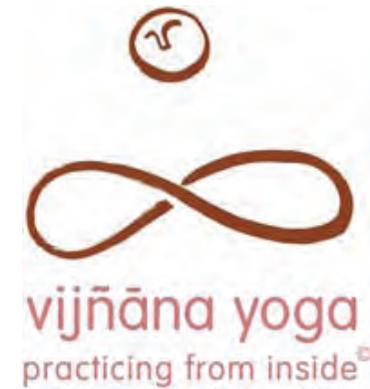




teacher training course

total 750 hours

Vijñāna Yoga



january 2019 - december 2021

For information and registration contact::

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D A T E S 2019

Yoga Holiday 5 days workshop	1/5 March 2019
Intensive Spring Vijnana Yoga Retreat	19/28 April 2019
Yoga Holiday 5 days workshop	25/29 October 2019
Intensive Autumn Vijnana Yoga Retreat	1/10 November 2019

Master classes 6 weekends from January till June once a month on saturday and sunday.

See the dates on the website www.vijnanayoga.pt

During the three years the students should attend of one of the retreats in Holland with Orit Sen-Gupta in January.



READING LIST

FIRST YEAR

- . Yoga Dipika / Light on Yoga
BKS Iyengar
Publisher The Aquarian Press, England
- . Vijnana Yoga Practice Manual
Orit Sen-Gupta
Yoga Center Neve Sha'anam, Jerusalem, Israel
- . Yoga Immortality and Freedom
Mircea Eliade
Publisher Penguin Group, England
- . The Synthesis of Yoga
Shri Aurobindo
Publisher Sri Aurobindo Ashram Press, Pondicherry, India
- . Yoga Sutras of Patanjali
Orit Sen-Gupta
Publisher
- . Vayu's Gate - Yoga and the Ten Vital Winds

SECOND YEAR

- . Anatomy of Movement
Blanchine Calais-Germain
Publisher Eastland Press, USA

THIRD YEAR

- . Hatha Yoga Pradipika
English Translation by Yogui Swatmarama
Publisher Munshiram Manoharlal Publ. Pvt Ltd, Nwe Delhi, India
- . Shiva Samhita
English translation by Rai Babadur Srira Chandra Vasu
Publisher Munshiram Manoharlal Publ. Pvt Ltd, Nwe Delhi, India
- . Gueranda Samhita
English translation by Rai Babadur Srira Chandra Vasu
Publisher Munshiram Manoharlal Publ. Pvt Ltd, Nwe Delhi, India

A MORE COMPLETE READING LIST WILL BE HANDED TO THE STUDENTS



INTRODUCTION

What we teach and pass on is always the fruit of our teachers, the books we read, the information and observations we gather, the wisdom of our friends, and finally how we absorb this knowledge and use it in daily yoga/life.

After having stopped for some years with the Teacher Training Course I have decided to make a final group that I think now will be my last.

This course will be concise, direct, intense and practical, focusing the attention of the students in daily yoga practice and lifestyle so that they will be able to teach with a clear understanding of the subject.

Three years is not enough to discover the deep implications, reasons and consequences of yoga. We offer an introduction and hope to develop in the student a solid base and love for yoga that will inspire him/her to continue with study and self practice.

Our lineage of yoga practice goes back to times when a guru had only a handful of disciples during his whole lifetime. They were selected according to an appropriate background, health, religion, and from an early age taught the art of yoga. One of these gurus was the great master Shri T. Krishnamacharya (1883-1987) who, in the presence of a French doctor voluntarily stopped his heartbeat, proving in this way his full control of all his body functions.

He was the distinguished teacher and guru of Pattabhi Jois (Ashtanga Yoga) of B.K.S. Iyengar (Iyengar Yoga) and T.K.V. Desikachar, his son. In our practice we go back to his roots, when these three types of yoga were not yet divided.

In this path there are some essential elements that define our practice of Vijnana Yoga.

- Meditation
- Asana practice and the Vital Principles
- The study of Texts
- Kriyas, vayus and pranayamas

Meditation is one of the fundamental pillars to all yoga systems. It goes back to a tradition, still alive today, where the main form of the development of consciousness is the meditation and the reading of classical texts. Meditation is essential not only to ensure the fine tuning and quality of the mind during the practice, but also in daily life.

The Vital Principles are: the harmony and alignment of the body; the alertness of the mind to the body and its surroundings; the concentration in delicate movements and in synchronicity with the breath; the connection with the earth and the space. In this way the movements continue for a long periods of time and the mind will always be in union with the body. We learn awareness and create wisdom of the body.

The Study of yoga related texts, some written many centuries ago and by yoga practitioners, broaden our understanding and give a new dimension to our practice.

With the vayus and kriyas we gradually master the different and the most classic pranayamas.



Teacher Training Course with Dona Holleman and Orit Sen-Gupta.

Meeting Orit Sen-Gupta was the last step closing the circle: I learned how to read, value and understand the classical yoga texts; through them came the acknowledgment of the desires and the fears of our yogui ancestors, but most importantly, I could perceive the depth and the wideness of their hearts, in loving yoga. They touched me and showed me the way to a personal path of inner transformation.

In October 1995 I opened my Yoga Studio in Amsterdam: Studio Asana where I have taught until 2007.

In 2001 I finished building the yoga studio in Silves where I am and teach now.



TERESA CALDAS



At the age of 18 I bought my first yoga book and was fascinated not only by the strange poses, but also by what seemed to emanate from them. The inner strength, the calmness of the body and the sweetness in the face of this yogui (Swami Vishnudevananda) made a deep impression on me. I then decided I was going to learn it. With my first yoga lesson I was very disappointed but the interest did not fade away. My search began.

It was in 1988 that I came in contact with Iyengar Yoga in the Kosmos in Amsterdam. I joined the Teacher Training Course and soon afterwards I was giving lessons. Eager to go deeper I traveled to Poona, India, to work with Mr. B.K.S. Iyengar.

With the years and as my understanding grew, I felt that in my practice I was not giving enough attention to the inner movement, to the breath, the connectivity, the ability to relax and undo, the sweetness, the feeling of joy. It was time to look further.

I met Dona Holleman, an individual practitioner finding the roots of yoga - in the earth as well as in the univers. With her I could see the flow of energy moving with and within the body. I saw the connectedness, the lightness and joy of practicing yoga.

I attended several courses yearly with Dona Holleman, bringing into practice her most simple theory: "monkey see, monkey do".

As in ancient times the guru would practice and the disciple would imitate. No big speeches, no storm of technical information, no competition or stress upon achievement. Only practice and gradually the understanding of the landscape of the body will come.

Later I attended her 4 year European Yoga Teacher Course.

VIJÑĀNA YOGA

"Calling our practice Vijnana is but giving recognition to something that has always been there, something that is at the core of our discipline: Practicing, feeling, understanding - from the inside"

Orit Sen-Gupta

According to the great Vedanta philosopher Śankara, Vijñāna is a deep understanding or knowing that cannot come about merely through outer knowledge. Even the knowledge expounded by our teachers and the inspiration we receive from spiritual texts is not enough. Vijñāna is when inner clarity is revealed through personal experience.

Ramakrishna explains Vijñāna thus: "The awareness and conviction that fire exists in wood is Jnana (knowledge). But to cook the rice on that fire, eat the rice and get nourishment from it is Vijñāna".

sources:

Vijñāna - the act of distinguishing or discerning, understanding, recognizing, intelligence, knowledge, skill, art, science.

(Monier Williams, Sanscrit-English dictionary p.961)

"As direct as the physical vision sees and grasps the appearance of objects, so and far more directly does the gnosis (Vijñāna) sees and grasps the truth of things."

(Sri Aurobindo, Syntheses of Yoga, p. 463)

vayus:

For the practice of the vayus as we do it today we thank Orit Sen-Gupta for her exhaustive compilation and long study on the subject.

www.vijnanayoga.com



PROGRAM

A three year teacher training course. Total 750 hours.

Even though in yoga we cannot speak about objectives, there are several basic steps in the process of learning that must be taken. These do not follow a chronological order but should develop simultaneously.



meditation

Meditation has been a recognized yoga method for the last 5000 years. The practice of meditation has a broad range of effects, spiritual or psycho-physiological, from the attaining a higher state of consciousness, creativity, awareness of the self, to simply reaching a quiet and relaxed mind and body.

We can observe that the mind is always busy with the future or with the past. With meditation we can slow down the speed of the thought and observe the silence of the present.

anatomy

The students should achieve a thorough knowledge of anatomy, concerning body movement and its technique. Also important is the understanding of the mechanics of the body in relation to gravity. Observation of your own body is required but also of the others. This involves study, research, conclusions and possible changes. The body is our instrument and as such it has to be understood.

breath

Pranayama (breath control) - by its practice we carry the body beyond the mechanical level.

Kriyas (cleansing) - Uddiyana Bandha, Agni Sara, Nauli - yoga practices to cleanse and strengthen.

Bandhas and Vayus - enhance the pranayama and the awareness of body and mind. They help connect the inner with the outer world. We reach a cellular consciousness that enables us to work in harmony with our body instead of against it, changing the quality of the vibration of body and mind.

PRICE

PRICE PER YEAR	€ 1500,-
DUE AT REGISTRATION	€ 900,-
DUE IN MARCH	€ 300,-
DUE IN SEPTEMBER	€ 300,-

The inscriptions are opened to a maximum of 15 students.
The inscriptions commits the student to a full year payment.

The participation fee for the attendance of the Vijnana Yoga Retreat in Holland is paid separately.
Students of the Teacher Training Course will have a discount.

The evaluation, after completing the three year study has an additional fee.

REGISTRATION

Students are requested to have practiced yoga for at least one year.
The students are accepted only after a workshop or a few lessons with Teresa, or with the recommendation of a Teacher. This is always followed by a personal interview.

A registration form will be given to you.



CERTIFICATE

After three years of following the Teacher Training Course, and complying with all the requirements for the assessment, the students may apply for a certificate through an assessment that takes place during final weekend.

Requirements for the assessment:

- DEVELOP A PERSONAL AND REGULAR PRACTICE (INCLUDES MEDITATION, KRIYAS, VAYUS, PRANAYAMA'S AND ASANA'S)
- ASSIST AT BEGINNERS OR ADVANCED CLASSES, LEARNING HOW TO PLACE THE HANDS AND DIRECTIONS TO FOLLOW. THIS HAS TO BE UNDERSTOOD AS A HELP AND NOT AS AN IMPOSITION OF THE POSITURES
- BE ABLE TO PERFORM CERTAIN ASANAS, KNOW THEIR SANSKRIT NAMES AND UNDERSTAND THE ASANA PERFORMED
- UNDERSTAND AND INTEGRATE THE VITAL PRINCIPLES IN THE PRACTICE AND WHILE GIVING LESSONS
- TEACH AS APPRENTICE
- READ AND DISCUSS THE INDICATED BOOKS ON SEVERAL SUBJECTS
- WRITE ONE ESSAY A YEAR BASED ON THE TEXTS OR CHOSEN BOOKS
- PRESENT A PROJECT BASED ON A SUBJECT OF THEIR CHOICE

For the weekend of evaluation a Vijñāna Yoga Teacher Trainer, recognized by the Vijñāna Yoga International Foundation, will be invited to participate in the evaluation of the students.

The new teachers will be able to register on the website of the foundation. The costs for the assessment weekend (€ 300,-) are not included in the total year price.

But the most meaningful reward you will receive is yoga itself, or the students who confirm your capacity in transmitting/sharing your knowledge and experience.

This needs a well developed capacity for concentration, a fine intuition and an intense awareness of the breath.

philosophy

Several classical yoga books are studied. Hatha Yoga Pradipika, Gueranda and Siva Samhita, and of course the Sutras of Patanjali.

Without these studies there is little understanding of the background of yoga, or notion of its essence.

In the first chapter of the Yoga Sutras, Patanjali describes yoga as the restraining of the fluctuations of the mind/consciousness. What can this mean to us? Why do we practice and are fascinated by it? How and what for can we use it for?

Eventually there is Samadhi, illumination, tao, nirvana, or a state of bliss.

Each culture and religion gives it a different name.

During these three years, the students will hopefully catch a glimpse of what it means to bring the mind to a state of calmness.

Each year a few books concerning the themes mentioned above are selected for reading and discussion.

principles

As a guide to our āsana practice and to connect the body, the energy and the mind, we systematically use the principles as described in the book "Dancing the Body of Light" by Dona Holleman and Orit Sen-Gupta.

1. RELAXATION OF THE BODY
2. RELAXATION OF THE MIND
3. INTENT
4. BREATH
5. ROOTING
6. CONNECTING
7. ELONGATING

The first three principles (relaxing the body, relaxing the mind and the intent) are related to a state of mind, the last three (rooting, connecting and elongating) are related to the body.

The breath makes the link between body, mind and spirit, and leads us to the energy level.

STRUCTURE

In the first year we work on the integration of the vital principles in our practice, followed by the didactics related to teaching: how to teach; what distinction make between beginners or advanced postures; how to assist.

The books selected are “The Sutras of Patanjali” with translation from Sanskrit by Orit Sen-Gupta and “The Vayus Gate” written also by Orit Sen-Gupta.

In the second year we will treat in detail the subject of therapeutic yoga: how to understand the different physical problems and pains. How to evaluate, help and improve. We will use specific examples or personal cases.

The book we use is the “Anatomy of Movement”. We will also start with the study of “The Hatha Yoga Pradipika”, “The Gueranda Samhita”, “The Siva Samhita”.

In the third year it is essential to know the different asana sequences, and know the Sanskrit name of the postures.

One has to be able to teach each asana according to the possibilities of the student.

You should be able to build up a lesson.

The hours of tuition are given in different forms:

- Intensive Yoga Retreats
- Yoga Holiday Workshops
- Master Classes
- 20 regular weekly lessons a year, given by any International

Vijnana Yoga Teacher.

Once in the three years we advise the students to attend at least once the retreat with Orit Sen-Gupta. This is not included in the total price.

The spoken languages are English, Dutch and Portuguese.

practice

Daily practice is essential. This includes meditation, kriyas, vayus, prāṇānāyāma's, āsana's and study.

The students need a syllabus to follow as a guide line.

To this, other āsana practice can be added.

assisting

Learning how to assist will take place during the weekends or in the workshop.

Based on the observations arising from the assisting process, and also out of the self practice, discussions will be held upon:

- MEDICAL YOGA, POSTURE CORRECTIONS,
- WHEN AND HOW TO CORRECT
- THE PROCESS OF TEACHING, BODY AND ENERGYWISE
- PROFESSIONAL AND ETHICAL BEHAVIOUR

These discussions will take place during the retreats.

evaluation

At least once a year each student will have a talk/evaluation which could be private or in group, according to the points brought to attention and the needs of the student. This is meant as a guidance within a process and not to control of the personality of the individual.

Each year the students need to write an essay on the books read during the year.

For the evaluation the students need to present a project that can be based on any of the subject studied during the three years.