



**Advanced Yoga & Ayurveda Program
with
Mas Vidal**

The Essence of Yoga Therapy

CATALOG & APPLICATION

GENERAL PROGRAM DESCRIPTION

Namaskar and welcome to the advanced certification modules that integrate Yoga (asana & pranayama), Ayurveda (principles & therapies) and some practical factors of Vedic astrology. In this program there is a strong emphasis on using broader yoga system in a healing manner. The program embraces both the scientific and the mystical side of yoga. Modules are both certification trainings for those expanding their role as a teacher/healer and also serve as transformational gatherings to enhance personal spiritual development.

Each of the three modules provides a deeper exploration into the yoga and ayurveda paradigm for those who are currently enrolled in the 250 hour program offered at Dancing Shiva or any other certification completed through another school or institution. The advanced program modules provide a comprehensive understanding of how both sciences are integrated into a dynamic and profound energy based model for healing. Each module strongly adheres to the practice of using the yoga-ayurveda systems in a integral manner that combines physical and mental healing along with spirituality. It essentially emphasizes an ayurvedic or therapeutic approach to the classical Raja Yoga model. It truly provides a complete education for becoming an integral teacher of yoga that embraces the essential principles of ayurveda.

The course manual is based in part on the teachings of Pandit David Frawley (Vamadeva Shastri) as adapted by Mas Vidal and also includes many years of Mas's clinical experience as head practitioner and director of Dancing Shiva. The course also introduces broader aspects of both sciences to allow the student to explore the deeper dimensions of their own spiritual quest. It strongly emphasizes a practical approach to learning and encourages deep study done independently as part of an expanding sadhana.

ABOUT DANCING SHIVA

Dancing Shiva 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 began first began as a center in Los Angeles, California in 2001 and was founded by Mas Vidal and now has affiliations with various centers and organizations around the world. DS is focused on a unified authentic approach of Yoga and Ayurveda. DS has served as the original organization in the USA to offer a complete program certification aimed at achieving the perfect balance of these great systems. DS offers workshops, certifications, consultations, ayurvedic clinic, treatments and retreats and certifications in India. DS offers programs and services with affiliated schools and organizations at different locations each year. Join our newsletter to receive updates on everything going on. *We encourage you to join us in the global propagation of Yoga and Ayurveda.*

PROGRAM FACULTY

Mas Vidal – Yogi, mystic 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 Ayurvedic principles. His work is largely influenced on the teachings of Paramahansa Yogananda founder of Self Realization Fellowship and Mas also participated in the triumphant film “Awake, The Life Of Yogananda”. As an Ayurvedic practitioner he maintains an active counseling practice that includes yoga and vedic astrology as part of counseling for 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.

Yogini Johanna Bennett

Johanna is a Yoga and Ayurveda teacher based in Los Angeles, California. She is trained at the 200-hour level from the Center for Yoga/Yoga Works and at the 500-hour level from Dancing Shiva Yoga and Ayurveda. She also carries certification from the American Institute of Vedic Studies as a Yoga and Ayurveda Therapist. In addition, Johanna is also a certified Pancha Karma therapist having completed training and clinical internship at Dancing Shiva Yoga and Ayurveda. Johanna has a BA in Religious Studies and Asian Studies, and a MA degree in Asian Studies. She is a student of Sanskrit and jyotish and has studied at LMU translating devotional Tamil Alwar poetry.

Dr. Subhash Ranade - Is one of the foremost experts on Ayurveda. He is leading academician and physician in the field of Ayurveda. He is the author of 132 books on Ayurveda and Yoga. 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. Suhas Kshirsagar – Is a classically trained Ayurvedic physician and a gold medalist from prestigious Pune University. A Rig Vedic Bramhin by tradition and an accomplished Clinician by training adds tremendous value to his clients and students alike. He is an insightful Medical Astrologer and Vedic Counselor. He worked with His Holiness Maharishi Mahesh Yogi for over 10 years. During these years he and his wife Dr. Manisha, traveled extensively all around the world, teaching Ayurvedic Medicine, Jyotish, designing courses & curriculums, directing Ayurvedic Clinics and helping design new Ayurvedic formulations. He was the Chairman for Maharishi College of Vedic Medicine, a Professor at Maharishi University of Management and the Medical Director, at the Raj Pancha-Karma center in Fairfield IA.

Dr. Sonika Desai

Sonika is an Ayurvedic doctor with a BAMS degree (Bachelor in Ayurvedic Medicine and Surgery) and ran her own Ayurvedic Clinic and Panchakarma Center in Mumbai (India) for 4 years from 2006 to 2010 . She specializes in Panchakarma which includes Nasya, Basti ,Vamana, Virechana and Raktamokshan, and also does Abhangya, Swedana Shirodhara , Pinda sweda , Netra basti , Kati, Janu and shiro Basti , Nadi Parikshana. Additionally she is a certified

cosmetologist and has provided many patients with positive results with issues related to skin and hair.

Dennis M. Harness, Ph.D. - 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 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.

PROGRAM CURRICULUM & MODULES

The programs are based on an integral approach to Yoga, which includes in brief the practice of asana, pranayama, special ayurvedic therapies, mantra yoga and meditation. The course emphasizes a practical approach to learning; theory and philosophy are also woven into each day as part of a complete teaching. Reading and writing assignments are given at the end of each **module** to be submitted by a specific date. Join us on this adventure into the great ancient healing systems of Yoga and Ayurveda represent the greatest systems of mysticism and medicine as one. Education is the doorway to a better world and with nature's medicine and spiritual freedom we can live what all of humanity is seeking, eternal health and joy.

Modules: Three

Length: 10 days for each module

Certification Hours: 100 for each module

Total Certification: *Dancing Shiva under Mas Vidal's direction provides 300-hours of training that meets or exceeds the Yoga Alliance standards for advanced study. Once any teacher has completed both a RYS 200 training and a RYS 300 training is eligible to become a Registered Yoga Teacher (RYT®) 500.*



MODULE ONE
Healing the Mind-Body Relationship

PART I: Vedanta And Classical Yoga In Life

- Themes of the Four Vedas
- Integrating the Yama & Niyamas
- Introduction to Lifestyle of Yoga & Ayurveda
- Vedanta & Samkhya Philosophy
- Themes of the Bhagavad Gita

PART II: Advaita Vedanta, Raja Yoga, Tantra, Ayurveda

- Tattvas (24 Cosmological Principles)
- Integrating Yoga lifestyle and Ayurveda health practices into daily living.
- Understanding the Bhagavad Gita, Yoga Sutras and Hatha Yoga Traditions.
- Applying Purusha as the Ultimate consciousness into practical living.
- Dharmas (Aims of Life)
- The Guru-Disciple Relationship as the Eternal bond for Spiritual Evolution.

PART III : Teaching, Anatomy, Physiology, Techniques For Enhancing The Mind-Body Relationship.

- Pancha Maha Bhutas (Five Great Elements) in Yoga practice.
- Doshas and Asanas
- Teaching according to various factors (Lifestyle, season, body-type, level).
- Asanas and the Pranas
- Anatomy of the body and prana
- Physiology of the body, doshas and asana
- Ayurveda's Two Main Forms

PART IV: Techniques, Adjustments, Sequences, Structure.

- Creating a class structure/set.
- Adjusting the body
- Enhancing the mind-body relationship with prana
- Combining Energy techniques with asana.
- The eight types of asana for a complete asana practice.

Features of Module One include:

- ~ Identifying the constitution (dosha mind-body type).
- ~ Applying the essence of Raja Yoga as a healing system as asana-pranayama-pratyahara.
- ~ Understanding the therapeutic and healing affects of asana and pranayama on anatomy and physiology.
- ~ Use of various ayurvedic treatments, oils and pressure points to address dosha imbalances.
- ~ Adapting advanced yoga techniques to create an integral yoga practice for all types.
- ~ Use of inversions and pranayama for various disorders of the doshas.
- ~ The application of “savasana” as pratyahara and the role of neurological function as relaxation to influence the body and mind.

MODULE TWO
Advancing the Mind-Body Relationship

PART V: Teaching Classes, Privates and Self Practice

- Working with the body structure, torso and abdomen in Asana.
- The signs of the feet, hips and shoulders in alignment.
- Mind-Body relationship in Asana, Pranayama and Relaxation techniques.
- Creating a Safe, Balanced and Effective Yoga Practice-Class
- Balancing the 3 Directions of the Spine in Asana
- Applying Asana & Pranayama for Effective Mind-Body healing
- Techniques for Effective Practice and Safety during Inversions
- Teaching and Injuries, Approaches and adaptations for effective recovery

PART VI: The Methods And Modalities Of An Integral Yoga

- Asana Purpose & Function
- Group Yoga Practice
- Using Types of Asanas
- Salutations/Sequences For Awakening the Fire of Yoga
- The Methods of Ayurveda in Asana
- The Methods of Going Beyond the Senses.

PART VII: Refining the Class-Practice

- Creating an Integral Practice
- Signs of Technique Effectiveness.
- Techniques of Concentration
- Techniques for Balance-Strength-Flexibility.
- Mantra, Pranayama & Meditation.
- Types of Pranayama
- Meditation (Prayer, Visualization & Affirmations) Five Steps of Meditation
- Preparation for Meditation (Understanding Pratyahara)

PART VIII: Anatomy, Physiology & Therapeutics

- Dhatus & Malas
- General Anatomy and Physiology (Human body) Spinal Column and Major Systems
- Anatomy Part II (Dosha Organs)
- The Spine and Mind Paradigm
- Asanas Effects on Anatomy and Physiology

Features of Module One include:

~ Expanding the mind-body relationship in asana and understanding the indicators of fragmentation and tools for remedying this.

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MODULE THREE
Uniting the Mind-Body & Soul

PART IX: **Living Ahimsa & Ayurveda**

- Non-violence in Yoga & Ayurveda
- Brahmacharya and the Management of Ojas,
- Ojas and Yoga Asana
- Bridging the Daily Routine and Ishwara Pranidhana (Surrender)
- Defining and Practicing Satya (truthfulness)
- Sat-Chit-Ananda as the Balancing Force of the Yogic Life

PART X: **Therapeutics Of Health & Wellness**

- Techniques In Asana and Digestion, Peace Of Mind, Balance
- The Discipline of Yoga
- Techniques For Special Concerns of Yoga Practice (Menstruation Period, Injuries, Pregnancy & Ailments)
- Training the Mind To Discipline the Body.

PART XI: **Living With Nature**

- Ayurvedic Living and Daily Routine
- The Gunas, Food and the pranic value on the mind.
- 6 Tastes & The Doshas and affects on yoga practice.
- Ayurvedic Dietary Themes (Ama, Jatharagni) Spice List
- Seasons-Doshas and adjusting the asana body
- Dietary Purification
- Ayurvedic Herbology (Digestive System)
- Yoga diet versus the Ayurvedic
- Creating an inner-outer ashram

PART XII: **Spirit And Nature Dancing Together**

- Embracing the Paths of Yoga (Karma, Bhakti, Jnana & Raja).
- The Synthesis of Tantra, Bhakti and Raja Yoga
- The Eight-Fold path for Union of Mind-Body-Soul.
- Signs of Enhancing the Mind-Body Relationship through Yoga & Ayurveda
- Qualifications for Liberation
- Understanding the Path of Moksha Dharma (Liberation).

AYURVEDIC CONSULTATION

An understanding of your doshic type is an important part of taking these programs and beginning deepening the yogic and ayurvedic journey. This session is highly recommended but not required and can be considered the first step into orientation of integrating Ayurveda into your daily and eventually seasonal routine. Therefore it is very helpful to begin the course with knowledge of their own, Prakriti (constitution) and Vikriti (imbalances). An astrological review of the birth chart is also provided. To schedule a consultation visit the page on the website and complete the form and payment.

CLASS SCHEDULE, EXAMINATIONS & CERTIFICATION

Reading and writing assignments are given after each module as part of deeper home studies. Students will receive an advanced certification for 100 hours per module in the sciences of Yoga and Ayurveda as acknowledged by Mas Vidal and the criteria established through Dancing Shiva.

PARTICIPATION IN PROGRAM CLASSES

As these courses involve much use of the physical body, it is normal to experience soreness in the muscles and joints. After several days of postural and energy work the body and mind can release a multitude of blocks, toxins and most commonly is the display of areas that are weak, deficient and vulnerable. All programs are taught in a safe manner and provide as many precautions as possible to avoid injury without compromising the original intention of the yoga and Ayurveda teachings. It is the responsibility of participants-students to inform the teacher of any specific injuries or concerns they have before performing any exercises individually and also when participating with students in a group setting as instructed by the teacher.

TUITION & FEE'S FOR EACH MODULE

~ REGISTRATION FEE: _____ **\$150** (One time & non-refundable)
(Application review, course manual & certificate)

~ DEPOSIT _____ **\$500** (Non- Refundable)

~ FULL PROGRAM PAYMENT _____ **\$1,750**
(Each 10-day module includes: education, ayurvedic meals & accommodations)

**All payments are to be made online on our website.*

PROGRAM REFUND POLICY

- Program Registration fees are Non-Refundable.
- Program Deposits are Non-Refundable

- Tuition's are not refundable with if a student chooses to cancel or withdraw 45-days prior to commencement any program module. An email cancelation request is required.
- Refund-Credit Considerations: A written request is required 45-days prior to commencement of any program module. In most cases a credit can be applied towards a future module.

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

