



100 HOUR VEDANTA & YIN-YOGA TEACHER TRAINING

PRE-REQUISITE : YOGA PRACTITIONERS WITH A MINIMUM OF 2 YEARS OF CONSISTENT PRACTICE
THE TRAINING IS ACCREDITED BY YOGA ALLIANCE AND COUNTS TOWARDS MINDFUL YIN+YOGA MODULES COVERING THE BELOW.

- **40 HOURS OF PHILOSOPHY:**

Learn Vedic Yoga philosophy from Bhagavad Gita and Patanjali Sutras, Sanskrit Phonetics and Mantra / Stotram recitation.

- **50 HOURS OF YIN YOGA:**

Module 2(chakras and meridians) - Understand the Meridian system as a concept of an energy supply to the body, Discuss the chakras as coordinating centers of the meridian system and as a springboard to a higher consciousness through meditation, Explore Chi/Prana, chakras and Meridians/Nadis with Yin Pranayama and meditation practices.

- **10 HOURS OF TEMPLE PRAYERS AND VISITS.**

TEACHERS : SRI SWAMIJI , AMMAJI AND HELGA BAUMGARTNER



VEDANTA . YOGA . CHAKRAS . ASHRAM LIFE . TEMPLE VISITS

**NOV 14 to
NOV 28, 2024**

**PURNA VIDYA FOUNDATION,
COIMBATORE, INDIA
15 DAYS RESIDENTIAL RETREAT**



**PLEASE SCAN THE
QR CODE TO
REGISTRATION**



100 HOUR VEDANTA & YIN-YOGA TEACHER TRAINING

ABOUT OUR TEACHERS

Sri Swami Siddhabodhanandaji has a rich 40 years history as a teacher of Vedanta and Sanskrit. A student of Pujya Swami Dayananda Saraswati, Swamiji's scholarship and mastery of Paniniyan Sanskrit grammar allowed him to create the pedagogy and structural tools for residential Vedanta courses in Arsha Vidya.

Swamini Pramananda (affectionately known as Ammaji) is the Spiritual Leader and Visionary behind the organization, Purna Vidya, based in Coimbatore, India. For the past 40 years, she has been sharing the vision of Oneness and Harmony with seekers around the world.

Helga is one of the few teachers in the world who have completed a 650-hour Yin Yoga training with Paul Grilley in California (**Yoga Alliance 500-hour ERYT certified**). After a total of more than 850 hours of training in Yin Yoga, she has been training Yin Yoga teachers herself since 2014 and is a sought-after lecturer for Yin Yoga at yoga conferences. She is the author of the book 'Yin Yoga', published by BLV Verlag in 2015, and teaches yoga and mindfulness at the University of Regensburg.

COURSE FEE:

For Indian nationals, Rs. 50,000/- (Course Fee) + stay and Sattvic Food (based on accommodation type). To avail the early bird registration price offer, reserve your seats on or before June 30, 2024.

Foreign nationals are requested to write to office@yinplusyoga.de

VEDANTA . YOGA . CHAKRAS . ASHRAM LIFE . TEMPLE VISITS

NOV 14 to
NOV 28, 2024

PURNA VIDYA FOUNDATION,
COIMBATORE , INDIA
15 DAYS RESIDENTIAL RETREAT



PLEASE SCAN THE
QR CODE TO
REGISTRATION



100 HOUR VEDANTA & YIN-YOGA TEACHER TRAINING

PROGRAM SCHEDULE: (SUBJECT TO MINOR CHANGES*)

TIME	PROGRAM	INSTRUCTOR
06:15 AM	MORNING TEA	HELGA
06:30 – 8:30 AM	ASANA-YANG & YIN YOGA (PRANAYAMA, MEDITATION)	
08:30 – 9:15 AM	BREAKFAST	AMMAJI
09:15 – 10:00 AM	VEDANTA SESSION 1	SWAMIJI
10:10 – 10:55 AM	VEDIC CHANTING/PRAYERS (SAMSKRTAM PHONETICS)	AMMAJI
11:05 – 11:50 AM	VEDANTA SESSION 2	
11:50 – 12:10 PM	TEA BREAK	HELGA
12:10 – 01:00 PM	YIN YOGA THEORY & ANATOMY	
01:00 – 1:30 PM	LUNCH	
01:30 – 3:00 PM	REST & FREE TIME	HELGA
03:00 – 05:00 PM	YIN YOGA THEORY & ANATOMY	
05:00 – 05:45 PM	AFTERNOON TEA & REST	
05:45 – 06:30 PM	TEMPLE PRAYERS	AMMAJI OR HELGA
06:30 – 07:30 PM	SATSANG OR YIN YOGA	
07:30 PM	DINNER	
08:00 PM	PERSONAL TIME / REST & SLEEP	

Arrival day Thursday, November 14th by 11:00 am (or according to incoming flight)

Departure day Thursday November 28th by 11:00 am (or according to outgoing flight)

NOV 14 to
NOV 28, 2024

PURNA VIDYA FOUNDATION,
COIMBATORE , INDIA
RESIDENTIAL RETREAT



PLEASE SCAN THE
QR CODE TO
REGISTRATION



100 HOUR VEDANTA & YIN-YOGA TEACHER TRAINING

HIGHLIGHTS

- Daily Vedanta lecture, chanting and Sanskrit classes.
- Daily practice of Yin & Yang Yoga, Pranayama & Meditation.
- Yin Yoga theory, focused on the subtle body, the chakras and meridians.
- Community time and experiencing ashram life.
- Daily temple visits & prayers, sacred fire rituals(Yajna),organic farm visit.
- Delicious south Indian food (idly, dosas, chutneys etc) and chai.

TEACHERS : SRI SWAMIJI , AMMAJI AND HELGA BAUMGARTNER



VEDANTA . YOGA . CHAKRAS . ASHRAM LIFE . TEMPLE VISITS

**NOV 14 to
NOV 28, 2024**

**PRE-REQUISITE :
YOGA PRACTITIONERS WITH A MINIMUM
OF 2 YEARS OF CONSISTENT PRACTICE**



**PLEASE SCAN THE
QR CODE TO
REGISTRATION**

**PURNA VIDYA FOUNDATION,
COIMBATORE , INDIA
RESIDENTIAL RETREAT**

WWW.PURNAVIDYA.ORG