

# UNITY YOGA

TEACHER TRAINING DIPLOMA

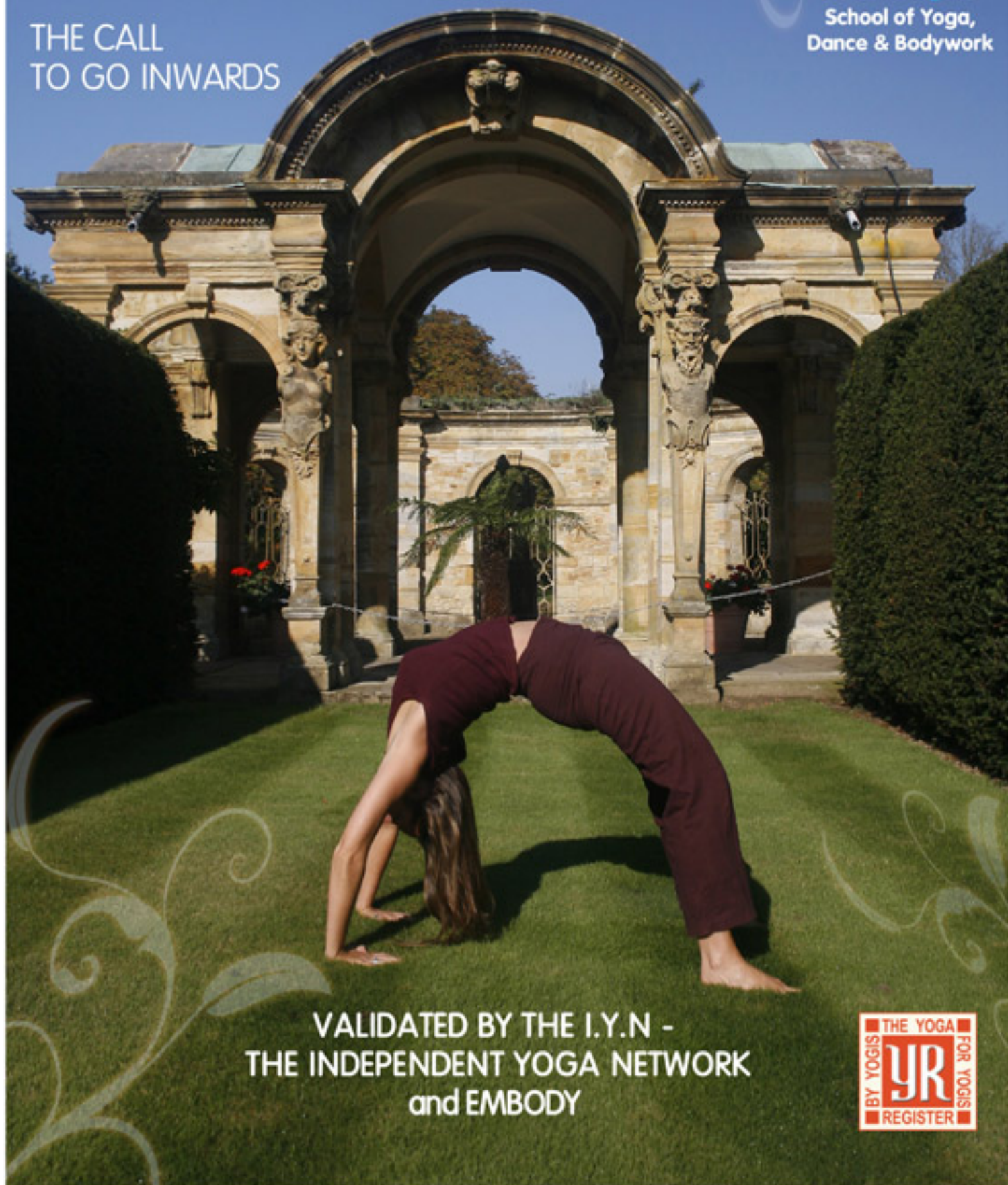
2010–2011

THE CALL  
TO GO INWARDS



*Unity*

School of Yoga,  
Dance & Bodywork



VALIDATED BY THE I.Y.N -  
THE INDEPENDENT YOGA NETWORK  
and EMBODY



This Diploma is concerned with reviving a yogic discipline with an integral core of authenticity. The Yogic goal is to become conscious, to reach the oneness of being, bringing all parts of ourselves together to become in tune with existence. Unity Yoga has expanded from the study of Integral Yoga within a more fluid, contemporary context, with a fresh viewpoint inspired by many Yogis and Masters to date, including Osho's approach to Meditation and Living. Sri Swami Satchidananda brought Integral Yoga to the West, himself a disciple of Swami Sivananda. Swami describes its essence -

"It is a flexible combination of specific methods designed to develop every aspect of the individual: physical, emotional, intellectual & spiritual. It is a scientific system which integrates the various branches of Yoga in order to bring about a complete & harmonious development of the individual."

**Unity Yoga** focuses on Meditation and Pranayama as the central focus to our Yogic Practice. Living in the every day world with awareness, truth, trust, and celebration! We look at various styles of Yoga, including Sivananda, Scaravelli, Kundalini, and Donna Farhi; and move in a way inspired by Osho. Unity Yoga itself is practiced with fluidity, breath, oscillating dynamics and melting transitions. The underlying message of the course, is that each individual must create his/her own Yoga, one that is authentic of Ones True Self.

Yoga is centering, when we are rooted in the centre, our whole perspective changes. When we pass through the periphery of the heart, through the emotions to the centre-where our truth resides, then conflict eases and we are at one with the **Unity** of ourselves and our surroundings. Establishing a sense of spiritual centre by daily practice is encouraged to realise the potential of Yoga.

Integrating deep relaxation, hypnosis and visualisation (Yoga Nidra), breathing techniques (Pranayama), 'Energy Seals' (Bandhas), Energy Circuits (Mudras), Cleansing (Kriyas). Relaxation and Meditation with the Yoga postures (Asanas) allows a class experience to be balanced and complete.

The teaching syllabus emphasises an acute awareness of safety within a class set-up, and the benefits possible for all practitioners regardless of experience, age or health issues.

Sevanti's teaching style is a healthy balance between invoking deep spiritual insight and down to earth humility through tangible and specific teaching methods. There is regular dance, 'Biodanza' and various other moving meditations from Zen, Sufi, Western styles, plus bodywork, and personal development through co-listening & Body-Mind Balancing.

Emphasis is placed on the essence of Yoga as a lifestyle, a journey not a destination. A path to being more present, honest and more integrated - with ourselves, others and the world around us. It is also a path of celebration, a way of acceptance, surrender and inner peace.

A good teacher inspires by example. This Yoga Diploma is open to all who have a passion to develop to their potential. To hear the call to go inwards, in meditation & bring the inner Buddha to the surface, to live in happiness & harmony in the world. Sevanti teaches the entire Diploma, in which she fuses her extensive experience of various Seated/ Moving/Dancing Meditations. She also invites various Teachers with specific knowledge to share their expertise with the Students. This can include sessions in Pregnancy Yoga, Special Needs Yoga, Yoga Sutras of Patanjali and Yoga for Children.



Yoga for Older generations  
Yoga for Pregnancy

Contraindications

### Unity Partner Yoga

Observations and adjustments

Health & Safety within a class

### PRANAYAMA & RELAXATION

Abdominal Breathing

Full Yogic Breath

Anuloma Viloma

Advanced Pranayama

Yoga Nidra

Sound Bath Relaxation

Partner Relaxation techniques

### BANDHAS & KRIYAS

The six Kriyas:  
Jala neti, Dhauti, Basti, Nauli, Tratak, Kapalabhati

The three Kriyas & Bandhas:  
Jalandhara, Moola, Uddiyana

### MEDITATION

What is meditation

Guide to meditation

Why meditate

### WHAT IS YOGA?

Theory and History  
An overview of Yoga

The 5 Principles of Yoga  
-Vishnu Devananda

The 8 Limbs of Yoga  
-Patanjali

Why do Yoga?  
Overall benefits and specific applications

Various genres of Yoga

What is **Unity Yoga** ?

### THE HUMAN SYSTEM

Anatomy and Physiology

The 3 Bodies - Aura, Chakras

Diet & Nutrition

Tantra

### THE FOUR PATHS OF YOGA

Raja Yoga      Bhakti Yoga

Karma Yoga      Jnana Yoga

### ASANAS

How to teach the 12 basic postures & Sun Salutation (Sivananda/ Integral Styles)

Exploration into other postures and variations

Setting up of a proper environment for class

Teaching techniques

Individual style

Fluidity and dynamics

Varying length of class time

Planning a course of consecutive classes

Creation of an Asana Chart

Adjustments

The Basic Unity Yoga class

Beginners' Course

Advanced Postures

Yoga for Children

Theory and Practice  
Energy Enhancement  
Meditation: Visualisation  
techniques

Osho Moving / Seated  
Meditations

Sufi Meditations & Healing  
Sufi 'Stop' techniques

Tratak, Zazen Meditation  
Buddhist Chants &  
Meditation techniques  
Mantras & the Heart Sutra

## TEXTS

Bhagavad Gita & Yoga  
Sutras of Patanjali

Modern day Yoga texts &  
Various Osho Discourses

## HOLISTIC SUPPORT & DEVELOPMENT

Oekos & Co-listening  
expression methods  
Partner Massage & Relaxation  
Dance Movement Meditations,



(includes 'Biodanza', Sufi  
Meditations and Gurdjieff Dance'  
and Heart Alchemy

## COURSE DETAILS & INVESTMENT

Length of course: 10 months - (20 days)  
8 sessions, of 2 or 3 days

Investment : £1500 course fees  
'ITEC Anatomy & Physiology Level 3' - £495  
£150 exam fees  
(Payable one month prior to exams)  
deposit is £500

Monthly payments are possible  
For full details of payment plan and  
further info on deposit please refer  
to the INFORMATION PACK

8 Students minimum, and 10 Students max.  
Joining the course is a commitment to paying  
in full. Includes Unity Yoga  
Teacher Training CD.  
Student insurance is required from April full  
cover is available upon graduation from  
'Embody' from £2 million.

## COURSE DATES :

2010  
10-12 Dec (Fri- Sun)  
2011  
21-23 Jan (Fri- Sun)  
18-19 February (Fri -Sat)  
25-26 March (Fri -Sat)  
29-30 April (Fri -Sat)  
27-29 May (Fri- Sun)  
1-2 July (Fri -Sat)  
22-23 July (Fri -Sat)  
18/19 Aug (Thurs/Fri)- Exams

## COURSE TIMES :

3 day Weekends :  
Day 1: 10am - 6pm  
Day 2: 7.30am - 5pm  
Day 3: 7.30am - 5pm  
2 day Weekends :  
Day 1: 10am - 6pm  
Day 2: 7.30am - 6pm

## ANATOMY, PHYSIOLOGY & PATHOLOGY COURSE

Length of course: 6 months.

## AP & P COURSE DATES

9 Jan (Sun), 26-27 Feb (Sat-Sun), 13 March  
(Sun) 23-24, April (Sat-Sun), 22 May (Sun)  
5 June ( Sun), 17 July (Sun),  
5 August- Exam (Fri)

*"The world is here, right now! You need not wait for even a single moment. Just become a witness of the mind, and you have entered. Get identified with the mind and you have missed.*

*"This is the basic definition. One has to achieve a state of the no-mind"* Osho



*Unity Yoga  
is appropriate for all  
and accessible to all.*

## SETTING UP AS A TEACHER

Marketing  
Self Assessment  
Insurance

## CERTIFIED REQUIREMENTS

ITEC Anatomy & Physiology certificate essential  
**Unity** organises a certified course for £525. ITEC AP&P course must be taken alongside the Practical Course. An alternative ITEC Level 3 certificate is acceptable if dated

within the last 3 years.

'ITC' First Aid certificate essential  
**Unity** organises a certified course for £95.

An alternative First Aid certificate is acceptable if dated within the last 3 years

Continuous theory and practical assessment.

Evidence of teaching 16 group classes, and 6 sessions of one-to-one training for 2 personal clients.  
Client profile

assessment, effects, changes and home advice.

Designated home study - 100 hours of set projects, reading, practice.

Plus extensive AP & P study  
Practical exam and oral assessment

## LOCATION OF STUDY

The Unity Studio is a light and inspiring space with kitchen, bathroom and a beautiful garden.

For further information or queries, please call Sevanti:

**01273 778400**

Sevanti@being-in-unity.com • www.being-in-unity.com



## INSTRUCTOR



Sevanti is the Director of Unity (BA Hons, Dip, ITEC, GPP)

Sevanti organises Yoga retreats in the UK and Turkey. These retreats vary from 2 nights to 1 week, during which she teaches Unity Hatha Yoga, Pranayama, Energy Enhancement Meditation, 'Yogida' (Sevanti's Yoga/Dance fusion) & Biodanza, Massage workshops,

Reiki training and a wide range of Holistic Treatments.

Based in Brighton, Sevanti teaches all 3 levels of Traditional Usui Reiki, and a Certified Diploma in Unity Yoga Teacher Training. Having trained as a Professional Contemporary Dancer at the Laban Centre for Movement and Dance, Sevanti choreographs & performs, combining live Music, Dance/ Yoga Tai Chi movement & video installations.

Sevanti is currently writing a book & DVD on 'Partner Yoga'.

Sevanti practices Holistic Massage (ITEC)

- Seated Acupressure massage (Touch-Pro) • LaStone Therapy
- Thai Massage • Thai Foot Massage
- Reiki / Crystal Healing • Heated Herbal - Compress & Balinese Ritual Massage. She is also developing a new Holistic Massage System - Earth Essence Therapy.

Sevanti is now in the process of creating her UNITY Natural Health Centre on Lewes Road, Brighton. It has a beautiful Studio with a garden and its own bathroom and kitchen, and there will be Treatment Rooms, a Temple Room, a Sauna, a Shop and a small Café.

*'Except in witnessing, you are identified with the mind. You just become one with the thoughts, the clouds - sometimes with the white cloud, sometimes with the black cloud, sometimes with the rain-filled cloud, sometimes with a vacant cloud, whatsoever... You become one with the cloud and miss the purity of the sky.*

*'When the witness is established... the mind stops by itself... You have transcended the world of misery and entered the world of bliss'*

Osho



**YOGA  
MASSAGE**

**HEALING  
DANCE**

**RETREATS  
TRAINING**

**WORKSHOPS  
FESTIVALS**

*relax release revive*

**UNITY, 130 LEWES ROAD, BRIGHTON, SUSSEX, BN2 3LG**