



# Himalaya Yoga Valley Centre Goa & Ireland



200 HOUR AND 300 HOUR TEACHER TRAINING  
PROSPECTUS





# Message from the Director



## Namaste

It is my pleasure to introduce you to Himalaya Yoga Valley Teacher Training programs and our wonderful teaching. Over the past 15 years, we have dedicated our School to developing the highest standard 200 hour (Level 1) and 300 hour (Level 2) training programs in the world to ensure the rich traditions and teachings of the great Yoga Masters are passed on to students intact. Our trainings and teachers are widely recognized as leaders in the field of yoga education.

I look forward to being part of your yoga journey and welcoming you to our India or Ireland Centre for your training.

Om Shanti

A handwritten signature in black ink, reading "Lalit Kumar".

**Yogacharya Lalit Kumar.**

# Contents



<i>Our School.....</i>	<i>3</i>
<i>Our Training Programs.....</i>	<i>3</i>
<i>Locations.....</i>	<i>4</i>
<i>200 hour TTC Syllabus.....</i>	<i>6</i>
<i>300 hour TTC Syllabus.....</i>	<i>10</i>
<i>Training Prerequisites .....</i>	<i>15</i>
<i>Training Fees.....</i>	<i>15</i>
<i>How to Apply.....</i>	<i>15</i>
<i>Our Faculty .....</i>	<i>16</i>
<i>Our Graduates .....</i>	<i>20</i>

## Himalaya Yoga Valley Centre Goa

Mandrem Beach, Junas Wadda,  
Pernem, Goa 403527, India

**Phone:** +91 996 065 7852 (India)  
**Email:** [info@yogagoaindia.com](mailto:info@yogagoaindia.com)  
**Web:** [yogagoaindia.com](http://yogagoaindia.com)

## Himalaya Yoga Valley Centre Cork

Cork, Ireland

**Email:** [info@yogacorkireland.com](mailto:info@yogacorkireland.com)  
**Web:** [yogacorkireland.com](http://yogacorkireland.com)



## Our School



**Himalaya Yoga Valley Centre** is a global leader in yoga education delivering the highest quality Yoga Teacher Training Courses at our centres in India and Ireland.

Our specialist teacher team, led by **Yogacharya Lalit**, has been delivering our globally renowned Teacher Training programs for over two decades. Our reputation as a leading training school is validated by the success of our Graduate teachers, numbering over 4000 around the world, who carry on our traditions by delivering yoga from the source with integrity and professionalism.

Himalaya Yoga Valley Training School is dedicated to honouring and sharing traditional Ashtanga and Hatha yoga practices as passed on by the great Masters before us through our school's lineage and the highest professional standards of training delivery.

## Our Training Programs



### 200 Hour Training

Graduates from our 200 Hour Teacher Training Course emerge as confident and able teachers with a strong and solid teaching skill set ready to begin their teaching careers.

Alongside developing the art of teaching, trainees also gain a comprehensive understanding of the practice of yoga asana, alignment, adjusting, yoga business, philosophy, physiology, mantra chanting, chakras, anatomy, ayurveda, mudras, pranayama and meditation.

Our training is robust, intensive and structured towards teaching outcomes and the development of a personal practice.

Our established method of training has been developed over the past ten years to ensure graduates emerge as well rounded, competent and professional teachers.

### 300 Hour Training

This advanced training provides further growth and specialised training over 300 hours for those who have completed a 200 hour TTC and who wish to reconnect with their learning, take their personal practice and teaching skills to the next level and gain 300 hour Certification.

The training is designed to connect teachers with a robust body of knowledge and professional up skilling with our dedicated teaching team.

Our unique 300 hour program has been developed to support teachers in specialising in yoga as a therapy through a chosen area of specialisation. There is a major emphasis on developing a personal practice, increasing skill sets and knowledge as a Level 2 yoga teacher, and the ability presented for developing a yoga business within a competitive market.

# Locations

Himalaya Yoga Valley has two main training locations - Goa, India and Cork, Ireland. Yogacharya Lalit leads all the teacher trainings. Regardless of the location, the professionalism, high training standards, the syllabus, learning outcomes and teaching team remain the same.

## Goa, India

Goa lies on the west coast of India and its main attractions are the postcard perfect white sandy beaches lined with coconut trees. Add in a mix of Portuguese colonial architecture, bustling marketplaces, spice plantations, Goan hospitality and cuisine and you have a recipe for paradise. Goa has proven to be the perfect destination for yoga teacher trainees and yoga enthusiasts from around the globe to partake in our courses.

Himalaya Yoga Valley Training and Retreat Centre is located in a small local community in Mandrem, in the principality of Pernem, North Goa. Mandrem is a traditional area and locals support themselves mainly through coconut farming, fishing and more recently tourism.

Our Centre is located in a semi rural, peaceful area, just a 10 minute walk from Mandrem Beach, which boasts a long sandy beach on the Arabian Sea featuring warm water, dolphins, blue skies and amazing sunsets! The Centre setting is in quiet and peaceful private grounds .

Trainings in Goa are residential, and trainees stay onsite. Accommodations are in secure and comfortable two-story Villas. All have en suite bathrooms and fans and AC options. The villas are maintained to the highest standards, serviced daily and are strictly non-smoking. Whilst the area is extremely safe, our students and guests can rest easy knowing that the complex is gated with 24 hour security.



# Cork, Ireland



Himalaya Yoga Valley Cork, one of the largest yoga studios in the country, is located in Cork, Ireland. Cork is a proud city of approximately 150,000 people that sits on the River Lee at the head of Cork Harbour.

Cork is a historic, creative, exciting, ever-changing city, home to some of Ireland's best restaurants, traditional music and culture and beautiful architecture. The surrounding Cork County is one of Ireland's most beautiful destinations and is arguably the best foodie scene in the country.

Many places are easily accessible for day trips from Cork, including the picturesque seaside town of Kinsale (30 minutes by bus) and other well known spots such as Blarney, Cobh and Killarney. Cork is a perfect location to start a journey along the famous Wild Atlantic Way route.

Completing a teacher training in Ireland is a great opportunity for those who wish to access a traditional training in an inspiring location closer to home.

The training is non residential and trainees usually stay in self catering student accommodation or house share for the 4 week duration. We have a list of options that have come recommended by Ireland training Graduates over the years.

The training location is in the city centre and convenient for student accommodation and bus routes.



# 200 hour Level I

## Teacher Training Syllabus

### Chanting, Meditation and Pranayama



#### The Pranic Body

The Pranic Body is made up of layers, spheres and sheathes of subtle and gross energy fields in which we all live at any given time. During this lecture, trainees gain insight to the Koshas, Vayus, Nadis and Chakras, culminating in the totality of the pranic body being presented as an entire energetic mass.

**Learning Outcomes:**

- Understand how the Pancha Koshas, Pancha Vayus, Nadis and Chakras work in unison with each other for restoring, balancing and rejuvenating physical and mental health.
- Understand how our yoga practices influence our energetic body.



#### Meditation

In the Level I Teacher Training we learn the concept that all paths of yoga ultimately lead to meditation. Trainees are taught techniques and a structure to enable them to learn teach simple meditation for their own practice, invaluable in this present day and age of workplace and daily living stress and tension.

**Learning Outcomes:**

- Understand how the human mind goes through the stages of Concentrating, Meditating and Contemplating in pursuit of inner peace and stillness.
- Learn how to apply a traditional meditation model
- Understand correct sitting posture including variations for students with physical limitations.



#### Pranayama

Pranayama practice is about controlling the breath to produce physical, emotional and mental balance and benefits. A competent yoga teacher aims to teach students to incorporate a consistent pranayama practice in their daily lives for overall improved health and wellbeing. In this Unit, in theory and practical classes, trainees learn to teach pranayama techniques.

**Learning Outcomes:**

- Achieve a level of competency to teach various pranayama techniques to students.
- Understand the contraindications and health benefits of pranayama.
- Understand the elements of the pranic body.

# Yoga Asana



## Daily Personal Practice

This is the first level of a two tiered approach to the asana component of the 200 hr Training. Trainees are guided by Yogacharya Lalit in led classes derived from the Ashtanga Primary Series as per his Lineage. The classes have an emphasis on trainees' personal progress relative to their own starting point. The asana practice will be varied and include workshops on arm balancing, back bending, hip opening, twists, inversions etc.

The objective for trainees is to significantly deepen their personal practice and improve their alignment, and to apply this personal growth to their teaching practicums.

### Learning Outcomes:

- To improve personal asana practice through understanding of bandhas, breath, correct alignment and use of modifications and props.



## Teacher Teaching Practice

This is the second tier whereby trainees learn the techniques and skills to teach a series of approximately 34 asana from an Ashtanga vinyasa inspired Teaching Series under the expert guidance of Yogacharya Lalit. The objective is to deconstruct, analyse and understand each asana regarding alignment, bandhas, modifications, use of props, teaching cues, and adjusting techniques as the platform from which to teach safely, competently and with integrity.

There is a strong focus on applied learning throughout teaching practicums.

### Learning Outcomes:

- Learn to teach a series of asana safely, competently and with integrity.
- Understand each asana on a pranic, physical, therapeutic and psycho-emotional level with the aim of transferring this understanding to his or her students.

**Practicum:** In a structured and sequential process, there are ongoing asana teaching practicums from the Teaching Series with evaluation and feedback from senior teachers.



## Asana Alignment and Adjusting Techniques

Under the expert guidance of Yogacharya Lalit trainees develop their understanding and teaching skills around common asana misalignments, correct alignment and the application of physical and verbal adjusting cues.

In line with traditional yoga practices, trainees will learn to apply the use of modifications and props in asana classes to assist their students to access depth and correct alignment in their yoga postures.

### Learning Objectives:

- Understand the Principles of Alignment and Adjusting.
- Ability to provide effective adjustment, modifications, props and verbal cues to help students practice safely, reap the benefits and access depth in their practice.



## Asana Sequencing

This unit concentrates on teaching trainees how to construct asana classes in a safe and meaningful manner to meet the needs of their students. By understanding why and how to sequence a class, yoga teachers can reach and retain a larger market of students.

This Unit will guide trainees to be able to competently and confidently construct sequences for a myriad of classes when they are teaching in real time.

### Learning Outcome:

- Demonstrated understanding of the purpose and intention of sequencing.
- Ability to intelligently sequence classes for their students with the goal of optimising their health and wellness.



## Ayurveda

One of the most ancient medical and health systems in the world, Ayurveda has a holistic approach to individual physical, spiritual and mental health and the entire environment that surrounds one. Trainees will learn about Ayurveda relative to age, health, lifestyle and seasonal requirement. Trainees will learn how, based on Ayurvedic dosha types, to develop a lifestyle program for vata, pitta and kapha types. Trainees will learn how to carry out basic kriyas for their personal practice.

### Learning Outcomes:

- Introducing trainees to the science of Ayurveda, its history as a traditional medical system, its relationship to yoga and the basic concepts of Ayurveda.
- Learn the techniques of basic kriyas for personal use.



## Anatomy

Through a series of informative, interactive and engaging anatomy classes, trainees go on an anatomical journey related specifically to yoga. The lectures are aimed at making anatomy relevant to yoga teachers for application to their wide variety of student unique body types, preventing injuries, and identify various asana to improve strength and flexibility. During the lectures trainees can expect to cover a broad range of anatomical topics.

### Learning Outcomes:

- Understand the composition and function of the major planes, muscles, bones, ligaments and tissues relevant to yoga.
- Understand the importance of correct skeletal alignment and movement in the role of injury prevention.
- Understand the central nervous system, respiratory system, blood circulation, the endocrine and lymphatic systems in relation to yoga practices.



## Yoga Lifestyle

An insightful class about preparation for post Teacher Training life. By bringing the core aspects of the training syllabus together, this Unit raises awareness about elements of a yoga that will sustain yoga teachers in maintaining a balanced spiritual, mental and physical wellbeing.

### Learning Outcomes:

- An awareness of the importance for maintaining a holistic personal yoga practice as a determining factor in being an effective and authentic yoga teacher.



## Philosophy

This interesting unit opens with an overview of the vast landscape of Indian philosophy and the various schools of philosophy developed over the ages. The unit is aimed at understanding ourselves and our daily lives using Patanjali's Yoga Sutras as the blueprint. In conjunction, trainees are introduced to Patanjali's Eight Limbs of Ashtanga Yoga and the significance of the Eight Limbs in how we perceive and react to the world around us.

### Learning Outcomes:

- A basic understanding of the roots of yoga philosophy.
- A working knowledge of the Eight Limbs of Ashtanga Yoga.
- A basic understanding of Patanjali and his development of the Yoga Sutras.



## Yoga Business

Over 60% of small businesses fail each year because they do not apply thinking to business fundamentals. Hence, it is critically important for yoga teachers to understand the basic principles of business planning, regardless if they wish to be self-employed, sub contract at a yoga studio or do Seva (community service). During this lecture teachers gain an awareness of the key concepts of business planning required for developing a sustainable yoga business.

### Learning Objectives:

- Understand basic business principles.
- Gain an awareness of the importance of using planning tools to develop and grow a successful yoga business.



## Ethics

This unit is designed to raise awareness of common ethical dilemmas and situations which can occur in and out of the classroom, trainees understand the importance of developing awareness, clarity of actions and explore solution-based scenarios based on the principles of yoga. Trainees will understand the importance of developing awareness, clarity of actions and explore solution-based scenarios based on the principles of yoga.

### Learning Outcomes:

- Recognise ethical responsibilities to maintain standards of conduct and care in the classroom.
- Recognise the universal ethical standards in regard to issues of professional conduct and teaching competence.
- Gain an understanding of different ethical dilemmas or scenarios that can arise for yoga teachers and how to manage them.



## Teaching Standards & Classroom Management

By learning about professional and teaching standards, trainees demonstrate their understanding that being a competent and safe yoga teacher is more than teaching asana; it ensures that their yoga classes run smoothly by controlling internal and external factors that can impact the classroom. This unit assists trainees to appropriately manage given situations in relation to groups, individuals and personal dynamics thereby adding another element to their teaching skills.

### Learning Outcomes:

- Achieve a heightened awareness of the broader and often complex scope of the teaching role over and above delivering a class.
- Develop appropriate measures to handle various situations that can arise in most yoga classroom situations.
- Understand Teacher and Learner types.
- Understand different styles of teaching.

300 hour  
Level 2



# Teacher Training Syllabus

# Yoga Asana



## Daily Asana Practice

There is a two-tiered approach to asana in the 300 hour Level 2 training. The first level is geared towards teachers deepening their personal practice and improving their alignment, progressing towards a peak relative to their own starting point.

The second tier is learning to teach advanced asana. Guided by Lalit, teachers will deconstruct, analyse and understand each asana on a pranic, physical, therapeutic and psycho-emotional level.

### Learning Outcomes:

- Steady progress of individual's personal practice to further enhance their teaching skills.
- Development of a daily self-practice routine for personal and professional development, based on one's own level and ability.
- Learn building blocks which systematically improves various postures through the use of modifications and props.
- Acquire competency to teach advanced asana.
- Increase skills in physical adjustment techniques for Level 2 advanced asana.
- Understand how vinyasas can change and alter the benefits, the form and effects of asana.
- An understanding of the effects and benefits that traditional yoga postures and practices have on physiological, mental, emotional, anatomical levels.



## Asana and Adjustment Alignment techniques

During the 300 hour program, teachers will further improve their adjusting skills under the guidance of Yogacharya Lalit. Using traditional adjustment techniques he will teach trainees to guide their students towards deeper expressions of postures. A strong emphasis is placed on correct alignment as a precursor for enhancements through adjusting. On a day by day basis teachers apply the principles of alignment and adjusting from the context that alignment is not merely mechanical, but that it is about ensuring quality integration within the body, leading their students to a state of steadiness and a stabilising structure.

### Learning Outcomes:

- Competency in analysing alignment of asana postures.
- Identification of alignment essentials of the body i.e. tightness, weakness, hyper-mobility, instability and misalignment.
- Competency in the provision of appropriate physical re-alignment to the correct anatomical position to enhance safety and increase health benefits.
- Ability to level up and down asana by understanding when and how to use props and modifications.
- Apply effective and corrective modifications, props and verbal cues to support students in developing safety, benefits and accessing depth in their practice.



## Sequencing

This unit concentrates on teaching how to construct asana classes in a safe and meaningful manner to meet the needs of students. By being able to create a safe, intelligent sequence a yoga teacher can bring variety to classes, add focus classes and motivate their students to steadily progress along their practice path. This unit will guide teachers to be able to competently and confidently construct sequences for a myriad of classes, whether they are teaching online or offline. We incorporate elements from across the course to further inspire different class themes such as sequencing for the energetic body: the chakras, nadis and vayus; sequencing for the doshas etc. We also look at how to teach inclusively, managing the needs and fears of a variety of groups of people.

### Learning Outcomes:

- Understand and apply the fundamental principles of Sequencing.
- The ability to use a general class sequence template to ensure that all categories of physiology, anatomy, energetics (pranic body), postural, mental and spiritual health are integrated into their sequencing.
- Be able to design a variety of effective dynamic and therapeutic sequences to meet the needs of students with an understanding of how asana can effect, improve and relieve certain physical and medical conditions, limitations and physiological systems.
- Explore sequencing for workshops, retreats, open air, offline and online classes.



## Ayurveda

Ayurveda as a word transcribes to the Science of Life or the Science of Longevity. It is an integral part of traditional yoga, where practicing a yoga lifestyle incorporates the intake of sattvic food, harmonious relationships, balance in physical and mental spheres of our bodies. With the expert guidance of Dr. Rohit Borcar, renowned Goan Ayurveda physician, trainees will learn the ayurvedic approach to a living a balanced lifestyle relative to their future students and also themselves as teachers.

### Learning Outcomes:

- Understand the basic body tissues which support the body's functions.
- Understand Ayurvedic practices that have balancing effects on regulating emotional, cognitive and behavioral spheres in one's personal life.
- Learn to balance the doshas through the use of specific asana.
- Demonstrate competence in carrying out kriyas for use in own personal yogic practices.
- Understand the effect of Ayurveda on the gross and subtle body.
- Learn how to develop a lifestyle program for vata, pitta and kapha types.
- Understand the part the pranic body plays in the Ayurveda health system.
- For teachers who have not graduated from Himalaya Yoga Valley training there is ample access to information on the basics of Ayurveda from our 200 hour syllabus.

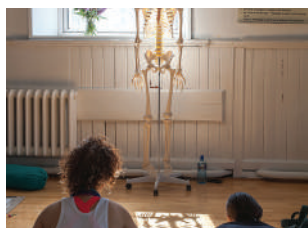


## Philosophy

Here, teachers are introduced to a comparison of Pantajali's Eight Limbs to other significant Yogic texts such as the Upanishads, Bhagavad Gita and Hatha Yoga Pradipika. Teachers have an opportunity to analyse the Sutras as a vehicle for personal exploration. There will be a comparison of philosophical observations of the Mind (Manas-Buddhi-Chitta-Ahamkara) vs. Patanjali's Mind (kleshas) and in addition an examination of the development of the body-mind-spirit connection with Hatha Yoga.

### Learning Outcomes:

- Gain a deeper understanding of the contextual links between the major Yogic texts.
- An expansion of knowledge and understanding of the Yoga Sutras and their significance in how they play a role in our everyday lives.
- A comparative analysis of recurring themes in Patanjali's Sutras and Bhagavad Gita.
- Gain introspection in regard to the body, mind and spirit through discussion forums using Hatha yoga principles and Patanjali's philosophy.



## Anatomy

Through the series of informative, interactive and engaging anatomy classes, teachers will embark on an anatomical journey related specifically to yoga, movement, body mechanics and health benefits. This module is aimed at making anatomy relevant to yoga teachers for application to a wide variety of unique body types, injury prevention, muscular and joint relief, postural improvement and be able to identify various asana to improve strength and flexibility. Yoga teachers who understand and apply these concepts of structural yoga in their classes will be reaching a high level of the teaching realm.

### Learning Outcomes:

- Gain a working understanding of the anatomical mechanics of the feet, knees, hips/pelvis, ribcage and shoulder girdle to improve students' structural balance and posture.
- Gain a working understanding of the anatomical and energetic components of the spine.
- Gain a working understanding of flexibility relative to injuries and recovery.
- Understand the anatomy of the breath and how to improve its efficiency for the respiratory organs.
- Understand the anatomical concepts for a healthy immune system and a healthy digestion.
- Gain a working understanding of Emotional Anatomy and how tension is carried in different places in the body.



## Ethics

This unit was developed specifically to assist yoga teachers with teaching ethically in the real world where ethical dilemmas and situations can occur. The unit is rooted in the yamas and niyamas (as Swami Rama calls them the 10 Commitments) we think they are the 10 Commitments to not only our own Self Realization but to integrity, tolerance and conscious community. Being aware of the importance of developing awareness, clarity of actions and solution-based scenarios based on the principles of yoga are a pivotal component of the unit. For the application and exploration of ethics we do not believe that there can be any teaching of yoga that is not touched or bound by the subject of ethics. This includes business dealings with associates, students, colleague, the community. Therefore, in each subject our teachers will always round off classes by presenting and asking students to consider and discuss ethical considerations- be it asana, explicit consent for adjusting, philosophy, Ayurveda, anatomy, teaching methodology, the use of props, business and marketing- no area is completely explored without ethical considerations, and we are completely committed to developing professionals who lead with ethics and integrity on and off the mat.

### Learning Outcomes:

- Understand the distinction between making decisions based on ethical principles and those based on opinions or beliefs.
- Exploring common scenarios that are faced by yoga teachers, reflecting on them and coming up with possible responses
- Exploring the economics of exclusivity- how companies, teachers and schools' profit from "advance" yoga asana specifically.
- Exploring the relationship that the teacher has with their own practice, body and sense of Santosha connected to their practice
- Exploration of the organic, existing inclusivity of yoga through the indigenous lens and how this can be exported to the west.
- Exploration of marginalized groups who currently face barriers to accessing yoga and why.
- Understanding Pantajali's ancient Code of Conduct as a readymade structure to guide ethical decision-making for yoga teachers.
- Understand the importance of ethical boundaries for teachers in a classroom setting.
- Preparedness for real life ethical laden situations that can arise in the yoga setting.



## Classroom Management

Competent and safe yoga teachers demonstrate knowledge that classroom management is more than teaching asana; it ensures that their yoga classes run smoothly by managing internal and external factors that can positively or negatively affect a classroom environment.

This unit uses the shared teaching experiences of the 300 hr trainees to bring real life scenarios into peer discussion groups assist teachers to build their confidence around classroom management thereby adding another element to their teaching skills. Trainees will have the opportunity to reflect on their own teaching. Student safety, both physical and psychological is continually reinforced as being our primary concern. The minimum teaching and professional delivery are comprehensively discussed to raise the awareness, and the practical application of the importance of managing groups of people professionally and adeptly. The aim is to do no harm either physically, mentally or spiritually. Trainees also learn about the different teaching and student learning styles. This insight gives a solid foundation to be able to respond to the range of students one may have in their classes, an awareness and responsibility as a teacher as to which teaching style to move in and out of.

### Learning Outcomes:

- Confident management of the broader and often complex scope of the yoga teaching role over and above delivering a class.
- Preparedness for various likely and unlikely classroom management scenarios that may arise for yoga teachers.
- Preparedness for problem solving to discern the needs of individuals or groups.
- An understanding of how to prepare a safe, accessible and welcoming class environment
- An understanding of the importance of the class room layout, time management, yoga props and setting up a teaching space.
- Use of effective verbal and non-verbal communication skills.



## Reflective Journaling

On a daily basis teachers are encouraged to use a reflective journal for 30 to 40 minutes of private writing time. This is a tried and tested method, otherwise known as “stream of consciousness” or “interior monologue” used during the training. It gives individuals the space and the tools to reflect privately on their personal introspections in regards to thoughts and feelings about their physical, mental and emotional development as a yoga teacher. In a nutshell, it “lets the pen do the writing” and is a wonderful meditative tool worth cultivating in everyday life. A component of personal and professional development

### Learning Outcomes:

- Understand and apply the significance of self-reflection and its role in professional development as a yoga teacher.
- Learn to develop ongoing self- assessment and reflection for monitoring teaching progress.
- Time to reflect and understand one’s own teaching style in relation to building a connection when teaching students online or in the classroom



## Yoga Business

Through immersion learning, teachers gain a working understanding of the key concepts of strategic business planning required for developing a sustainable yoga business in a very competitive yoga market. Areas covered during these lectures are the Principles of Strategic Planning including Core Value, Vision and Mission Statements. They gain an understand of key success measures to evaluate business outcomes, the importance of undertaking a SWOT analysis, identification and segmentation of target markets for trainee chosen areas of specialisation. In addition to marketing, branding and promotions concepts, teachers will learn about social and digital media considerations necessary for reaching today’s large digital markets.

### Learning Objectives:

- Understand the planning tools as the roadway to sustainable business.
- Gain a working understand of Vision and Mission Statements.
- Identification of target market(s), (Demographics and reaching your target audience(s).)
- Understand the differences between branding, marketing, advertising and promotion.
- Develop a draft Marketing Strategy.
- Build your online presence and develop a draft Social Media Plan. and marketing schedule.
- Marketing and linking and your social media streams.
- Networking and collaboration.

# Training Prerequisites

## 200 hour Level 1

There are no prerequisites other than having a personal practice and being an enthusiastic and focused learner . The 200 hour training is suitable for yoga practitioners from all levels of practice -improvers,intermediate and advanced. The course is structured in such a way that each person starts from where they are currently at and throughout the course works together with Lalit and his team to systematically develop their yoga practice and become safe and competent teachers in their own right. We encourage students from all backgrounds with different levels of experience to join the Course.

## 300 hour Level 2

A prerequisite for the Level 2 training is successful completion of a 200 hour training with Himalaya Yoga Valley or another RYS (Yoga Alliance Registered School). The training is a continuation of the 200 hour syllabus at an advanced level. On completion, trainees are certified as having completed a 500 Hour Teacher Training.

### How to apply for a Teacher Training

To apply for the 200 and 300 hour Teacher Training, please go to [yogagoaindia.com](http://yogagoaindia.com) and visit our “Enroll Now” page.

In the approval reply, you will receive an informative and helpful email on training locations, accommodation, textbooks, and tips on what to bring, Visa and travel information etc.

You have two options for your enrolment - you can avail of a Payment Plan or enroll with a 30% deposit and pay the fee balance 4-6 weeks before you start your training.the start date. Expect trainings to be fully booked a month or two in advance a of the start date.nd waiting lists are in place

# Our Faculty

All our teachers are qualified to the highest standards in their chosen fields. Even more importantly is the passion they carry for the subjects they teach.

Our 200 & 300 hour programs are unique insofar that we have teachers specifically dedicated to each subject which ensures localised teachings that come from an expert background. Trainees benefit greatly from lectures and classes taught by teachers dedicated entirely to their chosen subject.





## Yogacharya Lalit

*Founding Director*

Lalit Kumar is the Founding Director of Himalaya Yoga Valley Centre. He has over 17 years experience teaching in India and internationally. He is a prominent and established yoga teacher in the world yoga community with a strong following within the yoga teaching community. Lalit divides his time between the Goa Training and Retreat Centre and his European centre in Ireland leading his teaching team and inspiring trainees on 200 and 300 hour trainings.

Lalit began studying at traditional Indian yoga schools known as Gurukulams at the age of 7 and he is honored to have studied yoga under some of the most well-known and respected yoga Masters in India. Lalit was initiated by Swami Veda Bharti of the Himalayan tradition in 2003. He has spent nearly a decade studying numerous traditional styles and disciplines at various Ashrams in North and South India.

He studied Ashtanga Yoga in Mysore at Ashtanga Yoga Nilaya and Shri Parakala Mutt. Lalit has also studied at the Sivananda Centre in Trivandrum and spent his formative spiritual years at Swami Ram Sadak Gurukulam in Rishikesh. Lalit has studied under Sri BKS Iyengar and Sri K Pattabhi Jois, Sri Sharath Jois and Sri BNS Iyengar in Mysore. He currently studies under Sharath Jois as a humble and devoted student.



## Maeve O'Brien

*Program Director and Lecturer*

Maeve is originally from Ireland and after spending a considerable number of years in Australia now divides her time between Ireland and India. She is a 500 RYT, graduating from the 200 and 300 hour Teacher Trainings with Himalaya Yoga Valley.

As Program Director of Himalaya Yoga Valley (India & Europe) she is responsible for course and syllabus development for Level 1 & 2 Teacher Training courses. Subjects she teaches during the trainings are Yoga Business, Ethics for Yoga, Classroom Management, Communications and Teaching Methodology. Using her previous experience in business strategic planning and management which encompasses 23 years in Western Australia's Department of Justice, she is able to pass on her knowledge and skills to trainee teachers who wish to pursue a yoga business upon graduation. She has also lectured in Justice Studies at Edith Cowan University, Perth, Western Australia for eleven years and brings her tertiary teaching experiences to the yoga shala.

### Certifications

2015 – 300 hour Teacher Training, Himalaya Yoga Valley, Goa,

2007 – 200 hour Teacher Training, Himalaya Yoga Valley, Goa,

2007 – Masters Leadership & Management, Curtin University, Perth, Western Australia

2006 – Graduate Diploma Business- Curtin Business University, Perth, WA

2004 – BA Justice ( Hons) at Edith Cowan University Perth, WA

# Our Faculty



## Viriam Kaur

*Philosophy Teacher*

Viriam has been teaching yoga philosophy for Teacher Training courses with Himalaya Yoga Valley since 2011. She is from the UK and has lived in India for the last ten years. She trained with the SKY School of Kundalini Yoga (Yogi Bhajan) in the UK in 2003 and has been teaching around the world ever since. She has furthered her studies of yogic philosophy with the Oxford College of Hindu Studies. Before travelling to India, she did a ten-year apprenticeship with spiritual teacher and author Amoda Maa Jeevan, culminating in a deep meditation and self-enquiry intensive under Shiva's mountain at Mt Arunachala.

Viriam is also qualified in Ayurvedic Yoga Massage, Pregnancy Massage and Chakra Healing – UK & ITEC Certified. In addition, she shares her knowledge of chakras, prana and energy healing with courses in Chakra Healing techniques. Viriam is also a writer and contributes regularly to Yoga Magazine (among other well-known publications) on yogic lifestyle and philosophy.

### Certifications

2015 – Oxford College of Hindu Studies (OCHS) UK, Bhagavad Gita  
2014 – Oxford College of Hindu Studies (OCHS) UK, Philosophy of Yoga  
2008 – ITEC Diploma in Holistic Massage  
2007 – Sun Yoga Kids, Yoga Teacher Training  
2003 – Level 1 Kundalini Yoga Instructor , KYTA, UK



## Dr. Rohit R. Borcar (B.A.M.S.)

*Ayurveda Lecturer*

Dr. Rohit was born in Goa and completed his Bachelor of Ayurveda Medicine and Surgery (B.A.M.S.) degree at Goa University. He practices medicine in his North Goa clinics [www.ayurvedagoa.org](http://www.ayurvedagoa.org). He is renowned as an Ayurvedic physician, panchakarma and yoga specialist, with over a decade of experience in these areas. Dr Rohit travels extensively around India and Europe, Consulting, studying, lecturing and conducting workshops on Ayurveda, yoga and allied subjects. Himalaya Yoga Valley was one of the first yoga training schools to include Ayurveda in its syllabus and since 2008, Dr Rohit has been at the forefront of educating Himalaya Yoga Valley teacher trainees from all over the world on traditional Ayurveda and its relation to therapeutic yoga. He is a valued member of the Himalaya Yoga Valley international teaching team for 200 & 300 hour trainings. He is a very popular lecturer with trainees, inspiring many to continue further studies in Ayurveda medicine. He says: *"Ayurveda, the science of life, is a boon to the science of healing and to seekers of health, rejuvenation, longevity and well-being"*

### Certifications

2006 – Diploma in Yoga, The Yoga Institute Academy of Yoga, Santa Cruz Mumbai India  
2004 – Bachelors of Ayurveda Medicine and Surgery, Goa India



## Tony Healy

*Senior Yoga Teacher*

Tony first encountered yoga while on a working holiday in Australia in 1995. After numerous trips to India he decided to combine his passion for yoga and teaching by completing a two year hatha yoga Teacher Training Course with Yoga Therapy Ireland in 2007 and commenced yoga teaching from that point onwards. He has spent time at a number of centres in India such as the Sivananda Yoga Vedanta Centre (Kerala), Iyengar Yoga Centre (Goa), Osho Centre (Pune), Mother Amma(Kerala) and taken meditation courses at the Vipasana Meditation Centre (Aurangabad) and Bodhi Zen Meditation Centre (Kodaikanal). Further yoga study in 2010 brought him to Goa where he studied with Lalit and in February of that year he graduated from Himalaya Yoga Valley. He returned to Goa later in the same year to take part in the internship program and subsequently managed and taught members of the public in the Yoga Shala. As a senior teacher with the Centre, he works closely with trainees in Goa and Ireland. Tony has a wide range of teaching experience from primary level, through high school up to second year University students and in addition has taught yoga classes in a range of locations from Cairo to the Falklands. Apart from teaching, he has worked as a web designer and has also spent a number of years working in administration at an Irish university.).

### Certifications

2016 – Educational Leadership (American University of Cairo)  
2013 – 300hr Teacher Training (Himalaya Yoga Valley, India)  
2013 – Ayurvedic Yoga Massage (Goa, India)  
2010 – 200hr Teacher Training (Himalaya Yoga Valley, India)

# Our Faculty



## Adam Divine

*Anatomy Teacher*

Adam hails from the UK but has lived in India for 10 years. He has been teaching Anatomy with Himalaya Yoga Valley since 2010 and is a valued teacher and team member. Adam is a massage therapist and body mechanic. He trained extensively in the UK and is certified through ITEC; he has also trained with Ayurvedic doctors in India and monks in Thailand. Since 2011, he has been teaching Ayurvedic Yoga Massage, an Iyengar-inspired massage therapy. His most recent training in Anatomy Trains (Thomas Myers) has taken his awareness of what is happening anatomically with the body to a new level.

He is an avid yoga practitioner and shares his knowledge and passion for yoga-focused anatomy with the Himalaya Yoga Valley 200 and 300 hour trainee teachers through his lively and interesting lectures.

### Certifications

2014 – Thomas Myers Structural Balance and Breath

2012 – Soft Tissue Release

2011 – Cameron Reid-Cert of Training (Neck Pain)

2010 – Thomas Myers, Body 3

2009 – Kinesis, Myofascial Meridians I

2008 – ITEC Diploma in Holistic Massage.



## Tomoe Watanabe

*Senior Yoga Teacher*

Tomoe is originally from Japan where she started her yoga practice. She noticed yoga was turning her curiosity to the world into herself slowly, and that was when she decided to take the 200h teacher training with Himalaya Yoga Valley in 2012, exploring what lies behind the practice.

While she started to hold yoga classes in Tokyo on her return, she enjoyed polishing her value, which is to be a good observer of our own, with Vege Sato and a variety of teachers, both in and outside of Japan.

After 7 years, she returned to Goa to take part in our internship program and then joined the Himalaya Yoga Valley teaching team.

### Certifications

2012 – 200 Hr Teacher Training, Himalaya Yoga Valley, Goa, India

2019 – Yoga Teacher Internship Programme, Himalaya Yoga Valley, Goa, India



## Lisa Harrington Fahy

*Senior Yoga Teacher*

Lisa is from Cork Ireland where she commenced her yoga practice in 2007. Following a yoga lifestyle is now an integral part of Lisa's daily life and she believes that practicing yoga in all its forms is essential for managing the stresses and strains of modern living. Her love for yoga deepened immensely during her first time in India in 2011 where she completed her 200 hour Teacher Training course with Yogachara Lalit Kumar at the Himalaya Yoga Valley Centre.

She has studied closely under Lalit ever since. In 2012, Lisa joined Himalaya Yoga Valley Centre in Cork as a Senior Yoga Teacher where she teaches a wide range of classes and assists Lalit with in-house trainings to the other teaching staff. Following her Internship and Teaching Assistant role on Himalaya Yoga Valley Teacher Training courses in India and Ireland, Lisa's role expanded to Senior Yoga Teacher for Europe based trainings.

### Certifications

2011 – 200 hour Teacher Training, Himalaya Yoga Valley, Goa

2007 – Applied Social Studies in Social Care

# Our Graduates



Our greatest rewards are our Graduates' achievements! We take great pride in seeing so many of our Level 1 and Level 2 trainees making the transition to established teachers and studio owners when they return home. There isn't a corner of the world without a **Himalaya Yoga Valley** trained teacher who is carrying forward the traditions of yoga learned in their training!

These are stories from some of our Graduates about their journeys from being students to becoming successful teachers and studio owners, as well as their training experiences with **Himalaya Yoga Valley**.



# Our Graduates



## Bonnee Gregg

*Yoga teacher & co-owner at Breathing Room, Red Deer, Canada*

[www.breathingroomreddeer.com](http://www.breathingroomreddeer.com)

“ It’s with deep gratitude, admiration and respect when I bow my head to my teacher Yogacharya Lalit from Himalaya Yoga Valley school. In the Spring of 2009, I had the beautiful fortune of training with Lalit and his teaching team in Dharamsala, India and once again in Goa, two years later. Upon arriving at my first teacher training, I had a business plan written for a yoga studio. Not only did they whole-heartedly embrace my dream, they encouraged me to turn it into reality and cheer me on along the way. With their continued advice and support, I’m now going into my fifth year of business. Their kindness and generosity has far exceeded my trainings in ways I never expected.

Over the past several years, they’ve helped me brainstorm workshops and class ideas, detangle business situations, and even celebrate the birth of my son. Lalit and the team have challenged me to honor and live my yoga the best way I can, without compromise and with unwavering devotion. I can say, without the slightest embellishment, that my life has never been the same since crossing paths with my mentors. With their guidance, I feel as though I have a handbook for life. I have a yoga practice that runs through my veins, far deeper and richer than any physical asana.”

## Allison Newsome

*Yoga Teacher, Yoga Through Life, UK*

“ I did my 200 hour TTC with Himalaya Yoga Valley in India in 2014. All the teachers are high quality and so passionate about what they teach. They really want you to get the most out of your training and to spread the benefits of Yoga to everyone at a high standard. The accommodation is lovely and the grounds are beautiful especially the shala and the pool. The course is tough so be prepared to work hard but if you love Yoga you will love the course! I felt confident enough after the course to go back home and teach straight away.

I then wanted to learn more and so I did the Himalaya Yoga Valley 300 hour course and it was the best thing I did. You get to specialise in a subject but also learn from other people’s specialised subjects too.

Now I teach a variety of classes not just Ashtanga and have more confidence teaching people with injuries and conditions and feel I can adapt classes and poses now. I don’t like to turn people away so it is the most valuable thing to be able to include people in your class that perhaps haven’t been able to do Yoga before. I learnt a lot about myself in the time I was there and feel I can now pass on my experiences and knowledge I have gathered to others.”

# Our Graduates



## Elmarie Grobler

*Yoga Teacher at Park Rotana Hotel, Zayed Sports City, Evefit Ladies Spa  
Abu Dhabi UAE*

“ Himalaya Yoga Valley teacher training was the very best gift I have ever given myself. Lalit and his wonderful team of professional teaching staff gave me the tools and the self-confidence to share my love of yoga with my students. By their example they inspired me to teach yoga from my heart. Come with an open heart and the willingness to learn and you will leave fully equipped to be an excellent and much loved yoga teacher wherever you are in the world. ”

## Kelsie Legard

*Founder of Kleanse Yoga, Regina, Canada*

“ The 200 hour YTC absolutely changed my life in so many positive ways. The HYV team has such a beautiful way of passing along the gift of yoga in a traditional and professional manner. Respecting the roots of yoga and Ashtanga as a whole. The entire program is made to set you up to absolutely thrive with the confidence and knowledge needed to be a successful vessel for other students. I have so much love for the HYV team, because they are truly genuine and put their hearts and souls into making this the best experience possible. I applied for this program thinking that I was going to deepen my personal practice, I had no idea teaching yoga to others would become such a passion of mine in the months/years to follow. I can thank my experience with Himalaya Yoga Valley for this and will never truly be able to thank them enough! ”

## Angela Glaz

*Yoga Teacher, Seattle, USA*  
[yogawithang.wordpress.com](http://yogawithang.wordpress.com)

“ I first came to India in 2009, to study with Lalit for the the 200 hr program and then again in 2015 for my 300 hour teacher training. I went into my 200 hour thinking that I knew everything, I quickly realized that I had a very slim understanding of both yoga and myself. When I finally completed my 200 hour, it took me a while to figure out what actually happened to me the previous 5 weeks. I knew that I was leaving for home with a great deal of knowledge and a plethora of valuable skills to enable me to be a successful yoga teacher, but there was something else. After being home for a few months, I figured it out. My life previous my training, I felt as though I had been trying to drive with a cracked windshield. Everything was hard to see and I didn't know where to go. HYV gave me the tools I needed to fix that crack and they provided the map I needed to successfully grow as a person. ”

When I returned to Goa six years later for my 300 hour training , the Himalaya Yoga Valley welcomed me with open arms. I was blown away with how they, themselves, had grown. My first training was great, but my 300 hour was phenomenal. They have perfected an amazing curriculum and amazing team of teachers to implement that curriculum. Because of Lalit and his teachers dedication to quality, staying connected, and ensuring successful students, I am about to open my very own yoga center in the U.S. I couldn't have done any of it without them. Thank you Himalaya Yoga Valley! ”

# Our Graduates



## Chris Berlin

*Yoga Teacher, New York*

[www.chrisberlin.com](http://www.chrisberlin.com)

“ Himalaya Yoga Valley - Just wanted to say in a word – thanks. You did it! You gave me everything I needed to become a teacher. I’m teaching 6 days a week at two different studios in NYC and I have a growing list of private clients. The best way to make the jump after teacher training – put your feet on the edge and do it. Yes it’s nerve racking when your first students actually show up to take a class that you have to lead. But you CAN do it.

Leaving Goa I was equipped with every single tool needed to lead an informed competent class. The last tool I needed to work on -belief in myself. Once you take that leap of faith it all falls into place. One of the best pieces of the training is the asana sequence that Lalit put together . This is the Holy Grail and I always keep it close by. I’ve also found that students like adjustments. It doesn’t have to be a “correction” per se, it does have to be your undivided attention on that student. Upon leaving HYVC you will be an alignment specialist and sharing that in your classes will help you quickly become people’s favourite teacher. Once again HYVC thanks for letting me be me, and helping me find my teaching voice. ”

## Caroline Atkinson

*Yoga Teacher, Plymouth, UK*

“ I started my 200 hour teacher training in October 2010. I had no idea what to expect, but what a fantastic team. It’s a hard course and one goes through many emotions as well as testing your body to the limits. The teachers were all so supportive throughout the whole of our training. Lalit is a fabulous teacher and I am looking forward to working with him in the future at one of my workshops. I am teaching regular weekly classees now and started teaching just 3 months after returning home. I love teaching yoga and will be forever grateful to the whole team. ”

## Nicolette Wilson

*Yoga Teacher and Owner, London UK*

[www.nicolettewilson.com](http://www.nicolettewilson.com)

“ I knew that this was the yoga teacher training for me as soon as I got a reply after my enquiry. It told me ALL that I needed to know to help me make a decision about investing my money and travelling to a distant and very different land. When I arrived, had settled in and the course began, I felt right at home. The team are wonderful beings who only have your best interest at heart. Lalit is an inspiring and genuine teacher. He doesn’t pretend to be more than he is and what he is, is more than enough. His teachings will make you laugh or/and cry and challenge you in a way that makes you feel that you’ll be just fine in the end.

Himalaya Yoga Valley makes a formidable and professional team. Coupled with the infrastructure around them, I promise you that not only will you come away with a glorious yoga teacher training qualification but also an absolutely fabulous experience. ”







[yogagoaindia.com](http://yogagoaindia.com)

