**200 Hours Ashtanga Yoga Teacher Training with Marilou van Hoek**

**This Intensive Teacher Training Course is designed to prepare and help you establish a solid practice and dive deeper into this Transformational and Life Changing Practice of Ashtanga Yoga. Though you do NOT have to be experienced to participate into this Training. The Love for Ashtanga Yoga Practice is a very good motivation.**

**An established personal practice is the most significant foundation of your own yoga journey. This is the very source of your inner growth and self-experience on developing your unique personal voice and style as a human being and potentially as a teacher.**

**Marilou van Hoek is an experienced teacher and dedicated practitioner, who is committed and (com)passionate in guiding and supporting you through this process of self-awareness, development and self-transformation.**

**This Training is for you if:**

* **You are eager to learn, deepen and expand knowledge of Ashtanga Yoga and other aspects of Yoga**
* **You have been practicing Ashtanga Yoga, continuously for some time now and want to move to the next level**
* **You want to learn how to get more harmony between body, mind and spirit**
* **You are looking for a comprehensive, safe, well structured and yet intuitive approach**
* **You have a strong desire and urge to share this art of healing with others**
* **You are ready to explore and experience yoga beyond asanas**

**What can you expect from this Training:**

* **You have the opportunity to take their personal practice to the next level with guidance in a safe environment**
* **You will learn and embody different yogic tools and lifestyle that aim to awaken and unlock your true potential.**
* **You learn and experience a Traditional Ashtanga Yoga Training, a thorough and profound education**
* **You will experience a great balance of theory and practice that you can immediately apply in every day living and when teaching**
* **You will be provided a structured access to Kriyas and Pranayamic practices that are most highly regarded tool to be used for creating a greater contact with the inner world**
* **You will also learn how to teach basic breath work**
* **You will be introduced into the basics of Ayurveda – will learn how this holistic approach will help balance body, mind and spirit**
* **You will be required to observe and assist in Ashtanga Led and Mysore**
* **You will gain insight how the Eight Limb of Yoga can be integrated in daily life as to cultivate more of a sattvic life**
* **You will be mentored and coached individual/ small groups**
* **You wiill be confident and comfortable to hold space for your future students and adjust and assist in a safe way**
* **You will be able to start teaching Ashtanga Led Classes, Power Yoga, Dynamic form of yoga**
* **Once students have completed the full 200 hours, the opportunity to apply for international certification through the Yoga Alliance International.**

**Curriculum:**

**Ashtanga Yoga (Focus on the Primary Series):**   
Asana practices are a combination of Led Classes and Mysore Self practice

**Asanas & Alignment:**

We explore and learn all asanas of Primary Series in great details, appropriate and correct alignment with precise Vinyasas; you will learn about Functional Anatomy of Yoga & Physiology

**Anatomy of Yoga & Physiology:** A complete exploration of the human body and how it works, which will give insight what is going on in your own body and your student’s.

**Teaching Methodology:** With a focus on how to hold space, communicate clearly, and assist safely, you will leave the course confident teaching all levels of students until your own practice or level.

**The Art of Adjustment:** Traditionally the primary method of teaching Ashtanga Yoga is through Hands-on Adjustments with the aim to help the student go into the posture deeper and further in a safe way.

**Yoga Philosophy**: The origin of the modern yoga classes today comes from around 5 thousands of years of history. The primary focus will be on the Yoga Sutras of Patanjali. We will study through chanting the sutras, also we will discuss some of these yogic texts and how relevant and useful they are in our modern life.   
As well we will touch base on the Bhagavad Gita

**Intro to Ayurveda –Diet and Lifestyle:** Ayurveda is the sister science of Yoga, coming from the same roots of the Vedas. We will learn to understand the foundation that consists of the 5 elements and the 3 Doshas. You will develop an Ayurvedic perspective that will help find balance into your life and the world

**Kriyas**: Learn some of the Shat Kriyas practices (Purification Techniques) of the Classical Hatha Yoga

**Pranayama**: Following the Lineage of Kaivalyadham, which represents the main methods of the Classical Hatha Yoga.

**Concentration and Meditation:** Different kind of meditation will be offered.

**Mantra and Chanting:** The recitation of mantra is known as japa, which literally means whispering. Chanting Mantras is said to quiet the habitual fluctuations of our consciousness.  
  
**Coaching & Mentorship** – You will be mentored throughout the training course individually and/ or in small groups.

**Introduction to Second Series of Ashtanga Yoga**

**Dates:**

* The normal day schedule would start from 9:00 until 17:00
* The mornings we practice Meditation, Kriyas & Pranayama and Asana practice.
* The afternoons sessions are a combination of lectures and exploration of asanas.

Weekend 1: 27 April – 1 May 2023

Weekend 2: 29 June – 3 July

Weekend 3: 5 – 8 October

Weekend 4: 2 – 5 November

Week 5: 30 November – 3 December

Part A:

The attention for the first HALF of the course is to establish solid foundation through practice: meditation, kriyas, pranayama and asanas (Ashtanga Yoga).

In addition, you will explore the technical aspects of the Primary Series of Ashtanga Yoga in great detail.

Ayurveda, mantras & chanting, history, yoga philosophy and anatomy are woven into the curriculum.

Part B:

In the middle, “Living the yogic Lifestyle” with our focus on the Art of Adjusting. We will have enough time to practice assisting each posture on each other.  
Part C:  
The last weekends integrate being a practitioner and becoming a teacher as you deepen and become more comfortable using your teaching skills and methods. The last weekend is examinations and graduation day.

**Requirements:**

You must have a solid foundation in Ashtanga yoga practice (Led classes and/ or Mysore) of preferably at least 1 year.   
If you are unsure of your level of practice, please contact us. Send us an email with your level of practice and your concern.

If you don’t have a background in Ashtanga yoga, you will be asked to become familiar with the first half primary series before the training starts.

We recommend to participate with Marilou’s Ashtanga Yoga Retreats (see the latest on her retreats on www.pranayama.nl) as preparation for the Ashtanga Yoga Teacher Training.

Initially, many participants take this training for personal development and do not intend to teach. Others are not sure yet if they will start teaching and some intend to already teach from the beginning.

Once registered, you will be given homework that will need to be completed before the course starts.

You will be required to do a lot of readings and make homework after every weekend.

* Practice – Preferably Mysore. But can be a combination of Mysore, Led Class, and at home: we expect you are willing to practice every day for 1-2 hours.
* Assignments & Reading: Take into account 3-8 hours per week of homework.
* Study groups: Meet 1-2 times every 4 weeks.
* Observing and Assisting in Class – at least 12 hours under guidance of Lead Teacher/ Assistant(s)
* Health & Well being: Let us know if you are suffering from any injury (physically) but also mentally or emotionally.

English speaking. All the teachings and the material is provided in English.

**Prices:** 40.000 Krona

**TEACHERS**

Marilou van Hoek

Born in the Philippines, Marilou came to the Netherlands in her early teens. She feels blessed with the best of both worlds: East and West. Ever since she came in contact with yoga she has developed a passion for Ashtanga Yoga and Pranayama, which she applies both in her classes and her everyday life.

Besides her daily practice she continues to study regularly to deepen her knowledge and understanding of yoga philosophy, chanting and meditation etc

Marilou has been studying and travelling back and forthe in the ashram of her teacher in India since 5 years now as her yoga journey continues.   
Currently participating on a 3-year Pranayama Teacher Training in Kaivalyadham Yoga Institute with Sri Sudhir Tiwari and assisting him with his Pranayama Teacher Training in Amsterdam.

With love and passion, Marilou offers a variety of yoga classes: Ashtanga Led, Mysore and Primary Series. She also teaches Pranayama workshops and classes at Yoga Moves and other yoga studios. Her classes are fun and inspirational, allowing space for growth both on and off the mat.

Marilou sees yoga as a quest for spirituality and awareness. It not only provides a stable basis for everyday life, but a lot of fun too. She loves inspiring her students with her passion.

“Pranayama is the basis of my day. My daily practice gives me access to my soul and inner life. I feel one with my body, and experience a state of Bliss. It is the perfect foundation for my Ashtanga practice.”

Marilou will be inviting Guest Teachers for Philosophy and Anatomy