

Advanced Yoga & Ayurveda Program

*An integral
Yoga and Ayurveda
teacher training program.*

The Essence of Yoga Therapy



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 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 and integral approach to Yoga and Ayurveda. DS has served as one of the original organizations in the USA to offer a complete program certification aimed at achieving the perfect balance of these great systems.

DS is mainly focused on education through many unique programs, workshops and individual counseling services. DS offers its programs and services through a network of affiliated schools and organizations at different locations. Join our newsletter to receive updates on everything going on. We encourage you to join us in the global propagation of Yoga and Ayurveda.

Our programs offer curriculums based on the traditional wisdom lineages of India that blend science and spirituality for a complete approach to evolution. Our integral educational approach embraces all aspects of the vast knowledge of ayurveda, yoga and jyotish. Our diverse and highly educated faculty, are dedicated practitioners of Ayurveda and live according to the ideals of the yoga tradition.

The Dancing Shiva program

Line up includes:

1. **200 HOUR YOGA & AYURVEDA ONLINE PROGRAM** - For those interested in becoming certified as a yoga and ayurveda counselor, students can take this program at their own pace from any computer any where in the world. This course is an excellent foundation for all the others.
2. **250 HOUR YOGA & AYURVEDA** - This is Dancing Shiva's hallmark program that is now in its 15th year. It is the original certification program that unifies both sciences into one complete approach. We consider it the Mother of all programs as it provides insightful material for those in the healing arts, yoga teachers, therapist, doctors, parents and anyone interested in lifestyle enhancement.
3. **300 HOUR ADVANCED YOGA & AYURVEDA PROGRAM** - These special modules are prepared for those yoga teachers looking to deepen their knowledge of Yoga and Ayurveda for spiritual and professional use. These programs teaches the concept of "Yoga Therapy" in alignment with its sister science of Ayurveda and considers therapeutic healing on a physical, mental, emotional and spiritual basis.
4. **300 HOUR AYURVEDA WELLNESS CONSULTANT PROGRAM** - This is our signature ayurveda program focused on wellness and the foundation for becoming a consultant of ayurveda. This program can be combined with the India Ayurveda-Program for additional hands on and clinical training.
5. **100 HOUR INDIA AYURVEDA PROGRAM** - Our annual Ayurveda program provides students the experience of learning in an authentic Indian University and is the counterpart to the Wellness Counselor program. Attendees partake in daily lectures and practicums in areas of Kayachikitsa (Internal Medicine), Prasuti Tantra (Obstetrics) & Stree Roga (Gynecology), Pancha Karma (Five healing treatment modalities) and an overview of Yogchikitsa (Yoga Therapy). The program is done in association with our affiliate Indian organization International Academy Of Ayurveda (IAA).

Program Details

Advanced Yoga & Ayurveda Program (AYAP)

(300 Hour Certification)

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.

Education Format Includes:

- Integrative modules that blend education and lifestyle enhancement.
- Comprehensive manual
- Live retreat classes, virtual classes and online lectures.
- Reading material, home study and special workshops.
- Online Testing: Mid term and Final examination.
- India 100 Hour Intensive Option (See India Program listed above).

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.



Prerequisites & Requirements for completion

- Students should have a High School diploma or equivalent and Dancing Shiva also recommends basic Anatomy and Physiology however it is not required for enrollment.
- We also recommend having completed some basic yoga certifications or even the Dancing Shiva 200 hour Yoga and Ayurveda online program, although this is not required to register for this program.
- *Students are required to attend a minimum of 85% of live classes.

Advanced Yoga & Ayurveda Program

Each section includes reading assignments, home exercises and special projects. Testing is taken after completion of each module. Intensive classes provide theoretical knowledge combined with techniques and training. Each day also accounts for reading and special homework exercises.

Live Curriculum _____ *Total 216 Hours*

Module ONE

Healing the Mind-Body Relationship

PART I:

Vedanta And Classical Yoga In Life _____ 18 Hours

- 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 _____ 18 Hours

- 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 _____ 18 Hours

- 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 _____ 18 Hours

- 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 _____ 18 Hours

- 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 _____ 18 Hours

- 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 _____ 18 Hours

- 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 _____ 18 Hours

- 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 Two include:

- Expanding the mind-body relationship in asana and understanding the indicators of fragmentation and tools for remedying this.
- Creating more specific approaches to applying asana, pranayama and meditation for mental balance.
- Using the sub-doshas and dhatus in yoga practice, teaching and for longevity.

Module THREE

Uniting the Mind-Body & Soul

PART IX:

Living Ahimsa & Ayurveda _____ 18 Hours

- 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 _____ 18 Hours

- 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 _____ 18 Hours

- 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 _____ 18 Hours

- 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).

Virtual-Online Classes - 20 Hours

These monthly sessions include expanded support on the topics covered in the weekend intensives. Through video conferencing the faculty will cover a vast array of material to supplement the core topics listed in the curriculum. Students are required to participate in these live-streamed classes or there will also be the option to view these from archives in the classroom library. Classes will take place bi-monthly and schedule is subject to change as per holidays and other factors.

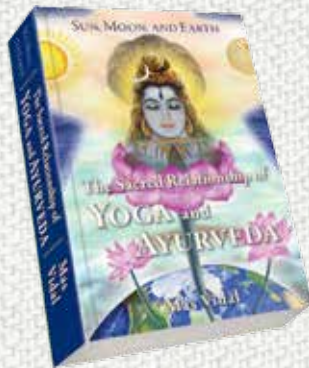
Homework – 40 Hours

- Reading from course manual
- Reading from course books
- Online testing
- Home study exercises and research projects

Hands-On Case Study – 24 Hours

Students will be required to arrange 5 client case studies for completion of the program. This requires performing a comprehensive private yoga session that integrates asana, pranayama, marmas, counseling and techniques for rasayana (restoring ojas). Also required, is determination of constitution (prakriti) and areas of imbalance (vikriti). Approximately five hours should be spent on each client case, which includes initial session, re-editing notes taken during the initial session, researching and categorizing the findings and a follow up session. This provides the initial foundation for developing a more advanced teaching practice.

Recommended & Required Reading List



Note: Some sections from these texts will be required reading and will be assigned as homework or supplemental reading by our faculty. Required books are listed red text.

- **God Talks With Arjuna: The Bhagavad Gita** – Sri Paramahansa Yogananda
- **Sun, Moon and Earth** by Mas Vidal
- **Yoga Vasistha** by Sri Swami Jyotirmayananda
- **Vedic Counseling** by David Frawley & Suhas Kshirsagar
- **Yoga & Ayurveda** by David Frawley
- **Natures Medicine** by David Frawley and Subhash Ranade
- **Yoga and Vedic Astrology** by Sam Geppi
- **Ayurveda: A Quick Reference Handbook** by Manisha Kshirsagar

Program 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.



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.



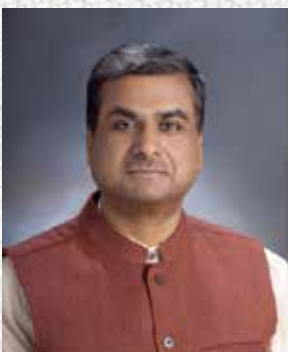
Anita Sundaram - Anita's journey began 30 years ago in the sacred healing arts. Her passion for Ayurveda and Yoga weaves an alchemical blend - a trinity of Yoga, Breath and Sound melting into Beauty, Rasa and Stillness. The fabric that makes up Anita's Yoga and Lifestyle teaching has been infused by 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.



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.

He is an insightful Medical Astrologer and Vedic Counselor and motivational speaker, presenting Ayurvedic Wisdom and sharing stage with Deepak Chopra, Tony Robbins, Wayne Dyer and many other leaders in the field.



Dr. Manisha Kshirsagar - Manisha graduated from Pune University, India with a Bachelors degree in Ayurvedic Medicine and Surgery. She is also trained at the Indian College of Naturopathy and qualified as a Yoga Instructor from the renowned Kaivalyadham University in India. Dr. Manisha has been teaching Ayurveda ,yoga for more than 10 years. She specializes in women and infant health, skin care and natural beauty treatments. She offers regular workshops on Ayurvedic nutrition and cooking, Panchakarma and Herbology.



Dennis Harness Ph.D (Dayananda) - is a professional astrologer who holds a doctorate degree in Counseling Psychology. For more than twenty five 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.

Enrollment Essentials

Both registration and payment can be done on our website at www.dancingshiva.com
If you need help doing this please call us at 323 934 8332 and we can also take care of this over the phone.
We encourage you to read and review this catalog and all its details prior to registering.

- Complete the registration form on our website.
- Choose your payment option on our website.

Tuition and Fees

- REGISTRATION FEE: _____ \$150 (One time & non-refundable)
(Application review, course manual and handouts & certificate)
- DEPOSIT _____ \$500 or \$1000 (Non- Refundable)

Note: Once either (\$500 or \$1000) deposit is made, the remaining balance will be charged at a later date by our program coordinator. We will email you before this transaction takes place. Usually, the remaining balance is charged approximately 21-30-days before the module begins.

- FULL PROGRAM PAYMENT _____ \$1,750 (Non- Refundable)
(Includes: education, ayurvedic meals & accommodations, manual, virtual-online classes)

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

A portion of our proceeds is donated to a number of charities and non-profit organizations associated with Dancing Shiva. These include Self Realization Fellowship, Yoga Research Foundation and Animal Advocacy organizations such as Farm Sanctuary. For more information visit our Resources section on the website.

PROGRAM REFUND POLICY

- Program Registration fees are Non-Refundable.
- Program Deposits are Non-Refundable.
- Online or Virtual Program is non-refundable.
- Credit Considerations: If a student for some reason because of illness or other a family related emergency cannot attend the program then a credit will be considered. Credit for the program can be used for the same course offered either online or at any of our locations the within a 6-month period. Please email us at programs@dancingshiva.com

Accredited Affiliations

Once you have completed the requirements for the program you will receive a certificate of completion for 300 hours. There is no requirement to affiliate with any Yoga or Ayurvedic associations and there are no limitations to applying these skills in your work or for personal enhancement. However, for those interested in having their studies recognized as per the standards acknowledged by these organizations can do so. The two main associations the Dancing Shiva school is associated with are Yoga Alliance and National Ayurvedic Medical Association (NAMA). The Yoga Alliance is the main organization used by yoga teachers to validate their credentials. Each of these associations provides their own criteria and standards measured by the number of hours of study. All students that complete this program will become eligible to earn credit according to requirements approved by NAMA. Professional Ayurvedic Continuing Education (PACE) credits are required for NAMA members. To apply for credit you will have to register with NAMA, upload your certificate on the NAMA website and then your completion will be reviewed and your PACE credits will be posted to the Professional Development section of your Member Profile.



Namaste ☺