



QUANTUM YOGA TEACHER TRAINING

with Judith Daniel & Lara Baumann

A one month intensive course - 200 Hour Yoga Alliance Certification

Sunday 13 January to Sunday 10 February 2013

Quantum Yoga is a dynamic and flowing system of Yoga, which advocates vinyasa/breath synchronised movement. Through assessment using the Ayurvedic Doshas (mind/body constitutions in the ancient Indian Science of Life) and applying the Quantum grouping and sequencing laws, it encourages the student to find their ideal practise

There couldn't be a more magical place for students to fully immerse themselves in the study of Yoga than Harmonic on Patnem Beach. Not only are they in India, the home and heart of yoga, but this hilltop shala overlooking the sea, provides the perfect backdrop for inspired learning.

Throughout this one month intensive, students will study all aspects of Yoga, from its historical and philosophical roots through to current day practise. They will also learn firsthand the Quantum Method, its creative and dynamic sequences, and how to teach it.

The average day will start with Meditation & Pranayama, followed by morning Asana and Theory and Adjustment Practise in the afternoon. The month culminates with an Assessment Class, which all students must undertake - ensuring that on completion of the course, they have the practical tools and are sufficiently prepared to take their own class.

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It is important that students are already familiar with basic yoga texts (Yoga Sutras, Hatha Yoga Pradipika, Bhagavad Gita, 'Light on Yoga' by B.K.S Iyengar) and have prepared an outline proposal for a 2,500 word essay, which must be completed by 10 March 2013.



This intensive Teacher Training is 200-hour Yoga Alliance certified (see www.yogaalliance.org for more information) and is suitable for those who want to embark on a career as a yoga teacher, or yogis who would simply like to deepen their understanding and practice of yoga.

Senior Quantum Yoga & resident Harmonic Teacher Judith Daniel (see <http://www.harmonicgoa.com/yoga.html>) will be taking the course, assisted by other Quantum Teachers, as well as visiting experts, who will be giving lectures or practical sessions on various specialist subjects including Anatomy & Physiology, Ayurveda, Yoga Philosophy and Tantra. Quantum Yoga founder Lara Baumann, will actively oversee and consult the programme, as well as holding weekly Skype sessions with the group.

The course fee is £2450, which includes all teaching and assessment, the essential Quantum Yoga book and DVD, as well as learning resources (including a mat so no need to bring your own), transfers to and from Goa Airport, breakfast and lunch throughout the month and four dinners (on movie nights), as well as a celebratory end of training event. Accommodation is not included but there are places to suit all budgets in the area and we are happy to advise.

Once you have been offered a place we would require 20% payment to hold it; the remainder of the balance will then need to be paid in full six weeks before the start of the course (Friday 23 November 2012).

For more information about Quantum Yoga, go to www.quantumyoga.com. For further information about the course and/or to receive an application form, contact Judith Daniel at judithadaniel@mac.com.

