dedicate time to one posture: how to practice that Asana and how to teach it. ◦ We'll learn about the bandhas and when to imply them in practice. ◦ We'll learn self correcting and how to correct others. ◦ Every second class we'll analyze one Asana. Learning how to teach it to beginners and advanced students, and for special cases. Learning how to correct/ adjust both verbally and physically, as well as what benefits the pose offers us, and when the asana is contra indicated **Group Practice:** • at least once a week with Roxi (or an approved teacher).	100	80	180
Pranayama, Energy and Consciousness: • pranayama: • Traditional Pranayamas (kapalabhati, nadi shodhana etc) and new ones (21 breaths of joy, rebirthing breathing) • Energy systems, The Ida and Pingala, Nadis and Chakras. • Breathing methods and accessing Prana through the breath. • Absorbing and directing The Pranic Frequency – to heal ourselves and others. **The Source of Consciousness:** • Where does consciousness originate from? Modern and ancient views about the source and nature of consciousness.	20	30	50
	90	90	180

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Home practice: • you will be asked to practice at home every week: • kriya, Mudra • Asana, Pranayama, Meditation. ◦You should practice 30 min a day or at least 4 hrs. weekly.			
Concentration and observation, Meditation techniques: • Observing the breath • we'll learn the Buddhist technique of Vipassana, based on observing the breath, while scanning the body without involvement. • Mantra Meditation ◦We'll learn to sing Sanskrit mantras and using them as tools in meditation. • Meditation in movement: • in every Asana practice we'll repeatedly return to the idea of the uninvolved presence, watching the body's reactions without judgment.	25	25	50
Pedagogy: theory, and practice: • Class Structure: • building a full class vinyasa, and short practices ◦What do we do when a pregnant woman or an injured student attends a dynamic class that you had planned? • Building and teaching a series of classes: • why do we plan a series and what are the benefits? • Why are there two sides to a vinyasa? • and how long can we stretch it before repeating the other side? • Warming up methods, strength and flexibility. • How to start a class. Warming up, cleaning and strengthening methods.	20	40	60
The business of yoga... • how to turn Yoga into a source of income.			
Apprenticeship			
Observing: • during the year, you will attend Roxi's classes (or other approved teachers). • You will watch the lesson and write down your observations. Write what you liked and what would you have changed. ◦You will be using those notes later in the year when starting to build your own vinyasa. **Assisting:** • during the year, you will attend Roxi's classes, and assist. • You will learn how to approach a student who needs correcting and how to suggest those verbal corrections and how to touch. ◦Correcting methods through voice, touch and demonstrating. **Teaching:** • through the year you will have the opportunity to check your teaching	30	40	70

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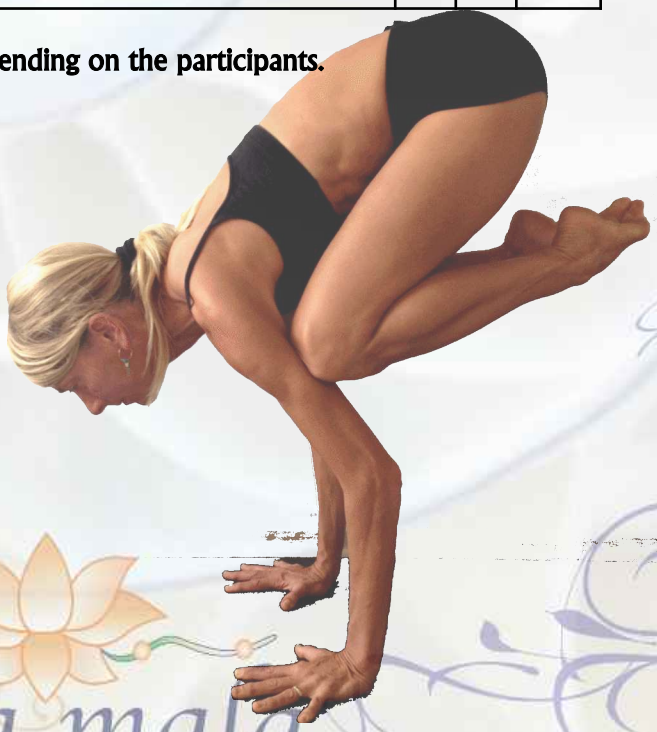
skills, in Yoga Mala's rotation teacher class, where you'll be teaching real students in real time • Teaching family and friends: you are teachers everywhere! Get your parents, friends or strangers from the street to join your living-room class, and teach them the vinyasa you prepared for homework.			
Practicing the art of speech: • The art of speech is one of the most important aspects of the teacher. We may say that at times, a teacher can stand and fall on his vocal presence and linguistic precision ◦We will practice the art of speech trough the year, giving presentations, and teaching vinyasa that you prepared at home! • For every exercise, we'll get constructive feedback from our fellow teachers and friends • **Intonation:** the power of sound...what to say to whom, and when.	10	20	30
Final retreat: • at the closing of the year, we will have a retreat, which will be part in silence. • **Friday:** ◦After arriving and settling down, we will walk to the sea for an evening practice and sunset meditation on the beach. • Following we'll prepare vegan dinner and read ancient texts by the bonfire. • **Saturday:** Silence; meditative walk to the sea, asana, meditation. • Neti Kriya, and early morning Puja seaside * Breakfast; Pranayama, meditation and Satsang. ◦Lunch, group sharing and then reading ancient text. • Late Afternoon: walking to beach, final practice, concluding Satsang, and Namaste..	10	10	20
Total number of hours	305	310	615

- **Course will be given in English and Hebrew depending on the participants.**



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Practical Details

Daily Schedule (example):

- 10:45-10:15 Pranayama and Meditation.
- 10:15-13:00 Asana Practice.
- 13:00-13:30 Potluck lunch (everybody brings a dish to share)
- 13:30-14:30 Philosophy, Anatomy and Yogic Lifestyle.
- 14:30-15:15 Pedagogy and Apprenticeship.
- 15:15-15:30 Karma yoga – cleaning and preparing the room

Registration procedure:

1. read this brochure.
2. Meet Roxi and feel her unique way of teaching in one of the few options:
   - in her Thursday evening class (please make we know that your comming 058-5505658)
   - in one of our Open Days that start at march
   - one of the international Yoga Festival we participate in.
3. Fill health questioner
4. Pay the course registration fee of 1’500 Nis. The Registration fee is non-refundable.

Things you will need to participate:

- personal yoga mat and a meditation cushion.
- Books recommended on the attached book list
- Journal or notebook, comfortable for writing and a folder to hold loose-leaf handouts.
- Each week, prepare one vegan dish for a shared lunch.

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Reading list (mandatory)

1. **"THE HEART OF YOGA"** – T.S. Desikachar. Or "**PATANJALI'S YOGA SUTRAS**"
2. Anatomy book: "**Key Muscles of Yoga**" - Ray Long.

Recommended reading list

1. **"WHEN THINGS FALL APART"** - Pema Chodron
2. **"AUTOBIOGRAPHY OF A YOGI" -** Parmahansa Yogananda
3. **"BE AS YOU ARE" -** Sri Ramana Maharshi
4. "**ASANAS – 608 YOGA POSTURES**"– Sri Dharma Mittra – pictures.

Recommended You Tube Viewing list:

- MOOJI
- SRI RAMANA MAHARSHI
- SRI DHARMA MITTRA
- SHAKTI MHI
- **look for more you tube lectures on:**
  - Breatharianism
  - Veganism, Fruitarians
  - Raw food
  - Higher Vibrational foods

Course Fees and Payments

Total Yearly Course fee: 9,000 Nis.

- **Early discounted registration:**

Dtaes	Price
08.03.20 until 20.05.20	**7,200 Nis**
20.05.20 until 20.07.20	**7,800 Nis**
20.07.20 until 20.09.20	**8,400 Nis**
20.09.20 until 28.10.20	**9,000 Nis**

- **Registration fee**: **1,500 Nis** (out of the final sum). Registration fee is payable upon registration, and is **non-refundable** (unless the course does not happen, in which case, full refund will be given).
- Registration fees can be payed online at this link
- **Refund policy**:
  - After the course begins, we're committed and obliged, to give the course throughout the year until it's end.
  - When one student or more, leaves the course, it is disruptive to the unity and harmony of the entire group, but also individually, undermines our ability to continue offering such courses.
  - Therefore, after the course begins, there will be no cash refunds, for any reason.
  - The balance of course fees, which have already been paid, may be used towards a future Teacher Training Courses.

Press here for a List of Open Days:

Roxi Stolk & Boaz Agmon (directors)

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Email: **boaz.agmon@gmail.com**
Website: www.yoga-mala.com

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links:

- If you would like to receive the discounted early registration, you can arrange payment by credit card through our website www.yoga-mala.com
- Here is a link to a clip about Yoga Mala's Teacher Training:
- https://www.youtube.com/watch?v=FMPlaBT1OtQ
- https://www.youtube.com/watch?v=UYuun6XShIs

For further information:

- office : +972-77-443-1201 whtsApp+972-58-5505658

Looking forward to seeing you for this amazing spiritual journey!

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