

“ Love says I am everything
Wisdom says I am nothing.
Between the two, my life flows”.
Nisargadatta Maharaj

Yogini & Yogi Training

October 2020 – Jul 2021
ca. 300h

A training for deepening the practice, that leads to a deeper understanding of yoga. Yoga is a Life path. Yoga Practitioner Training.
Increase your own frequency, Lightworkers Training.

What you will learn and practice:

Asana in detail: the individual effects on a physical, mental and spiritual level, a deeper understanding, feeling. Hatha Yoga: we will look at different styles of the physical yoga. Take a closer look at yogas such as Hatha Yoga, Vinyasa Flow, Iyengar inspired and restoratives Yoga. Asana in connection with the meridians, therapy yoga, alignment , yogic anatomy, the Sanskrit names, building sequences, classical, as well as therapeutical, physical and psychological. Yoga in everyday life.

Pranayama: The different breathing techniques that lead to improved breathing, more vitality. Explore the individual pranayama techniques, get to know and understand on a physical and emotional level. Pranayama strengthens the nervous system and supports the whole system. It goes from slow rhythms to faster ones, which are also called kriyas (purification).

Meditation: different methods

Mantra: chant and recite

Mudra: finger yoga, energetic yoga

Bandha: Locks that increase energy, protect muscles and ligaments

Yoga Physiology: Chakra System, Nadhis, Grantis, Koshas, Vayus

Yoga philosophy: Patanjali Yoga, Yoga Sutras, Kleshas, as well as Advaita Tantra, Satsang, Self inquiry. "Looking at the matters of the heart and the mind." Shiva, Shakti, Durga, Kali, Vishnu, Brahma, Lakshmi and everyone else :-)

nutrition

Essential oils

Energy work

Awareness work: integrating all of the above into life more consciously. Awareness.

For whom:

For yoga practitioners with 3-4 years of constant practice who want to deepen their yoga knowledge, integrate it into everyday life, into the job, into the family. Also for someone who has already completed a training and would like to refresh their knowledge, continue the path

Your effort:

Practice yourself daily: 15 to 60 minutes. Whether asana, pranayama, meditation or self inquiry
Over the 10 months: reading specific books, writing essays on topics, learn Sanskrit words, mantra, integrate yoga into everyday life

Events/ Dates

On site :

17 & 18 October 2020: on site, 8.30 am. - 12.00pm., 1.30 pm – 6.00 pm, in Zurich at Nandala Yoga

March 6th & 7th, 2021: on site, 8.30 am. - 12.00pm., 1.30 pm – 6.00pm, in Zurich in the Nandala
This is also recorded/or livestreamed.

We see each other online on Thursday evening via zoom online.

6.15pm -7.15pm. Yoga practice

7.15pm -8.15 pm. Theory, deepened pranayama, philosophy, theme evenings

From 22/10/20 to 24/06/21, without 24/12& 31/12/20, then without 11/02/21, 18/02/21, 08/04, 15/04 and 13/05/21

Once a month, zoom online:

Wednesdays: 5.45 a.m. - 7.15 p.m. meditation and pranayama

18th Nov, 16th Dec, 13th Jan, 24th Feb, 17th March, 21st April, 12th May, 16th June

In-depth afternoons 3.5 hours (online or as a recording), could well be that some of these sessions will be onsite either in zurich or luzern

2.30 p.m. - 6.00 p.m.

Saturday, 21st November,2020

Saturday, 30th Januray,2021

Saturday,24th April, 2021

Saturday, 22nd May, 2021

The exact curriculum will be announced soon. You will also receive info by email, so for examp.e which chapter of a book to read by which date.

5 individual lessons of 60 minutes per person: online/ at my home/ or on a Friday in Nandala at 10.30-11.30am or 1.30pm to 2.30pm.

Here I can go into each individual for what you do yoga or more of it want to bring your life. <3

For example, harmonium lesson, in-depth hands-on adjustments, prenatal yoga for a Midwife to integrate this in the job, special forms of therapy or children's yoga

Retreat: Sunday, June 27th, 2021, 3 p.m. - until Monday, July 5, 2021, 10 a.m.

In a beautiful place in Switzerland

Book list (required):

In English or German, or another native language

- Light on yoga by BKS Iyengar

- Light on pranayama by BKS Iyengar

- Light on Yoga Sutra by BKS Iyengar or Yoga Sutras by Desikachar

- Asana Pranayama, Mudra, Bandha by Swami Satyananda Saraswati, Bihar Yoga

- Eastern Body, Western Mind by Judith Anodea,

Recommended books:

- I am by Nisargadatta Maharaj
 - Awakening Shakti by Sally Kempton
 - The Essential Guide to aromatherapy and vibrational healing by Magaret Ann Lembo
 - Heart of Yogn by Desikachar
 - Yoga sequencing by Mark Stephens
 - Bhagavad Gita, for example from Goldmann Arkana Verlag
 - Be Love Now from Ram Dass
 - Power of Now, by Eckhart Tolle
- ... the list can go on :-)

Price and payment options:

1. Sfr. 3'333.- (paid by 17th October 2020)
2. In 2 times: Sfr. 1'675.-, total 3'350.-
3. Or in monthly installments of Sfr. 340.- per month (10 times), total 3'400.- or other

Included in the price:

all lessons of the training plus visits to my regular ones

Lessons from 19th October 2020 to 25th June 2021.

There is a 10% for workshops during this period.

All teaching units from the retreat are already included

Shaktini Yoga certificate

Not included:

books, food and lodging from the retreat, travel

If you wish to receive the Yoga Alliance certificate, there will be additional costs for the examination and registration fees. Full attendance required

These additional costs will amount to about Sfr 600.-/700.- per person.

With whom:

Shaktini Steiner, senior yoga teacher, E-RYT 500 at Yoga Alliance

Since 2004 with profound knowledge, a lot of heart, joy, prana and yogini life.

Many years of teaching experience in regular classes, seminars, retreats & 2 teacher trainings in Germany..

A few sessions with guest yoga teachers. My friend Daniela from Nandala will hold a session.

Registration and questions:

info@shaktiniyoga.com or +4178 727 67 01, or we can organise a zoom chat

To reserve a place, a deposit of Sfr. 200.- is required