



# 200H YOGA TEACHER TRAINING


SATURDAY 16 JULY - SATURDAY 14 AUGUST  
30 DAYS RESIDENTIAL TRAINING

Immerse yourself in a full yogic lifestyle in South West France

30 Day Residential Teacher Training

Lead by Asst. Prof. Debiprasad Pramanik Ph.d Scholar





*“The New Yoga Teacher Has More  
Possibilities Than Ever Before...”*





Dear Student

Our 200 hour training offers you a fully immersive and completely holistic approach to yoga - combining the wisdom of traditional yoga teachings with contemporary understandings in areas such as anatomy, physiology, emotional management, psychology, wellbeing and spirituality. This opens the opportunity for you to embark on your own personal journey of self-enquiry which in turn creates life changing transformations. The course builds the foundations for you to adopt a full yogic lifestyle.

This highly curated course will guide you to create your own personal daily yoga practice and will lay the foundations required to enable you to teach yoga confidently to other people.

Renowned course leader Debiprasad Pramanik is a Ph.D scholar in the field of ancient yogic scriptures. He is a Yoga Alliance International Ambassador and has more than 15 years experience conducting yoga teacher training courses in India at the Sri Aurobindo Ashram, Delhi and at Auro University Surat. He is Assistant Professor (Inprofessorin) in the field of Yoga; a certified Yoga evaluator from the Ministry of AYUSH, Govt. of India, and former Assistant professor at AURO University. He is also part of the pedagogic team of the only Yoga Diploma course in France at the University of Lille. He and his partner Fidji Milet are the founders of Swayoga.

This course provides you with an excellent opportunity to learn life-transforming new skills and... make the desired changes so that you can live a truly fulfilling life both on and off the mat.

Debiprasad & Fidji



# OVERVIEW

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## 1. SKILL LEVEL

- Beginner
- Intermediate
- Advanced

## 2. YOGA STYLES

- Hatha Yoga - Yoga through the body and the subtle body (nadi, prana, chakra)
- Raja Yoga - Yoga through Chitta (mind and the mental components)
- Karma Yoga - Yoga of action
- Bhakti Yoga - Yoga of devotion
- Gyana Yoga - Yoga of knowledge
- Mantra Yoga - Yoga of sound and vibration
- Swara Yoga - Tantric science of breath and polarities
- Kundalini Yoga - Yoga of the serpent power and psychic centers
- Integral Yoga - Yoga of physical, vital, mental, psychic and spiritual beings
- Ayurveda - Basic concept of food, life-style and body constitution
- Naturopathy - Fundamental principle of five elements present in the body
- Awareness Activities - Enjoyable methods to experience the different aspects of ourselves
- Teaching methodology - Micro and macro lesson methodology





## OVERVIEW

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### 3. CERTIFICATION & SYLLABUS

- On completion of the 200h course you will receive your **Yoga Alliance International Certificate** and be qualified to teach yoga all over the world.
- Our 200h programme is based on the **Yoga Certification Board (YCB) Syllabus** and the **Level 1 Yoga Protocol Instructor of the Yoga Certification Board of the Ministry of Ayush, Government of India**.
- **Additional certificate:** For those students interested in attaining further certification, recognised and accredited by the Indian Government Ministry of Ayush, our partner Swasti Yoga Center (on behalf of the YCB), can arrange a further examination at Maison de Lunel on completion of the course. (Please note that there will be an additional registration fee and exam fee payable to the Ministry of Ayush, Government. of India).

### 4. 30 DAYS INSTRUCTION IN ENGLISH

- The course is in English but the organisers also speak: French, Spanish & Hindi
- Group size: 10 – 14 participants

# The Retreat

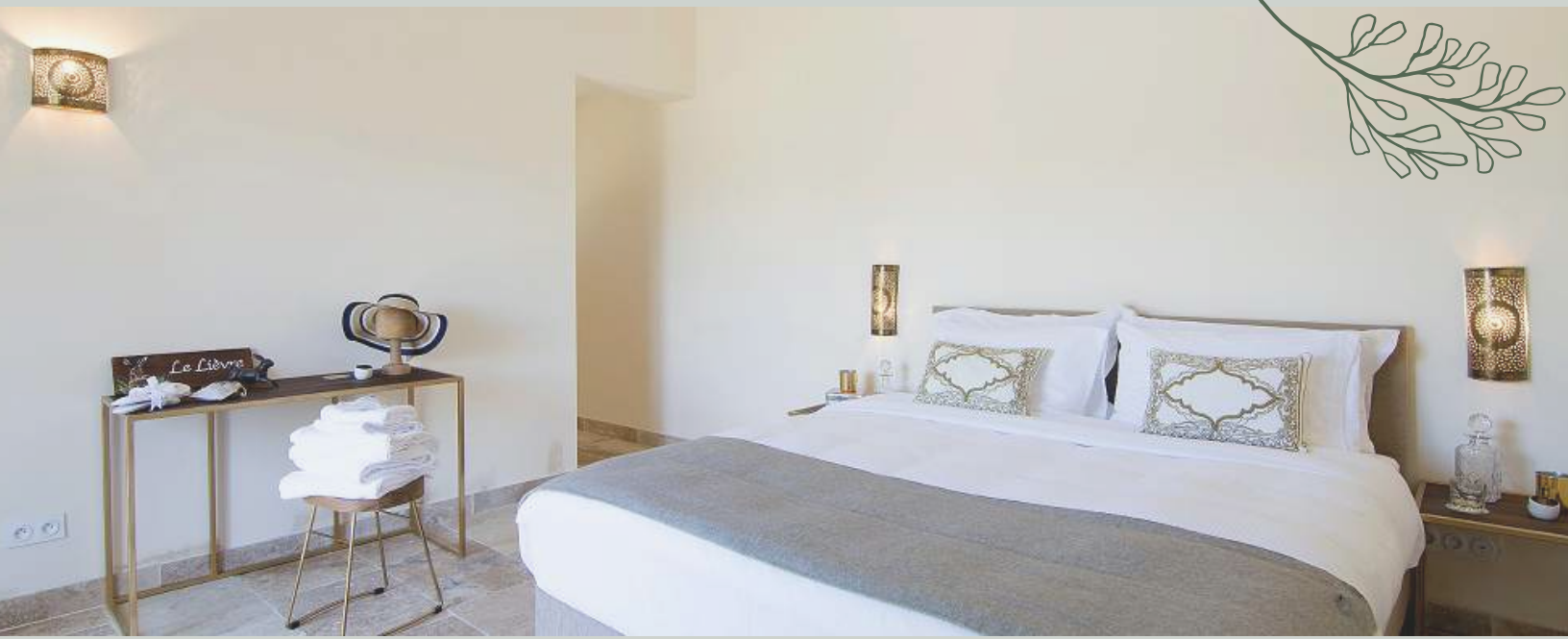


Set within 35 acres of private grounds Maison de Lunel offers the perfect setting for you to retreat and truly immerse yourself into yoga and the yogic way of life.

- 120m<sup>2</sup> fully equipped yoga studio
- Luxurious guest bedrooms with crisp white linen and Noble Isle amenities
- Each guest room has its own en-suite bathroom and AC
- Swimming pool
- Wood burning Hot Tub
- Infrared Sauna
- Spacious Lounge Areas
- Pool Terrace with cinema wall
- 35 acres of private grounds
- Bikes
- Laundry
- Wireless internet
- Parking
- Huge open spaces with views over rolling countryside and woodland



# Maison de Lunel



Maison de Lunel offers three styles of accommodation with a choice of Boutique or Deluxe room, or a one bedroom apartment - with private lounge and kitchen area. All of the guest rooms are beautifully appointed and every room has an en-suite shower room. Accommodation is single or twin occupancy.

- Sweet dreams style mattresses & Crisp white cotton linen
- Luxury bedding and hypo allergenic duvets and pillows
- En-suite bathroom and Noble Isle toiletries
- Lavender Bags on your pillow – for healthy sleeping
- Hairdryer
- Climate Control – AC / Heating&
- Writing table and chair
- USB charging points in all rooms
- WiFi internet throughout











# The Programme

Beside the core teachers Debiprasad and Fidji you will have the benefit of guidance from expert guest speakers in the field of Yoga, Ayurveda, Indian Psychology, Anatomy and Physiology.

**As part of the 200-hour yoga teacher training, you can expect:**

- Powerful teachings blending the traditional view of yoga and modern tools
- A dedicated and highly qualified yoga teaching team with a passion for the practice and years of professional full-time teaching experience
- A space where you can focus on your practice and your learnings, in a fully equipped, peaceful retreat where you will find everything to meet your needs
- A gift bag with a yoga manual following the course content and a yogic cleansing “Shatkarma” kit and an eco-friendly yoga mat.

This full-spectrum training is the perfect opportunity for genuine seekers, students and teachers looking to evolve their understanding and practice of yoga.

If you are ready to develop your practice and teaching skill set and find the confidence to guide a class while committing to an intense month, then this is the training for you.

Debiprasad and Fidji invite not only those who wish to become teachers, but anyone who wants to take their practice to deeper physical, mental and spiritual levels.

Over the 4 weeks, you are going to be guided through the following main areas of study to develop your practice and your skills as a yoga teacher: Yogic practices such as Asana, Pranayama, Shatkarma, Bandha, Mudra, Mantra and Meditation, . Yoga Philosophy, Yoga Psychology, Yoga Science, Yoga fundamental concept of Ayurveda and Naturopathy, and Teaching Methodology.

# Personal Outcomes:

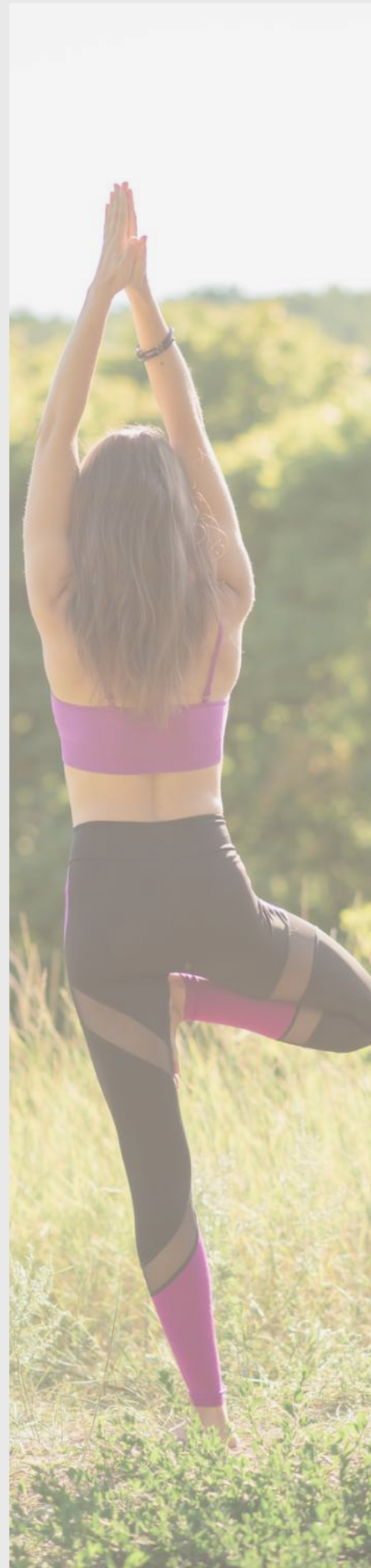
- A deeper understanding of one's own self
- Enhancement of the physical, mental, emotional and spiritual health
- Integration of the yogic life-style which will leads to an harmonious life
- Manage your and your family health through yoga therapy

# Professional Outcomes:

- Knowledge, understanding and teaching skills and methodology
- Demonstrate an understand of the basic principles and concepts of Yoga
- Knowledge on fundamentals of Yoga Philosophy, Yoga Science and Yoga Psychology
- Knowledge on fundamentals of Integral Yoga and Integral Health
- Application of the Yogic Lifestyle and self practice in daily bases
- Eligible for advanced Yoga course
- Able to pursue Yoga as a career
- Teaching as a confident Yoga Instructor

“ You have been fantastic. I really enjoyed the course.  
It has been prefect. You are very skilled and  
qualified teachers...and always available. I could feel  
your love for yoga and what you do. And it has been  
vital for me... I appreciated every session ”

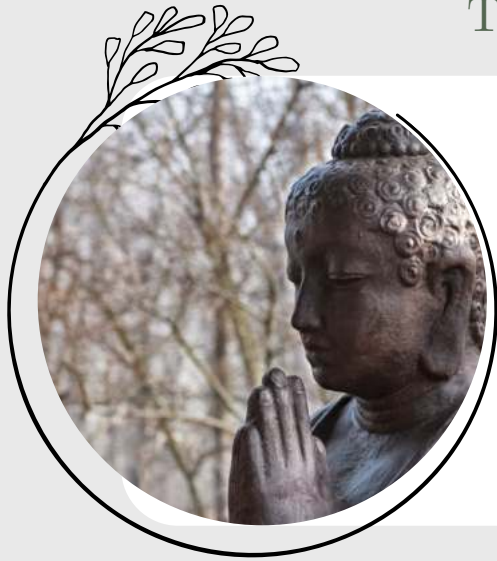
*Marina Torresi*





# The Course Covers

Theory & Philosophy - 50h



## Theory & Philosophy

The purpose is to get familiar with the key concepts of yoga philosophy by analyzing different interpretations while developing your own interpretation of the text. You will learn:

1

### YOGA

- Introduction to Yoga and Yogic practices
- Etymology of Yoga and definitions of Yoga in different classical Yoga texts
- Brief introduction to origin, history and development of Yoga
- General Introduction to Veda, Upanishad, Shad Darshana, Tantra and Vedanta
- General introduction to different schools of Yoga (Hatha Yoga, Raja Yoga, Karma Yoga, Bhakti Yoga, Jnana Yoga, Integral Yoga and others)

2

### HATHA YOGA

- Introduction to Hatha Yoga Parampara
- General introduction to Hatha Yoga texts
- Explanation of fundamental Asana
- Types of Asana
- Precautions during Asana
- Concept of Prana
- Pranayama
- Types of Pranayama
- Importance of Mudra
- Importance of Kriya
- Concept of Nadi
- Concept of Chakra
- Concept of Pancha Kosha
- Concept of Pancha Prana
- Concept of Triguna
- Concept of Pancha Mahabhuta
- Concept of Mitahara, Pathya, Apathya and types of Yoga aspirants
- Badhak Tatva and Sadhak Tatva principles to be followed by Hatha Yoga practitioners

3

### RAJA YOGA

- Introduction to Patanjali
- Definition, nature and aim of Yoga according to Patanjali
- Concept of Chitta and Chitta-Vritti and Chitta-Vritti Nirodha Upaya (Abhyasa and Vairagya)
- Concept of Ishwara and Ishvara Pranidhana
- Chitta Vikshepa (Antaraya) and their associates (Sahabhava)
- Concept of Chitta Prasadana and their relevance in mental Well-being
- Klesha and their significance in Yoga
- Ashtanga Yoga of Patanjali: its purpose and effects, its significance of the Yama and Niyama
- Concept of Samadhi and different types of Samadhi





# Theory & Philosophy

4

## BHAGAVAD GITA

- Principles and concepts of the streams of Yoga as per the Bhagavad Gita
- The concept of Karma, Sthitha Prajna, Bhakti in the Bhagavad Gita

5

## INTEGRAL YOGA

- Introduction to Integral Yoga
- Evolution and Involution
- Planes and Parts of the Being
- Synthesis method of Integral (Hatha Yoga, Raja Yoga, Triple Path and Tantra Yoga)
- Bases of Yoga
  - Concept of Calm, Peace and Equality
  - Concept of Faith, Aspiration and Surrender
  - Concept of Peace in the Mind, Calm Mind, Quiet Mind, Silence Mind, Thoughtless Mind and Meditation

6

## YOGA SCIENCE

- Introduction to human systems, Yoga and Health
- Yogic conceptions of Health and diseases
- Familiarity with the major systems in the Body – skeletal, muscular, respiratory, nervous, cardiovascular, endocrine, excretory, digestive and reproductive
- Introduction to sensory organs and the neuromuscular coordination of sensory organs
- Physiology of Shatkarma, Asana, Pranayama and Kriya
- Familiarity with the benefits of various Asana on different parts of the human Body
- Limitations and contraindications of specific Yoga practices

7

## YOGA PSYCHOLOGY

- Yoga Psychology of Patanjali
- Integral Psychology
- Yogic and modern concepts, Behavior and Consciousness
- Psycho-Social environment and its importance for Mental Health
- Frustration, Conflicts and Psychosomatic disorders
- Relationship between Mind and Body
- Mental Hygiene and role of Yoga in Mental Hygiene
- Role of Yoga for life management





# The Course Covers

Practical - 120h



## Practice & Practical

By the end of the Course, you will be confident to have an established self-practice as well as a pranayama and meditation routine, to take home with you.

1

### MANTRA

- Shanti Mantra
- Vedic Mantra
- Bija Mantra

2

### SHATKARMA (CLEANSING PROCESSES)

- Jala Neti (nasal Cleansing)
- Kapalbhati (frontal Lobe Cleansing)
- Tratak (concentration)
- Dhouti (Kunjil or stomach cleansing)
- Laghu Shankha  
Prakshalana (intestine cleansing)

3

### YOGIC WARM-UP

- Pawanmuktasana series 1, 2, 3
- Breathing Kriyas
- Micro movements
- Macro movements

4

### ASANA

- Dynamic Asanas
- Meditative Asanas
- Sitting Asanas
- Standing Asanas
- Supine Asanas
- Prone Asanas
- Basic and intermediate Asanas
- Inverted Asanas

5

### PRANAYAMA

- Preparatory Breathing Practices
- Sequential breathing
- Full Yogic breathing
- Sitali
- Sitkari
- Bhastrika
- Surya Bhedan
- Chandra Bhedi
- Ujjayi
- Nadi Shodhan
- Bhramari

6

### DRISHTI, MUDRA & BANDHA

- Bhrumadhya Drishti
- Nasagra Drishti
- Hastha Mudra
- Mano Mudra
- Kaya Mudra
- Aadhar Mudra
- Jalandhara Bandha
- Uddiyana Bandha
- Mula Bandha

7

### PRATYAHARA, DHARANA & DHYANA

- Yoga Nidra
- Antar mouna
- Ajap Ajap
- Chidakash Dharana
- Hridayakash Dharana

# The Course Covers

Teaching Practice - 30h



## Teaching Methodology

By the end of the training, you will be prepared to teach a 60-minute class to your group. This teaching methodology module will take you step by step through the process of creating a class and will help you to find your own style as a yoga teacher. You will learn:

- To develop confidence and communication skills through the micro lessons methodology
- How to articulate clearly, directly, and with intelligent cues
- How to teach asana technique and correct alignment
- To build your skill in observing alignment across different bodies
- How to create classes that are infused with yogic philosophy and your heart's message
- How to build intelligent sequences, which are powerful, dynamic, and balanced
- Knowledge and demonstrated ability to prepare the class room with cleanliness, proper lying of the mat, sufficient spacing and decorum
- Describing the practice (name, meaning, explanation, category, type, counts and complimentary postures)
- Demonstration (silent demo, demo with counts, demo with counts breathing and explanation)
- Benefits and limitations
- Teaching daily plan and course schedule

*“ I have been practising Yoga for more than 8 years, but only through this course did I understood the deep meaning of the Asanas, Pranayamas and yogic lifestyle at all.*

*Thanks so much!. ”*

*Helene Schüßler*



# The Course Covers



## Workshops

There will be various workshops throughout your course hosted by associate Professors and Doctors. Some are more specific for your own practice, while some will further develop you as a teacher. Workshops examples include the following topics:

1

### AYURVEDA

- Introduction to ayurveda
- Ayurveda body types
- Aayurveda diet
- Ayurveda lifestyle according to the circadian rhythms and seasons

2

### NATUROPATHY

- Basic principles of Naturopathy
- Role of the five elements in the body

3

### YOGA-THERAPY

- Basic principles of Yoga-therapy
- Yogic management of common diseases and lifestyle related conditions (stress, back pain, diabetes, etc.)



“ Tremendous improvement in terms of knowledge and awareness...particularly the way I viewed yoga earlier as a tool and now as a lifestyle. ”

*Prasanta K Biswal*



# Example of the Daily Schedule

Average total training duration per day 8 hours - Classes are all day, Monday to Saturday with Sunday off.

START TIME	END TIME	DURATION	PROGRAMME
07:00	08:45	1:45	Session 1: Asana, Pranayama & Kriya
08:45	09:45	01:00	Breakfast
09:45	10:45	01:00	Karma Yoga (selfless work & service)
10:45	11:45	01:00	Session 2
11:45	12:15	00:30	Break
12:15	13:15	01:00	Session 3
13:15	15:45	02:30	Lunch & rest time
15:45	16:45	01:00	Session 4
16:45	17:15	00:30	Tea break
17:15	18:45	01:30	Session 5
18:45	19:15	00:30	Break
19:15	20:00	00:45	Session 6: Meditation
20:00	21:00	01:00	Dinner
21:00	22:00	01:00	Self-time/Optional activities





# Food & Beverages

## Mindfulness Yoga Style

The kitchen is vegetarian, wholesome, and uses seasonal, organic locally sourced produce wherever possible. There is even a bio-dynamic farm in the village which supplies most of the produce. The aim is to provide healthy, delicious food that allows you to progress in your yoga practice. Dietary requirements are catered for, please notify upon booking.

You will enjoy organic vegetarian food, freshly prepared superfood options including slow pressed juices and raw food.

The following meals and drinks are included:

- Breakfast
- Lunch
- Afternoon Snacks
- Dinner
- Unlimited Filtered water
- Organic Herbal teas

We cater for the following dietary requirements:

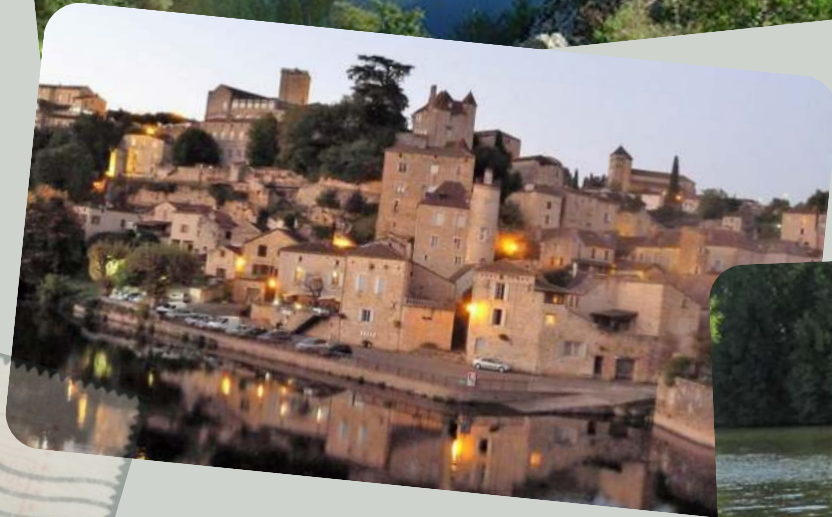
- Vegetarian, Vegan, Gluten Free
- Other dietary requirements on request

*“ Eating with compassion and cherishing the life energy that food gives is a vital part of living an authentic yogic lifestyle. ”*



# Postcards from the Lot

There are plenty of things to do in the area, from taking walks or bike rides in the surrounding countryside along renting kayaks or paddle boards on the River Lot, to hiking to the local bastide towns.







# The Details

## Dates:

Saturday 16 July - Saturday 14 August

## What's included

- 200h Yoga teacher training course
- The complete and comprehensive yoga teacher training reference and supportive material
- 30 nights luxury accommodation
- 3 meals a day
- Teas and snacks
- One Internationally Accredited Yoga Alliance International Teaching Certificate

## What's not included

- Airport transfer - this can be arranged by Maison de Lunel
- Massage Treatments
- Excursions
- Optional additional Yoga Certification Body certificate recognised by the Ministry of Ayush

## Cancellation policy

- A reservation requires a deposit of €1700
- The deposit is non-refundable, if the booking is cancelled.
- The balance will be due by 31st May 2022.



# About Your Teachers



## Asst. Prof. Debiprasad Pramanik Ph.d Scholar

Debiprasad Pramanik is a Yoga scholar from India. For more than 25 years he has devoted himself to the field of Indian traditional yoga and Integral yoga.

Since childhood he has been following the path of yoga, first learning Indian traditional yoga and yogic lifestyle by living in different Ashrams such as Sri Ramkrishna Satyananda Ashram in West Bengal, Bihar School Of yoga in Bihar and finally spending 18 years in Sri Aurobindo Ashram in Delhi.

He has also approached Yoga as a career pursuing diplomas, masters and presently as a Phd scholar. He has also more than 25 years teaching yoga to adult and school children and more than 15 years experience training yoga teachers in India at Sri Aurobindo Ashram and at AURO University.

He is also closely associated with the yoga project of Indian Government as an certified yoga evaluator and their abroad project through International Day of Yoga.

At present, he is also associated, as part of the pedagogic team, with the Université de Lille, the first and only university in France to offer a diploma in the field of Yoga.

Through Association Swayoga, he is sharing his knowledge and experience to the world.

*“ This really was an excellent learning experience for me...  
It was really wonderful to gather the technicalities of practicing  
Yoga... It's a life time experience which I will to cherish.  
Thank you very much to Debiprasad and Fidji ”*  
*Utpala Das*

# About Your Teachers

## Fidji Milet

Fidji Milet is a therapist of alternative medicine. Her qualifications include a Diploma in Osteopathy from Diaphragma School in Madrid (2012) and a Diploma in Yoga and Meditation Teacher from SriMa International School of transformational Yoga (2015).

She is also qualified in naturopathy and yoga by Archana Yogayatan Centre, New Delhi (2018) and in yoga therapy by Yoga Vidya Gurukul, Nashik, India (2018). She has also undergone training in integral yoga by Sri Aurobindo at Aurovalley Ashram, Rishikesh, India (2013-2014).

She has followed numerous training courses in alternative medicine, in particular between 2009 and 2014 with Dr. Seignon, general practitioner and naturopath in SW France and since 2016, with Dr. Yadav, naturopath and yoga therapist, founder of the Archana Yogayatan Centre in New Delhi.

For the past 12 years she has been working in the field of Integral Health. She believes in living a yogic life and helps people through her experience. Her teaching and therapy method is based on yoga, naturopathy, osteopathy, and ayurvedic approaches.

She has devoted more than 8 years in India to learn and explore the different traditional yoga systems by living in an ashram atmosphere such as Auroville in Pondicherry, Aurovalley Ashram in Rishikesh and Yoga Vidya Gurukul in Maharashtra.

From 2019 to 2021 she was a member of the faculty at AURO University and offered several yoga teacher training, workshops and courses based on traditional Yoga and Sri Aurobindo's Yoga. She also guided faculties, students and associates through several programs on Integral Health during the COVID-19 challenges.

She has recently moved to France to continue her work through the Association Swayoga.





# About



## Swayoga

Swayoga is a French non-profit organization. Its aim is to contribute to a quality transmission of traditional Indian Yoga and Integral Yoga in France and thus participate in the well-being of society in all its dimensions and to train yoga teachers so that they in turn can transmit the essence of classical Indian yoga in a responsible and professional manner.



## Yoga Alliance International

YAI is a network of dedicated, like-minded people and institutions devoted to the cause of authentic Yoga. YAI has a number of Divisions around the world, each headed by a dedicated Director, who serves as their representative in their respective countries. They come from all corners of the world and share a passionate commitment to the cause of authentic Yoga traditions. YAI's Ambassadors serve as our flag-bearers and take YAI's message around the world.



## PRICES

Book Before 31st May and Save €500.00

SINGLE OCCUPANCY ROOM TYPE, FULL BOARD	PRICE	EARLY BIRD PRICE
Boutique Room	€ 5350.00	€ 4850.00
Deluxe Room	€ 5500.00	€ 5000.00
Apartment	€5800.00	5300.00

SHARED OCCUPANCY (TWIN) ROOM TYPE, FULL BOARD	PRICE	EARLY BIRD PRICE
Deluxe Room	€ 4600.00	€ 4100.00
Apartment	€4750.00	€ 4250.00

### Breakdown of Fees:

Course fees: €1700 per person

### Accommodation, Full board fees\* - Single Occupancy:

- Boutique Room: € 3150.00
- Deluxe Room: € 3300.00
- Apartment: € 3600.00

### Accommodation, Full board fees\* - Shared Occupancy (Twin):

- Deluxe Room: €2400 per person
- Apartment: €2550 per person

\*Please note that the above prices are based on the Early Bird Fees





## 200h Yoga Teacher Training

If you would like further information about the course please  
do not hesitate to contact us.

SWAYOGA

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**BOOK YOUR PLACE**