



Yoga

The Heartfulness Way



Welcome to the Heartfulness Yoga Teacher Training Course!

We hope that this booklet will help you to prepare for the program and that you will find all your questions about accommodation, food and what to expect answered.

Remember that we are always just one email away if you need any clarification. Please don't hesitate to write to us at in.wellness@heartfulness.org.

About Chennai

Chennai is the capital of Tamil Nadu, a city of about 10 Million people. That sounds huge, but in the heart of this city you will find a real garden of heaven and greenery, the Heartfulness Meditation center of Manapakkam, also called Babuji Memorial Ashram.

Life in the ashram

This quiet garden is quite a contrast to the busy streets of Chennai. This is where you will train to become a Yoga Teacher.

An ashram is a sacred place where people come for spiritual evolution. They come to meditate and contemplate. You will find that Manapakkam Ashram is quite alive with children playing and family meeting in the cafeteria. But please be mindful of the place; smoking, consumption of alcohol and non vegetarian food are not permitted inside the compound. It is also suggested to wear long pants to enter the meditation hall for men and clothes covering shoulders and legs for ladies.

While training, prefer simple track pants and T-shirts instead of tight clothing which are not suited in an ashram.



Shopping

Around the ashram, there are multiple shops where you can buy fruits, and small supermarket for the daily needs. It is all walking distance and our local people will help you find your way. India provides everything needed for westerners, so if you forgot to bring something, don't panic you will surely find it here.

On free days, we can help you book a taxi to go shopping for souvenirs in the city about 45 minutes away from the Ashram. There are plenty of boutiques and shopping malls in Chennai.

We will have an outing as part of the program, all together to visit some of the touristic places near Chennai, on the coast of the Bay of Bengal. This will be announced during the course.



Accommodation

Our accommodations are simple as part of the ashram life. You will be given a shared bedroom upon your arrival that you will share with four other students of the same program.

Bathrooms are common and on the same floor. There are a few shared rooms with attached bathrooms that can be offered in case of specific needs. Do let us know.

Food

The ashram is serving a special menu with simple sattvik (vegetarian) food for the participants of the program. If you have any special needs, let us know in advance so that we can try to cater to those. Breakfast, lunch and dinner, as well as healthy snacks are part of our daily diet.



Curriculum

The Heartfulness Yoga TTC follows the international curriculum of most of the yoga schools. It is recognised by Yoga Alliance International. Heartfulness yoga school is a spiritually oriented school of yoga.

You will learn about classical Hatha Yoga, be introduced to ancient text on yoga, experience Heartfulness meditation - a heart-based meditation aided by yogic transmission, discover the philosophy of yoga, learn basis of anatomy, be trained in your own practice on classical yoga asanas and learn to teach yoga the Heartfulness Way.

To know more about Heartfulness, you can visit:
heartfulness.org



Association with Annamalai University

The Heartfulness School of Yoga is working in collaboration with Annamalai University and offers the possibility for the students of the Heartfulness TTC to register for the PG Diploma in Yoga. The registration can be done during the course. You will receive the reading material from the university in the months after your registration. You will have to appear again in Manapakkam Ashram for one week of teachings in December every year. The final examination is in the month of May every year. The final examination can be taken in most of the cities in India.

Having completed the Heartfulness Yoga TTC, you will be fully prepared to take up this course and it can be a good opportunity if you wish to pursue academic education in the Yoga field.

The extra cost for this course is Rs. 1200.



The course includes

- yoga mat, a Heartfulness T-shirt, all the reading material, diary and pen for the classes.
- All meals and accommodation
- Practical teaching and theory classes as well as guest lectures
- Certificate

If you need to complete your payment on arrival, please bring US Dollars, Euros or exchange money on arrival at the airport. Please note that payment by credit card on the spot is NOT possible.

Timings

This is a typical day in the Heartfulness Yoga TTC:

5:00 - 6:00	Personal meditation
6:00 - 8:00	Yoga practice
8:30 - 9:15	Breakfast
9:30 - 10:30	Group meditation
10:30 - 12:30	Theory
12:30 - 1:30	Lunch
2:00 - 3:00	Rest
3:00 - 4:00	Theory
4:00 - 6:30	Theory of Asanas
6:30 - 7:30	Dinner
9:00	Universal Prayer



Recommended readings and preparation

There are many very interesting books written about yoga. Together, we will start exploring a few and you can get familiar with these books before you join the course:

- Bhagavad Gita
- Patanjali Yoga Sutras
- Hatha Yoga Pradipika

We will be sending you a soft copy of some fundamental readings that we will be referring to during this course. You will receive a hard copy of the same on arrival, but it is worth exploring before.

Take the time to get familiar with some Sanskrit terms. We will be providing a small booklet of sanskrit words to help you.

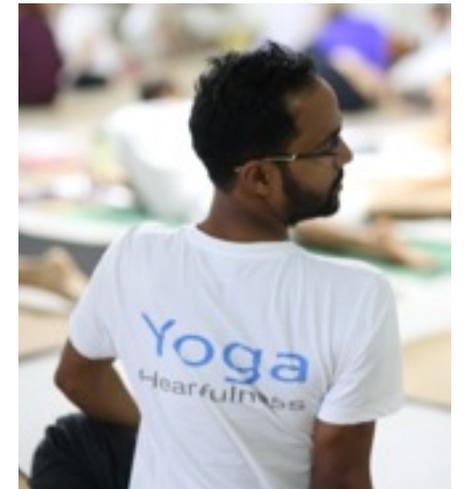
Practice daily one hour yoga asanas of your choice, at home or in a studio. It will give you some comfort to start the intense asana practice of the course.

This course is a Teacher Training Course and with proper attendance and participation, you will be certified to teach yoga all over the world. It is quite an intense course and it is good to be mentally prepared for this intense month which is not to be mistaken for a 'retreat'. One of the challenges will be to listen to your body and your energy level. Although the curriculum is fixed, never hesitate to reach out to any member of the team if you feel any difficulty during your stay. We are here to support you and pass on our passion for yoga.

Check list

To help you pack your luggage, you can follow this:

- Passport and Valid Visa
- Health Insurance - please send us a scanned copy prior to your travel
- Money - US dollars or Euros can be exchanged at the airport - there are ATMs in and around the ashram for international credit cards.
- Simple and comfortable cotton clothes for yoga practice - T-shirts and track pants are fine
- Water bottle
- Umbrella
- Shawl
- Caps or hats and sunglasses
- Torch light
- Mosquito repellent
- Sunscreen
- Camera



- **What kind of Visa should I apply for?**

Please apply for a tourist visa, it is simple.

- **Do I need a medical insurance for the course?**

Yes, a medical insurance is mandatory to attend the course. Please send us a copy of the same by email and carry it with you.

- **Do I need to have any specific vaccination to come to India?**

Regular vaccinations for your country should be up to date. There is not other specific vaccination to come to India.

- **Do I have to take any medicine to visit India?**

No, bring only your own medicine if you take some, enough for a month. Mosquito repellent and long sleeves and pants are a must in the evenings.

- **Can I arrive a few days earlier and when should I plan my return ticket?**

It is a good idea to arrive at least 24 hours before the beginning of the course to be able to settle and recuperate from the time and temperature difference. The course ends on the last day announced at lunch time; you may book your return ticket right on the same day in the evening.

- **Can I be picked up at the airport?**

Pickup on arrival is organised by us for a price of Rs. 500 per car + parking charges. Please send us your travelling details so that we can organise. (flight number, company, arrival date/time, coming from)

- **Will I be sleeping on the floor?**

All the bedrooms have beds. You will also be given a mosquito net in case you feel that the ones on the windows are not enough.

FAQ

- **What are the kind of electrical plugs that are used in India?**

The current is 220V. You can find the shape of the plugs here:

www.lonelyplanet.com/india/electricity

- **What kind of temperature should I expect?**

Chennai has 3 kinds of temperature: hot, hotter and hottest. You can expect the course to be warm specially in May (the Indian summer) but much more pleasant in November where the monsoon might provide heavy rains. For the sun and the rain, please bring an umbrella. Have a shawl to cover yourself in AC or in the evening in winter. Keep sunscreen, hat and sunglasses for outings. And don't forget your water bottle in all seasons!

- **Is there hot water in the bathrooms?**

The common bathrooms have only cold water which is needed in a city like Chennai. Water gets heated during the day naturally.

- **Do I need to bring my bedsheets and a mosquito net?**

Both bedsheets and moquito nets will be provided.

- **Can I visit Kanha Ashram in Hyderabad after the course is over?**

Kanha Shanti Vanam is the world head quarters of Heartfulness Meditation. While you are in India and after the course is over, you can take some days to visit this wonderful place. We can help you organise your travel there once you reach India. There are many flights and rates are quite low when we book three weeks in advance. Just let us know.

Address and phone number

Heartfulness Meditation Center
Babuji Memorial Ashram
Manapakkam Main road
Manapakkam - Chennai 600 125
India

You will have access to WIFI in the main accommodation building. For urgent messages, your family can phone the ashram office, specifying your name and the course that you attend.

Ashram Office: +91 44 4217 11 11

You can also give them the email address of the Wellness Office and we will pass the message to you

in.wellness@heartfulness.org

