

The Happy Yoga

The Global Society for Peace & Spiritual Science (GSPSS)



www.gspss.org , info@gspss.org.au +61434560379

Dear Sir/ Madam

‘The Happy Yoga’ is a system of authentic HATHA yoga philosophy running under The Global Society for Peace & Spiritual Science (GSPSS), life transformation mission & Yoga Academy.

GSPSS is a non-for profit humanitarian organisation. One of our main missions is to train and teach yoga practice, theory and the history of yoga to prepare globally accepted yoga teachers. We help and prepare yogi students enabling them to learn an authentic scripture and research based yoga system.

We provide world-class yoga teaching and would like to register our GSPSS Academy as a Registered Yoga School (RYT) with the respected Yoga Alliance . We would appreciate it if you would consider our application for registering our GSPSS academy as RYS with the Yoga Alliance International.

The Yoga system that we teach:

We teach the Hatha Yoga step by step. It is based on ancient Hatha yoga Scripture . It will help our students

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to remain physically fit and spiritually liberated. We follow the eight limbs of yoga. These are the eight limbs ie. Yama (Restraint), Niyama (Observance), Asana (Posture), Pranayam (Regulation of Breath), Pratyahara (Withholding of Senses), Dharana (Fixity of Mind), Dhyana (Meditation), and Samadhi (Perfect Concentration) .

Our course Introduction:

We will teach YTT 200hr plus to 500 hours plus courses to students. We will run Intensive to long term and short-term yoga courses.

90% of the GSPSS teacher training total hours must be contact hours. The 250-hour course would require a minimum 225 contact hours. The 200 hours course a minimum 180 contact hours.

The Teacher Training must be taught by our Yoga Alliance International's member ERYT (Experienced Registered Yoga Teacher).

The Lead Trainer (ERYT) will compulsorily teach a minimum of 80% of the course contact hours.

Course's entry prerequisite:

As a Course's entry prerequisite our requirement is the participant should finished one-year of learning or a requirement of a minimum of one year yoga practice.

Our participants will be certified to teach yoga classes and workshops in gyms and studios worldwide with a fully

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Accredited Yoga Alliance RYT-200 plus hour Yoga Teaching Qualification - online from the comfort of home and face to face.

Class time table :

Our intense class will run everyday 10am to 12 pm for 60 days. The long term Course will run every weekend, Saturday and Sunday at 9 am to 11 am until the end of allocated timetable of 6 months.

Students Achievement :

At GSPSS student will learn from an authentic yoga lineage with roots in ancient Nepal where the yoga was originated. Yogi Acharya Rajan Sharma has access to profound teachings passed down through the firmest yogi Shiva lineage and has learned a deeply healing approach to yoga designed to create genuine wellbeing in mind, body and spirit. A strong foundation has been built for your teaching and practice - so students know their teaching is safe, effective and authentic.

Comprehensive Video Modules and Specialist Manuals created by our team of Master Yoga Teachers (MYT) which you work through at your own pace (start from the moment you sign up!) through our easy-to-use learning portal.

Our Consultants i.e.: Physiotherapists, Psychologists, MDs, Historians or similar recognized professionals must have a relevant degree, or certification in the subject they will teach.

Our head teacher is RYT (Registered Yoga Teacher) is a member of Yoga Alliance International and will have a

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minimum MYT/2500plus qualification and 30 years' of experience in the subject being taught.

Program Objectives:

Our **YTT 250hr plus course** is one of Australia's highest industry recognized qualifications in yoga teaching, Yoga Alliance approved, and is fully recognized with Yoga Australia (YA) .

As It is professional yoga teacher training, this Yoga teaching course will give students the qualifications they need to bring the benefits of yoga to others and turn their passion for yoga into a profession.

The students will get at the end :

Our students find themselves in a relaxed state of mind. They will be prepared as accredited, qualified yoga teachers. They will able to increase their mental and physical flexibility. The course is designed to enable those students who wish to challenge themselves to extend their practice and knowledge. There are many reasons as to why people find themselves immersed in Yogic practices. Yet, all of that just barely scratches the surface.

Training course assessment

The method and tools are practical and theory test. We will have face-to-face and online test format according to the level of YTT ie 250hr face to face and online course.

Highly qualified RYT will be our 'Teacher Training Assessor/s i.e. our MYT.

Breakdown of the hours for teaching:

Techniques, Training and Practice

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Contact Hours: 80%

Teaching Methodology:

Contact Hours: 10%

Anatomy and Physiology:

Contact Hours: 5%

Yoga Philosophy, Lifestyle and Ethics for Yoga Teachers

Contact Hours: 5%

Our Lead Trainer details:

ERYT designation is Master Yoga Teacher (MYT) Acharya Rajan Sharma AKA Bhimsen Sapkota and Yoga Alliance-International's Registry ID:ABS24102020 and Accredited yoga teachers team.

Faculty/Consultants/Specialists Qualifications : Natural therapist, physic therapist Dr Rakish Poudel, anatomy and physiologist specialist Dr Nima Taluja .

Ratio between end of course practicum exams and theory. After completion of all the required practice part students will sit for the exam ie after completion of 80% practice in 6 months participant will sit for test of YTT250hr plus.

We follow and recommended the following reference books:

- Patanjali yoga sutra
- Gorakshya Samhita
- The Heart of Yoga
- TKV Desikachar
- The Radiance Sutras

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- Dr Lorin Roche Wheels of Life
- Anodea Judith Recommended Reading:
- Yoga Anatomy
- Leslie Kaminoff
- Key Muscles of Yoga
- Ray Long MD

Our Online/Face-to-face Course structure

1. Delivered fully online over 16 weeks, making it our most flexible and individual study option. by Master Yoga Trainer (MYT) Acharya Rajan Sharma and team for those who thrive with face to face learning.
2. Virtua/contract Retreat (5 days) via Live stream to access from the comfort of your own space
3. Live stream online/face to face lectures (8 weekends) to access from the comfort of your own space
4. Zoom Q & A Session (1 each week) for your training group with Acharya Rajan Sharma .
5. On Demand - all live stream lectures and Zoom sessions will be available as recordings to be viewed in your own time
6. Online course portal with course structure, content and required assignments to be completed for certification
7. Virtual/contract Mentoring to conclude the training, receive personalized mentoring, and complete practical class assessment and review.

Study plan:

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This course covers 200/500plus hours of GSPSS yoga teacher training which include the following units of study:

- Anatomy and Physiology – body systems, corrections, sequencing and safety
- The Subtle Physiology of Yoga – subtle energy systems, chakras, energy flow, Prana, the breath
- Philosophy, Ethics and Lifestyle – history and traditions and applying yoga principles in everyday life
- Techniques – interactive sessions including study of postures, meditation, breathing techniques, movement, limbering, mudras and mantras
- Teaching Methodology – principles of effective teaching, how to prepare, design and present a balanced yoga class
- Integrative Practice and Teaching Practicum – how to deliver a well-structured, safe, flowing yoga class
- Yoga Business – what is required as a registered yoga teacher and what is required to set up and run a yoga business
- Specialties – pre and post natal, seniors, back care, children.
- Personal homework (yoga classes and reading) related to the course.

Certifications & course program

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Students who complete their subsequent training are eligible to teach in public and register with Yoga Alliance Australia as Registered Yoga Teachers (RYT®)

Yoga techniques, training, and practice

Demonstration of asanas and their variations, classification of yoga asanas, benefits of asanas and pranayamas, precautions, and contraindications of asanas, preparatory poses and counterposes, meditation and yoga Nidra, chanting, mantra, and Sanskrit in yoga practice, the shatkriyas, chakras, and nadis in yoga practice.

Yoga anatomy and physiology

Anatomical terminology, the skeletal system and spine, joints and connective tissue, the muscles, nervous system and anatomy of breathing.

Teaching methodology

Communication skills and finding one's voice as a teacher, time management and sequencing, giving adjustments, corrections and verbal cueing, the use of props, marketing and legal aspects of running a yoga business.

Yoga philosophy, lifestyle, and ethics

Advaita Vedanta, Patanjali Yoga Sutras, and the 8 limbs of yoga, the Bhagavad Gita, yoga lifestyle and nutrition, yoga ethics, different types and lineages of yoga, yoga

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history, and the Hatha yoga Pradipika, kleshas, and koshas.

Teaching practice (practicum)

During the last 2 weeks of the training, you will lead two 60 minute and two 90 minute classes.

Course information

1. Hatha yoga postures/Asan

Tadasana, Udarakarshan

Surya namaskar (sun salutation) and chandra namaskar (moon salutation)

Moon Salutation

Alignment, assist, and adjustment for the following asanas

Pawanmuktasana series 1

Pawanmuktasana series 2

Pawanmuktasana series 3

Surya namaskar (sun salutation)

Chandra namaskar (moon salutation)

Tadasana (palm tree pose)

Triyak tadasana (swaying palm tree pose)

Trikonasana (triangle pose)

Parivirtatrikon asana - revolving triangle pose

Uttkatasana - chair pose

Virbhdhasana 1 - warrior 1

Virbhdhasana 2 - warrior 2

Virbhdhasana 2 - warrior 3

Ardha Chandrasana - half moon pose

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Vriksasana - tree pose
Parvatasana - mountain pose
Adho mukha svanasana - downward facing dog
Kati chakrasana - waist rotating pose
Malasana - squatted yoga pose
Garudasana - eagle pose
Baddha Konasana - bound angle pose
Rajkapoot asana - penguin pose
Bhujanghasana - cobra pose
Urdhva mukha svanasana - upward facing dog
Matsyasana
Setu bhandasana
Utrasana
Dhanurasana
Salabhasana
Supta Virasana - reclining hero pose
Virasana - hero pose
Vajrasana - thunderbolt
Gomukhasana
Balasana
Dandasana
Ardha Matsyendrasana

2.Hatha Vinyasa class

Coverage: Alignment, drishti(target), adjustment, and options

Surya namaskar A

Surya namaskar B

Asanas for beginners:

Padangusthasana

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Padahasthasana
Utthita trikonasana
Parivrtta trikonasana
Utthita parsvakonasana
Parivrtta parsvakonasana
Prasarita padottanasana A, B, C, and D
Parsvottanasana
Eka pada padangusthasana A, B, C, and D
Ardha baddha padmottanasana
Utkatasana
Virabhadrasana A and B
Dandasana
Paschimottanasana A, B, C, and D
Purvattanasana
Ardha baddha padma uttanasana
Triang mukaikapada pashimottanasana
Janu sirsasana A, B, and C
Marichyasana A, B, and C
Navasana
Bhujapidasana
Kurmasana
Supta kurmasana
Garbha pindasana
Kukkutasana
Baddha konasana A and B
Konasana
Upavishta konasana
Supta konasana
Supta padangusthasana A and B

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Ubhaya padanghusthasana
Urdhva mukha pashimottanasana
Setu bandhasana
Urdhva dhanurasana
Salamba sarvangasana
Halasana
Karnapidasana
Urdhva pindasana
Matsyasana
Urdhva padmasana
Sirsasana
Urdhva dandasana
Baddha padmasana
Yogimudra
Uplutih
Savasana

3. Anatomy and physiology

Anatomy and physiology brief overview:

Digestive system

Respiratory system

Circulatory system

Nervous system

Endocrine system

Organs

Bodily systems

Nadis

Chakras

Guidelines in studying asana anatomy

Muscular system

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Skeletal system

Muscle functions according to joint movements

Anatomy of:

4. Pranayama (The art of breathing)

Introduction of pranayama, benefits of pranayama, general guidelines clavicular, thoracic, and diaphragmatic breathing (yogic breathing)

Ujjayi

Bhastrika

Kapalbhati

Nadi - sodhana

Bhramari

Surya - bhedi and chandra - bhedi, Kaki, Bhramha
Dhwoni , Prana Dhwoni , Mulabandha, Agnisar
,Kapalabhati

Sheetali and sheetkari

5. Sitting postures for pranayama sadhana

Easy pose

Half-lotus

Swastikasana

Siddha yoni asana

6. Yoga Nidra (psychic sleep)

Basic relaxation

Tension relaxation

Full body relaxation

7. Meditation (dhyana)

Introduction to meditation

Breathing awareness meditation

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Om / Mantra meditation
Trataka
Dynamic meditation
Tips for developing concentration
Silence practice
Ajapa japa
Antar mouna ,Vipashyana, Kundalini

8. Body cleansing (shatkarma)

Jalaneti
Rubber-neti
Tratak
Kapalbhati

09. Yoga philosophy (yoga darshana)

Introduction to the Shiva of yoga
Introduction to the different Vedic philosophy
History of yoga
Yoga Sutra of Patanjali
Types of yoga
Eight limbs of yoga
Yamas and niyamas (ethics of yoga)
Philosophy of asana
Concentration and its power
The universe
4 aspects of mind
How to control the mind
Samadhi and the goal of yoga
Introduction to Bhagawat Geeta
Chakras
Kundalini

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Science of karma

Indian culture and spirituality

10. Ayurveda/Nature therapy

Basics of Ayurveda

Ayurveda lifestyle and treatment

Kapha-vata-pitta

5 element theory

11. Yoga therapy

Basics of yoga therapy with an understanding of anatomy

How to manage talk

How to meditate

Continuing Education Trainings path:

We offer RYSs high quality continuing education programs ie 200/250/500/1000plus YTT. Once students complete the one level they can apply for the next level.

Our course is the pathway for the upper level of yoga study .

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