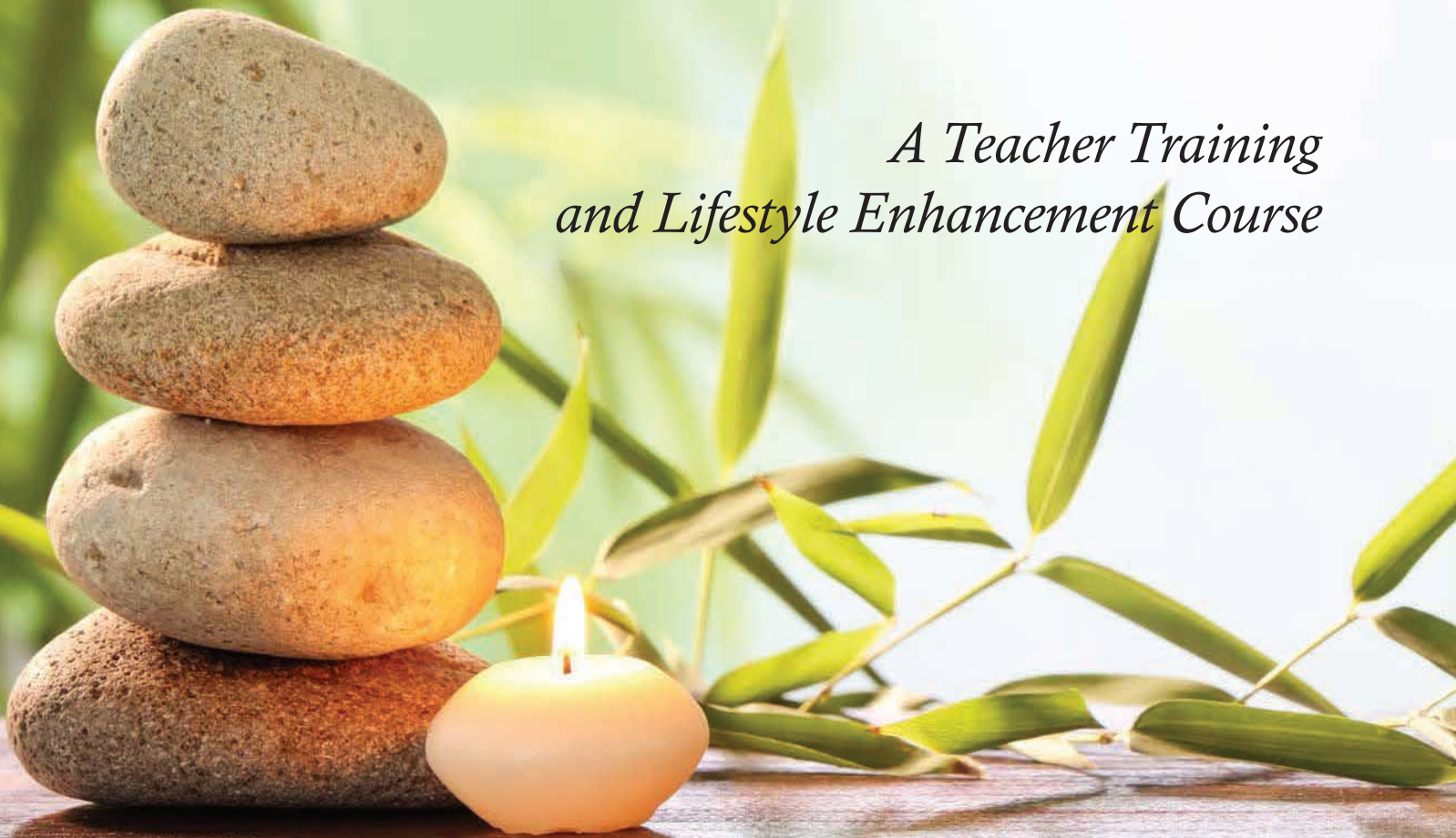


Mas Vidal's  
*Dancing Shiva*  
Yoga & Ayurveda

# 250 Yoga & Ayurveda Certification Program

*A Teacher Training  
and Lifestyle Enhancement Course*



Dancing Shiva: PO Box 39832, Los Angeles, Ca 90039 • 332 934 8332 (veda)

Registration inquiries: [programs@dancingshiva.com](mailto:programs@dancingshiva.com)

[www.dancingshiva.com](http://www.dancingshiva.com)



# 250 HOUR YOGA & AYURVEDA CERTIFICATION PROGRAM

*A Teacher Training and Lifestyle Enhancement Course*

## One Program with Two Great Traditions

This is the original *Yoga and Ayurveda certification program* founded by Mas Vidal an internationally recognized yoga teacher and Ayurveda practitioner. The course is unique in that it unites both sciences to produce an authentic integral teaching approach and a lifestyle enhancement system. The program provides education and training for practicing yoga and Ayurveda in a unified approach, creating an ideal balance between ancient Vedic wisdom and spiritual living into an optimum modern lifestyle.

- If you are looking for a course that embraces the essence of all types of yoga, this is it. This course strongly adheres to individuals seeking their truth as a path for personal transformation.
- This program abides by the motto that “there is no one way to practice yoga and live Ayurveda”. Such an approach strongly endorses a person to practice yoga and live Ayurveda uniquely according to their constitution and distinct personal qualities.
- The yoga aspect of the program involves cultivating discipline over the mind and body through dynamic yoga practices, techniques and rituals to develop a deeper understanding of who you are and evolve to your highest human potential.
- On the Ayurvedic side, daily and seasonal routines are taught as a foundation for balanced healthy living to promote longevity and develop a profound relationship with nature. The importance of this program lies in understanding the material in a manner that aids the student/practitioner in the development of his or her sadhana/spiritual lifestyle disciplines.

*“If you are living it, you understand it and this makes for the best teacher.”*

- The Dancing Shiva approach to asana is based on an integrative approach to Hatha (postures & breathing) yoga that combines wisdom from the Raja (integral), Bhakti (devotional), Jnana (wisdom) and Karma (service) branches of yoga. The main influence of our teachings originate mainly from the lineages of Paramahansa Yogananda and Swami Sivananda Maharaj.
- In this program you will learn to practice and teach an approach to yoga that is based on authentic and original teachings from India and that also embraces the natural common sense principles of Ayurveda.
- We do not adhere completely to any particular style or brand of Americana influenced yoga however it takes the best from all forms and is applied to nature's laws and the lineage based teachings of enlightened masters.





## About the 250 Hour Yoga & Ayurveda Program

This special 250 hour program is all about providing a comprehensive education through a well balanced yoga practice and ayurvedic lifestyle and strongly adheres to an experiential approach to learning. Philosophical teaching is typically demonstrated through exercises and rituals as well as from our faculty's many years of experience. Each day is equally divided into yoga asana practicum and wisdom lectures as well as daily group meditations. Students learn to practice yoga and create a lifestyle according to what is best for their dosha type (body-mind constitution). One of the most important themes of the program is based on the principle of individuality. By learning to adapt to a lifestyle routine and yoga practice that is unique to your specific needs or mind-body type, it encourages the student to be creative and dynamic as they develop naturally into a teacher.

The course also serves to prepare a person how to teach others, not just asana (postures) but an integral approach to yoga that includes other components such as breath-work, mantra and meditation and knowledge of ayurvedic principles that provide for a truly holistic approach to teaching or becoming a yoga and ayurveda wellness counselor. The program is offered on a bi-annual basis in Los Angeles and occasionally in other American cities and also in Asia. For those not able to attend the live course, the identical course is offered online through our Online E-learning format (see more details on our website). However, the hours of certification for taking the course online differ. The program can also be arranged at any yoga studio or wellness center into three 7-day modules (minimum of 12 persons required).

## About Dancing Shiva Yoga & Ayurveda

Dancing Shiva (DS) is a 501(c)(3) nonprofit organization and is dedicated to the education, practice and lifestyle of the great vedic sciences of Yoga and Ayurveda. DS first began as a bricks and mortar center in the heart of Los Angeles, California in 2001 and was directed by Mas Vidal, though now it operates through several affiliate locations at various yoga centers and organizations around the world. DS has served as the original school in the USA to offer a complete certification aimed at achieving the perfect balance of these great systems. DS offers workshops, certifications, vedic counseling and ayurvedic treatments at our retreats and programs. We also are affiliated with other notable non-profit organizations to promote various causes from ranging from yoga, Ayurveda, ethical treatment of animals, vegetarianism, to organic farming and sustainable living.

Stay connected with our global community and sign up to receive our monthly newsletter.  
(See our website at [www.dancingshiva.com](http://www.dancingshiva.com))



## Many reasons to take the Dancing Shiva program:

- Acquire a unique certification that can bring a distinct specialty to your work, yoga teaching or new health and wellness career.
- Become registered with the Yoga Alliance as a 200 Hour Certified Yoga Teacher
- Develop the foundation to become a real teacher of yoga and Ayurveda because you are living the lifestyle and setting an example for others. A balanced and healthy lifestyle is the foundation of all great teachers.
- Learn an approach to yoga that is based on an ancient wisdom disseminated from the lineages of enlightened masters.
- The program meets on weekends so it does not disrupt your work.
- Create a successful and meaningful approach to life based on the three tenants of the Vedic teachings, these are the C's: Commitment, Concentration and Consistency.



- The program helps you discover your strengths and overcome your weaknesses talents to follow your dharma or life purpose.
- You will learn that there is no one perfect way to practice yoga and that there are many paths to healing the body and mind and to living a balanced life.
- You can help others by giving counseling suggestions on ayurvedic diet, herbs, lifestyle routines and how to integrate yoga into every part of life.
- Apply the wisdom of tri-dosha (vata-air, pitta-fire & kapha-water) into yoga postures, breath-work and meditation.



### Program Features Included:

- Natural and comfortable class setting.
- Experienced faculty.
- Over 600 pages of original study material written by Mas Vidal.
- A total of 18 days of classes with timings from 8am-6pm on weekends.
- Option to access the Online E-learning system for a one year period.
- A Certification Registered with Yoga Alliance
- Monthly tele-conference calls (see website for call in details)

### The Materials Provided: (Mailed to you after enrollment)



- A comprehensive 300-page course manual written by Mas Vidal.
- Sun, Moon and Earth (book): The Sacred Relationship of Yoga and Ayurveda by Mas Vidal
- Mas Vidal's Optimum DVD series – Three masterful and dynamic practices with Mas.
- The famous Autobiography Of A Yogi by Paramahansa Yogananda
- Rudraksha Mala – A sacred yogic prayer bead necklace.
- Gardenia candle – Meditation candle symbolic of the inner light of your soul.



## The main difference between taking the live program and online:

- The live program takes place on weekends (Saturdays & Sundays).
- The online program schedule is totally up to you.
- The live program includes 18 days of actual class time (not including special events and excursions).
- The online program provides about 108 hours of video lecture content (not including reading, homework assignments, testing and tele-conference calls).
- Live program offers 250 hours certification education in Yoga and Ayurveda and preparation for teaching asana yoga that adheres to Yoga Alliance RYT 200 hour status.
- The online program provides certification for 200 hours of certification as a Yoga and Ayurveda Counselor.

## Traditional Study (Gurukul)

Each year three individuals are accepted for private study with Mas Vidal in the traditional manner of the Vedic tradition. Students are accepted on specific circumstances that will best benefit the student's ability to learn the material and experience personal healing. Each student will basically follow the content in the 250 hour program however in a customized structure as determined Mas and the student. The criteria for acceptance into gurukul ranges from previous yogic experience, schedule and timing and karmic factors as reflected in the astrological birth chart. This traditional form of study is structured into four modules and is a combination of private tutorials (live or skype), course reading, yoga and ayurveda exercises, attendance to special programs, conferences or retreats and assisting Mas on certain projects as an opportunity to learn. However the schedule can be adjusted accordingly to each person and the student can usually complete the certification within a one year period or less. This is only available to students who live in the United States.

## Required Books

Specific reading assignments are given from the below texts with each program section to support the core materials outlined in the curriculum and as a supplement to the program manual. These readings are equally important to the program manual. *Note: The course does require the specified material and authors listed below.*

- Sun, Moon and Earth: The Sacred Relationship of Yoga & Ayurveda by Mas Vidal
- Yoga & Ayurveda by David Frawley
- Bhagavad Gita "God Talks With Arjuna" by Paramahansa Yogananda

*Note: The Autobiography of A Yogi is included with the program package and will be mailed to you after you have registered.*

*The above listed course books can be ordered at a discount directly from [www.Natarajbooks.com](http://www.Natarajbooks.com) and use the coupon code "DSYA" or the books can also be ordered on **Amazon.com***





## Program Daily Class Schedule

8:00 – 8:30am	Special cleansing breathing exercises (Pranayama), introduction and teaching of a specific mantra followed by period meditation.
8:30 – 9:00am	Orientation discussion on a particular theme of the day and specific details for the yoga practice.
9:00 – 10:30am	Technical analysis of certain postures as listed in the program manual.
10:30 – 12:00pm	Integral Yoga Practice and interactive group demonstrations of postures and sequences integrated with other techniques being emphasized that day etc...
12:00 – 12:15pm	<b>Short break</b>
12:15 – 1pm	Review and Q & A of the yoga practice and summarizing the postures emphasized in this class.
<i>~ The first half of the day emphasizes practice and technical aspects of asana alignment, integration of pranayama and cultivating concentration and mind-body synergy.</i>	
1 - 2:15pm	<b>Lunch Break</b>
2:15 – 5:20pm	Satsanga lecture on the various topics listed in the curriculum.
5:20-5:30pm	Short break
5:30-6:00pm	Review of a breathing technique (Pranayama), additional review and practice of a mantra followed by a period of meditation.

*~ The second half of the day emphasizes knowledge through lecture presentation.*





## Our Faculty



**Mas Vidal** - Yogi, mystic author and practitioner of Ayurveda, Mas has become one of the most influential yoga and ayurveda teachers in the west and offers unique certification training programs throughout the USA, Asia and India. Mas enjoys teaching Hatha-Raja yoga classes and workshops that embrace core Vedic principles. His work is largely influenced by the teachings of Paramahansa Yogananda founder of Self Realization Fellowship and Mas also appears in the triumphant film “Awake, The Life Of Yogananda”. As an Ayurvedic practitioner he maintains an active clinical practice that includes yoga therapy and vedic astrology as part of an integrative approach to health and wellness. He is the founder/director of Dancing Shiva Yoga Ayurveda, an international non-profit educational organization and center based in southern California.



**Johanna Bennett** - Johanna has been immersed in Eastern mystical studies for many years. She has her BA in Religious Studies and Asian Studies and is also now completing her MA in Yoga Studies. She completed her 500 hour certification through the Dancing Shiva Yoga and Ayurveda programs and also completed an additional 200 hours of certification with Yoga Works. Her profound interests extends into Jain studies as well as hands on capability as a pancha karma technician, Sanskrit and Mantra, ayurvedic cooking and trauma informed applications for veterans. She has been on the Dancing Shiva faculty for 8 years and is also a professor of Yoga at Santa Monica College and LMU.



**Anita Sundaram** - Anita’s journey began 30 years ago in the sacred healing arts. Her passion for Ayurveda and Yoga weaves an alchemical blend - a trinity of Yoga, Breath and Sound melting into Beauty, Rasa and Stillness. The fabric that makes up Anita’s Yoga and Lifestyle teaching has been infused by the magic of her birthplace, Mysore, India. Swamini Srividyananda her spiritual teacher is not only her birth mother but also her mentor who resides at Arsha Vidya Gurukulam. She teaches Ayurvedic beauty and healing sessions, conscious cooking retreats, yoga teacher trainings, Ayurvedic education and unique eco-lifestyle retreats and immersions at some of the most beautiful places on the planet.



**Cherise Bangs** - Cherise was born in San Francisco at home to two hippie parents and several dear friends chanting OM when she came into the world. Practicing Sun Salutations with her Dad is one of her early memories. Cherise grew up as part of a family band traveling to yoga farms and ashrams. Where she met several Gurus. She loved being around Sant Keshavadas, known as the singing Saint. His chanting and message rang true. When she moved to Los Angeles, she found The Self Realization Temple and quickly started reading all of Yogananda's books. By no mistake, she was drawn to Dancing Shiva and felt at home with Mas Vidal's Yoga and Ayurveda program becoming an Ayurvedic Yoga Therapist (500 hr) in 2010. Currently, Cherise is teaching yoga throughout Los Angeles and does Ayurveda consults and seasonal workshops. Cherise is a loving Mom and devoted wife, incorporating ayurvedic principles into daily life.



**Dr. Subhash Ranade** - Is one of the foremost experts on Ayurveda. He is a leading academician and physician in the field of Ayurveda and an author of countless books on Ayurveda, Yoga, diet and much more. These books have been published in Marathi, Hindi, Malayalam, English, French, Czechoslovakian, German, Greek, Italian, Japanese, Korean, Polish, Portuguese, Russian and Spanish languages. He has worked as Prof. and Head, Dept. of Interdisciplinary School of Ayurveda and Prof. and Head, Dept. of Ayurveda Pune University and Principal of Ashtang Ayurveda College, Pune, India. Dr. Ranade has been a faculty member of Dancing Shiva since the inaugural year and has served on our advisory board. He and his wife Dr. Sunanda Ranade founded the International Academy of Ayurveda (IAA), which hosts the Dancing Shiva programs in India. The Ranade's have worked closely with Mas Vidal on numerous educational projects both in the USA and India.



**Dennis Harness Ph.D (Dayananda)** - Dennis is a professional astrologer who holds a doctorate degree in Counseling Psychology. For more than twenty years, Dennis has studied both Eastern and Western techniques of astrology. Dennis enjoys tutoring students for the American College of Vedic Astrology (ACVA) certification program. He also teaches workshops on Vedic Astrology and Transpersonal Psychology throughout the world. He is the author of *The Nakshatras: The Lunar Mansions of Vedic Astrology*, which is published by Lotus Press. Dr. Harness is currently working on a new book titled *The Karmic Code: The Predictive Planetary Periods of Vedic Astrology*.





## Program Curriculum

### **PART ONE: WISDOM MYTH AND THE GOLDEN AGE**\_\_\_\_\_ 10 hours

Ancient Wisdom (Vedas)  
About B.C.E. and A.D.  
The Four Vedas  
Introduction To Yoga & Ayurveda  
Vedanta & Samkhya Philosophy  
Bhagavad Gita

### **PART TWO: BLUEPRINTS OF OUR WORLD**\_\_\_\_\_ 10 hours

Tattvas (24 Cosmological Principles)  
Purusha / Ultimate consciousness  
Cosmos in Four Parts  
Yugas (World/Ages of Creation)  
Jyotish (Vedic Astrology) basic principles  
Comparison of vedic and western astrology  
About the sun and the moon  
Dharmas (Aims of Life)

### **PART THREE: FORCES OF NATURE**\_\_\_\_\_ 10 hours

Pancha Maha Bhutas (Five Great Elements)  
Gunas (Prime Qualities)  
Doshas (Biological Humors)  
Ayurveda's Two Main Forms

### **PART FOUR: THE MYSTICAL ENERGIES**\_\_\_\_\_ 10 hours

Essences  
The Five Directions of Prana  
Chakras  
Nadis  
Kundalini Shakti  
Three Shariras (Gross, Astral & Causal)  
Karma & Reincarnation  
Yajna

### **PART FIVE: CLASSICAL & MODERN YOGA**\_\_\_\_\_ 10 hours

Patanjali's Yoga Sutras (Ashtanga)  
Scriptures of Hatha Yoga  
Tantra and Hatha Yogas Deeper Connection  
Tantra and The Yogis  
Yoga In The West  
Yoga and Ayurveda in America  
The Healing Potential & Sacredness Of The Feet

### **PART SIX: YOGA ASANA**\_\_\_\_\_ 10 hours



Asana Purpose & Function  
Group Yoga Practice  
Types of Asanas  
Salutation to the Sun & Moon (Surya and Chandra Namaskar)  
The Essence of Yoga and Ayurveda  
The Elements of Ayurvedic Yoga  
Characteristics of the Dosha Types in a Balanced State  
Characteristics of the Dosha Types Out of Balance  
Three Bandhas  
Principles of Alignment  
A Threefold Approach To Alignment  
Length of Holding Yoga Postures  
Energetics of Asana

**PART SEVEN: MANTRA – PRANAYAMA – MEDITATION** \_\_\_\_\_ 10 hours

Mantra  
Five Levels Of Chanting  
Types of Mantras  
The Melody Of Aum  
Deity Mantras  
Japa Yoga  
The Garland: The Symbolism and Sacredness of 108  
Pranayama  
Types of Pranayama  
Meditation (Prayer, Visualization & Affirmations)  
Five Steps of Meditation  
Preparation for Meditation (Understanding Pratyahara)

**PART EIGHT: ANATOMY, PHYSIOLOGY & THERAPEUTICS** \_\_\_\_\_ 10 hours

Dhatus & Malas  
General Anatomy and Physiology (Human body)  
Spinal Column and Major Systems  
Anatomy Part II (Dosha Organs)  
East & West-Comparing Systems

**PART NINE: BE THE CHANGE YOU WANT TO SEE** \_\_\_\_\_ 10 hours

Role of the Individual  
Noble Qualities  
Ethical Guidelines  
Doshas in the classroom  
Practice Notes for Dosha Types  
Five Vital Components of a Yoga Practice (asana, pranayama, pratyahara, dharana, dhyana)  
Learning the Art of Intuition  
Raja Yoga and Ayurveda  
Insurance



**PART TEN: THERAPEUTICS OF HEALTH & WELLNESS** \_\_\_\_\_ 10 hours

Digestion, Peace Of Mind, Balance  
Therapies (Nasya, Jal Neti, Abhyanga, Sweat, Fasting)  
Special Concerns of Practice (Menstruation Period, Injuries, Pregnancy & Ailments)

**PART ELEVEN: LIVING WITH NATURE** \_\_\_\_\_ 10 hours

Ayurvedic Living and Daily Routine  
Diet (Six Tastes),  
The Gunas & Food  
Tastes & The Doshas  
Ayurvedic Dietary Themes (Ama, Jatharagni)  
Spice List  
Seasons & The Doshas  
Dietary Purification  
Ayurvedic Herbology (Digestive System)  
Foods (Dairy products, Milk, Ghee, Eggs, Meats, Mushrooms, Chywanprash)  
The Ashramas (Yogic Living)

**PART TWELVE: SPIRIT AND NATURE DANCING TOGETHER** \_\_\_\_\_ 10 hours

Spirit and Nature  
Caste System  
Being a Bhakti Yogi  
Universality of Truth (Sanatana Dharma)  
Cultivating Sadhana

**12 Home Yoga: Practices & Disciplines** \_\_\_\_\_ 30 hours

These exercise are given at the end of each course section to develop yogic discipline and for lifestyle enhancement.

**12 Home Ayurveda: Routines & Remedies** \_\_\_\_\_ 30 hours

A variety of daily and seasonal routines are given at the end of each course section to promote self healing and connect you to natures medicine.

**Monthly Conference Calls** \_\_\_\_\_ 20 hours

Each month the program Director or staff will lead engaging discussions on course topics, answer your questions and share informative dialogue with students.

**Total Hours** \_\_\_\_\_ 200 hours

Asana Technical Teaching Modules \_\_\_\_\_ 50 hours

*\*The last 6 days of the live program is mainly comprised of teaching methodology, precise alignment, adjusting in asana, creating a class set to teach others and guidance and critique on the main factors of teaching yoga asana in a group setting.*

**Grand Total** \_\_\_\_\_ 250 hours





## Schedule Of Classes

The core classes are scheduled one weekend (saturday & sunday) per month for six months. The last two weekend meetings (spread over two months) consist of three days of classes (Friday – Sunday) and focus on technical aspects of asana based on alignment, adjustments, integration of pranayama techniques and much more to increase your depth of practice and teaching others.

*Note: The program is offered several times per year at various Dancing Shiva affiliate centers in Southern California and also internationally. See the website for start dates and other locations.*

### Tuition, Fee's And Payment Options

One Time Registration fee \_\_\_\_\_ \$150 (Non Refundable)

Note: The registration fee is added to the monthly payment options.

- Paying by check is for complete payments only.
- International Shipping fee is applied for program packets being sent outside of the USA. Fee varies between \$50-\$75 dollars depending on the country where packet is being shipped. The International shipping fee will be charged once the student has completed the registration.
- Applications and Payments should be completed directly on our website.

#### A. 250 HOUR YOGA & AYURVEDA CERTIFICATION PROGRAM

(This is the live program that we offer several times per year in Los Angeles and internationally).

- Pay Entire Program Tuition in one payment of \$3,725 (Includes the registration fee)
- Pay Tuition in three alternate monthly installments of \$1,329 (Includes the registration fee)
- Pay Tuition in six monthly installments of \$665.00 (Includes the registration fee)
- \*Payments should be done directly on our website.

#### B. TRADITIONAL STUDY (Three students per year are accepted for this type of study).

One Time Registration fee \_\_\_\_\_ \$150 (Non Refundable)

- Pay Entire Program Tuition in one payment of \$4,100 (Includes the registration fee)
- Pay Tuition in quarterly installments of \$1,018
- \*Payments need to be made with our program coordinator.



## Online 200 Hour Yoga & Ayurveda Study

For those interested in attaining the option to view the program online, we are happy to introduce you to our New Online E-Learning system offered on our website. The online program is an identical (pre-recorded) version of our live course and is offered as an online option to allow students greater flexibility in their studies according to their schedule. The course can be conveniently accessed directly from your computer, laptop or tablet at home or anywhere you prefer on the planet.

Note: Students enrolled in our live 250 hour program can register to access and view the course online while taking the teacher training program. It's a great support to your studies to be able to re-watch all the classes. This is especially helpful if you are new to yoga and Ayurveda studies and will require more familiarity with the Sanskrit language or any other aspect of the course that you may require additional time with.

- One time payment of \$295 for one-year online course access.  
(This option is only for students who are enrolling in the 250 Hour Yoga & Ayurveda Program.)

## Program Refund Policy

- Program Registration fees are Non-Refundable.
- Program Deposits are Non-Refundable
- Tuition's are refundable with the exception of the registration fee and deposit if student chooses to cancel or withdraw on the first day of registering or before the classes begin. An email cancellation request is required.
- All payments for the Dancing Shiva Yoga & Ayurveda program classes are non refundable once the program has commenced (1st-day). An individual is considered a registered student-attendeo once they have confirmed their payment for the course and have physically attended the program.

*Refunds will be issued within two weeks from date of the cancellation email. All program cancellation letters should be emailed to: [programs@dancingshiva.com](mailto:programs@dancingshiva.com)*