



## Teacher Training

One of the most authentic, prestigious, and well-respected Yoga teacher training programs in the world.

Training Yoga teachers since the 1970s.

Continuously evolving and improving to meet the needs of teachers and students.

### The Program

The basis of the Integral Yoga® Teacher Training program is complete instruction in how to teach the Integral Yoga Hatha I class. This includes Hatha Yoga poses, pranayama (breathing practices), meditation, and deep relaxation, according to the teachings of His Holiness Sri Swami Satchidananda.

Many other aspects of Integral Yoga® are covered in depth so that all graduates have an understanding both practical and philosophical of the full scope of Yoga.

Featured in the program are the following:

- The various branches of Integral Yoga®:
- Raja Yoga (psychology of mind), Karma Yoga (selfless service), Bhakti Yoga (devotion), and Jnana Yoga (self-analysis)
- Anatomy and physiology (a 21-hour course)
- Introductions to Children's Yoga, Gentle Yoga, and Chair Yoga
- Yogic diet and nutrition
- Adapting the class to a range of settings and situations
- Introduction to Sanskrit
- Introduction to Ayurveda
- A workshop on setting up your teaching practice

Teacher trainees will gain another important benefit, that of refining and deepening their personal practice of asanas, pranayama, and meditation.

Workshops and Hatha Yoga classes are offered free of charge to teacher trainees at the Integral Yoga Institute® and Integral Yoga® Upper West Side for the duration of the program.

The Integral Yoga® system of Hatha Yoga is utilized, along with other lifestyle modifications, by Dr. Dean Ornish in his book *Dr. Dean Ornish's Program for Reversing Heart Disease*.

### Application

To apply for Teacher Training, please fill out an application form, available on our website ([www.iyiny.org](http://www.iyiny.org)) and at 212-929-0586. Please include a brief essay describing your personal, occupational, and spiritual background. Send it along with a deposit of \$250, payable to Integral Yoga® Institute. You will be contacted by phone for an interview. If you are not admitted, your deposit, minus a \$25 processing fee, will be returned after the start of the program. Completed application forms are due one month prior to the program's starting date.

### Prerequisites

Applicants need not be experts in Hatha Yoga. However, they should have at least six months of experience in practicing Hatha Yoga and be familiar with the Integral Yoga® Hatha I class. Those lacking experience with Hatha Yoga may begin taking classes and consider entering Teacher Training at a later date.

### Instructors

The primary instructors of Integral Yoga's Teacher Training Program are Kali Morse and Rudra Sisco. They are joined by other highly qualified trainers, as well as experts in anatomy and physiology and other areas of instruction.



Kali Morse



Rudra Sisco

### Texts

Teacher trainees receive copies of *The Yoga Sutras of Patanjali: Translation and Commentary by Sri Swami Satchidananda*, *Science of Breath*, an anatomy and physiology textbook, Kirtan and meditation booklets, and other texts. The Integral Yoga® Teacher Training Manual is also provided and is available only to Integral Yoga® teachers.

### Certification

The course is demanding. Much material is covered that requires serious application, home study, and, most important, regular attendance. We are confident that we can train all applicants if they are committed to their study and practice. Certification is not automatic, however. All trainees must qualify through a series of thorough tests and by meeting all requirements. Each graduate receives a diploma certifying that he or she may teach Integral Yoga® Hatha I classes and is qualified to be a Registered Yoga Teacher (R.Y.T.) with the Yoga Alliance at the 200-hour level and to be listed in its national Yoga Teacher Registry.

### Dates and Times

Teacher Training programs comprise more than 250 class hours and are offered every spring and fall. Each season may include a day, an evening, or a Sunday program. A weekend retreat is a vital component of each of the three programs. Please visit [www.iyiny.org](http://www.iyiny.org) or call 212-929-0586 for specific dates and times.

### Place

All sessions are held at Integral Yoga® Institute, located at 227 West 13th Street in New York City. Occasionally, classes may be held at other locations in the area.



The Integral Yoga® Institute also offers Intermediate, Advanced, Prenatal/Postpartum, and other special Teacher Training programs.

Please visit [www.iyiny.org](http://www.iyiny.org) for more information.



### *Founder and Spiritual Head*

*His Holiness Sri Swami Satchidananda, known and respected around the world as a teacher and master of the science of Yoga, founded Integral Yoga® Institute in 1966. He has received many awards and citations for his leadership in the interfaith movement. His approach to Yoga is direct, practical, and simple and helps people from every background to live richer, happier lives. Millions have embraced his basic teaching: that peace and joy are already within you and that Yoga can help you discover them.*

## The Goal of Integral Yoga®

The goal of Integral Yoga and the birthright of all individuals is to realize the spiritual unity behind the diversity throughout creation and to live harmoniously as members of one universal family.

This goal is achieved by the maintaining of our natural condition:

- a body of optimal health and strength
- senses under total control
- a mind well disciplined, clear and calm
- an intellect as sharp as a razor
- a will as strong and pliable as steel
- a heart full of unconditional love and compassion
- an ego as pure as crystal
- a life filled with supreme peace and joy



### Truth is One, Paths are Many

The Integral Yoga® Institute of New York is a nonprofit religious organization dedicated to the practice and teachings of Integral Yoga® as taught by Sri Swami Satchidananda.

These teachings enable one to attain an easeful body, a peaceful mind, a useful life, and, ultimately, the realization of one's true self.

We provide a supportive environment where people of all faiths and backgrounds can come to study and live according to these principles.

We encourage interfaith understanding and harmony by respecting all the world's faiths, seeing the underlying unity while celebrating the diversity. In these ways, we seek to promote peace, both in the individual and in the world.



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Integral  
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New York City