

Mindfulness Yoga 2023

Teacher Training

Residential
& Online



The New Comprehensive 300/ 500 hour Certification in Mindfulness Yoga from Bodhiyoga International

Sadhita and Suḍāka have been practicing and teaching yoga and meditation for over 30 years (each). We have run dozens of retreats together and have offered a comprehensive teacher training since 2012.

Since the Pandemic the world has transformed forever. We have all transformed the way we work, study and play. We redesigned our training in response, then in 2021 and 2022, tried and tested a new modular format, part Online, part Residential. The new format makes for easier assimilation of the material and more time to get to know each other over a longer period of time.

The training is spread over eight modules, typically completed over a 12 month time frame. The first three orientated and the next five orientated towards you as Yoga teacher.

Training Online, then Residential? What does this mean for your training?

We offer you a stronger more thorough training than ever. You enjoy a comprehensive, multi dimensional teacher training to 300 or 500 hour Certification.

You can easily combine the Online modules with your day to day life at home and if you wish, do them as “retreats at home”. The 15 day Residential is easier to arrange in a busy annual schedule.





Included in the 500 Certificate is all the material from our Foundation training and a detailed Remedial yoga Module.

It has been an extraordinary period and we are living in extraordinary times. Bodhiyoga International grew out of Sadhita's and Sudaka's love and commitment to meditation and yoga practice. Sadhita and Sudaka have practiced several decades within a Buddhist "setting". Out of our imaginations and at the same time seeing the need for a Yoga teacher training that honoured the roots of the meditative tradition of both yoga and Buddhism through Mindfulness, we have incorporated all the up to date knowledge around body work, anatomy and safe practice that has evolved with modern scientific applications.

Bodhiyoga has always strived to offer the best training and the best practices and since the beginning we have insisted that students do more than the required hours to gain their Certification.

We offer the first six modules to qualify at 300 hour level and then two more for 500 level.

The new part Online training has been wholly successful. 2021 and 2022 worked really well. We are now offering our third edition in 2023.

We augment the contact time that you have with us by offering a "hybrid" 300/ 500 hour Certified training, The Online modules focus on building up your practice and exploring theory. In the Residential training, we explore in depth the practice and analysis of the posture work. The Residential component also gives the "lived" communal experience of being in retreat like conditions.

This new format offers more to our students. You have more ongoing contact throughout the year with us and each other. Training Online means studying from the comfort and ease of your own home. We also recognise that the two week Residential is more accessible for students with busy life schedules.

Coming to Suryavana near Valencia in Spain is wonderful and Suryavana is an ideal dedicated practice place for you to deepen your practice into becoming a Yoga teacher.

How does it work?

**Our 300/ 500 hours Hybrid
Yoga Teacher Training comprises
6 or 8 Modules**

**total 502+ hours -
312 contact hours**

For more information please visit our website
www.bodhiyoga.es and arrange a video call with one
of us.



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| Module 1 | 6 week Meditation course Online | 12 hours contact time |
| Module 2 | 3 day workshop Online | 20 hours contact time |
| Module 3 | 3 day workshop Online | 20 hours contact time |
| Module 4 | 5 days Online Foundation | 40 hours contact time |
| Module 5 | 15 day Residential Training in Suryavana, Spain | 160 hours contact time |
| Module 6 | Home Assignments I | 60 hours |
| Module 7 | 6 days Remedial Yoga and Applied Mindfulness Training CPD Online | 60 hours contact time |
| Module 8 | Home Assignments II | 130 hours |

Why train with Bodhiyoga?

You gain a clear understanding of how to present a full range of yoga postures and sequencing formats both fast and slow, (vinyasa flow, Yin, a more therapeutic approach) incorporating modern and ancient methods.

How we practice our yoga?

We emphasise intelligent, sensitive, anatomy-based alignment principles rather than a dogmatic one-alignment-fits-all-approach. Distinctively, we teach how to apply Mindfulness to our yoga and our lives. This awareness empowers us to transform our lives and the world around us.

You learn how to integrate Mindfulness through the body and sensations (somatic awareness) providing an excellent vehicle to integrate your yoga into a complete mind-body training going beyond traditions leaving you to choose your own path.



Fees and dates (same fees as 2022)

First 6 modules £ 2900 (300 hour)

All 8 Modules £ 3550 (500 hour)

Single room guaranteed at no additional cost

See our website for details of dates

www.bodhiyoga.es



BodhiYoga

300/ 500 hours Certification

Mindfulness Yoga

Teacher training

