

Yoga Instructor Course (YIC) in English

Yoga is now being practiced not only as a spiritual discipline in India where it originated, but in a variety of other fields, both in India and elsewhere. There is an increasing demand for yoga studies in schools and medical facilities, so people with knowledge of both modern medicine and yoga's spiritual tradition are teaching in India, the UK, the US, Japan, and other countries. The Swami Vivekananda Yoga Anusandhana Samsthana (sVYASA) has trained many yoga instructors in India and is one of the institutions recognized by the Indian Government as qualified to certify yoga therapists. sVYASA has trained many excellent Indian yoga instructors and therapists.

In the past, those who wanted to be certified by sVYASA had to stay for a month at sVYASA's yoga therapy facility, Prashanti Kuttiram, in Bangalore. In order to enable more people to learn what is taught at sVYASA, Japan Yoga Niketan offers the YIC course in Japanese. We are now beginning to offer it in English. Those who complete this YIC course will receive a yoga instructor certification issued by sVYASA.

YIC graduates may also apply for certification from the Japan Yoga Therapy Society as a yoga instructor.

The staff at Japan Yoga Niketan are ready to support you and look forward to your participation.

< Course Details >

1 . Beginning Date

March 9th, 2014 (in principle, on Sundays)

2 . Course Content and Schedule

The content of the course is based on India's sVYASA curriculum. Through both lecture and practice, you will learn the basics necessary to teach yoga.

Dates and details on course content are provided on another page. Please be aware that dates may be subject to change depending on how the course proceeds.

3 . Location

Japan Yoga Niketan, Tokyo Branch.

Address: 1-12-18 Tadao, Machida-shi, Tokyo 194-0035

4 . Absence Policy

In cases when you are absent, a DVD of the day's lecture will be sent to you upon request for a 2,700 yen fee. Each time you wish to request the DVDs, you must fill out a request form you will be given on the first day of the course. After submitting the form, the DVD will be sent to your home. It is also possible to order the DVD for classes you attended for the purpose of your own review.

In the case of absence, any distributed papers and texts will be given to you at the next module you attend. If you order the DVD, however, the documents will be sent to you together with the DVD. Documents will not be enclosed for those ordering the DVD for personal review purposes.

< Requirements for Certification >

The conditions below must be met in order to graduate from the course. After completion, you will receive a certificate issued by sVYASA in India.

1. Attendance at 7 or more modules (Being tardy or departing early 3 times will be counted as 1 absence)
2. Completion of all homework assignments
3. Submission of graduation thesis by the given deadline
4. A score of at least 60% on the mid-term (5th class) and final (10th class) written and practical examination.

< Tuition Fee >

100,000 yen (including tax)

< Number of Participants >

The first 20 applicants will be accepted.

< Application >

1 . How to Apply

- ① Please use the attached postal money transfer form to pay the 100,000 yen tuition fee. If you use the attached form, no transfer fee is required.
- ② Please complete the attached application form and attach a **copy** of your receipt from the postal money transfer.
- ③ Please mail your completed application form and copy of the postal transfer receipt to the address given below.

* No postage is required if you use the envelop provided. If you use a different envelop, please attach the required postage and send it to the address below.

2 . Send application and/or inquiries to:

Japan Yoga Niketan, Tokyo Branch
1-12-18 Tadao, Machida-shi, Tokyo 194-0035
TEL:042-792-3511 FAX:042-792-3531 e-mail: fvgp3351@nifty.com

3 . Acceptance of Application

Applicants will be accepted to the course in order of receipt of application forms and tuition payment. We will send a notice of acceptance as soon as all necessary items are confirmed.

If your application and payment arrives after the course has been filled, we will refund the payment in full. We regret that we cannot accept late applications to the course.

As soon as the course is full, we will post a notice on the Japan Yoga Niketan website (<http://yoganiketan.jp>). Please confirm whether applications are still being accepted before transferring payment.

< Cancellation >

If you should cancel your participation, no refunds of tuition payments will be made once the course has begun. Cancellations made before the first day of the course will be refunded, minus the postal transfer fee.

< Course Cancellation >

Please be aware that the course will be cancelled if fewer than 10 people apply. In such case, tuition payments will be refunded in full.

<To become a Yoga Therapist certified by the Japan Yoga Therapy Society>

Successful completion of YIC qualifies one to take the 20-Module Yoga Therapist Instructor Course (YTIC). Yoga Therapy is practiced not only in India but also in medical facilities in the West, and its effectiveness is being increasingly recognized in academic and medical publications. Though YTIC, you can also learn of the most frontline research being done in yoga therapy. (English YTIC course is not currently offered in Japan.)

The Japan Yoga Therapy Society was founded in 2003. There are currently approximately 2000 members, most of whom are yoga therapists, as well as medical professionals. Members are active in practicing and promoting yoga therapy.

Upon completion of YIC, one is eligible to take YTIC and upon graduation, apply to the Japan Yoga Therapy Society for certification as a yoga therapist. This also qualifies one to attend Japan Integrative Medicine Society certified seminars that train experts in integrative medicine.

After the 2011 Great Tohoku Earthquake, the Japan Yoga Therapy Society organized volunteers to provide yoga therapy to evacuees and continues to provide classes to evacuees throughout Japan. The Japan Yoga Therapy Society has also been supporting survivors of the Chernobyl nuclear disaster now living in Kiev since 2009, and teaching yoga therapy in India. There is an expanding international scope for yoga therapists certified by the Japan Yoga Therapy Society to contribute their talents to the world.

1st Yoga Instructor Course (YIC) in English Application Form

【How to Apply】

- ① Please use the enclosed Postal Money Transfer form to pay the 100,000yen tuition (no transfer fee required)
- ② Complete the items on this form and attach a copy of your postal transfer receipt in the box below. Prior to transferring payment, please confirm that the course you wish to apply for is still open for application. This can be confirmed at <<http://yoganiketan.jp>>.
- ③ Put this application form in the envelop provided and mail to the address below.
* No postage is required if the provided envelop is used. If another envelop is used, please attach the necessary postage and send to the address below.

【Send to】

Japan Yoga Niketan, Tokyo Branch
1-12-18 Tadao, Machida-shi, Tokyo 194-0035
TEL: 042-792-3511 FAX: 042-792-3531

Last Name _____

First Name _____

Birthdate (year/month/day) _____ (age: _____)

(male • female) _____

Address (zip code _____ - _____)

Telephone number: _____

Fax number: _____

E-mail address: _____

Attach proof of
payment (a copy of the
postal money transfer
receipt)

振替払込請求書兼受領証

口座番号 の欄に 記入	0	1	3	6	0	2
支店 番号	1	0	9	7	6	1
加入 店名	日本ヨーガ・ニケタン本部					
金額	千	百	十	万	千	百
金額	1	0	0	0	0	0
おなまえ	ご依頼人					
ご依頼人	種					
料金	日 附 印					
備考	日					

この受領証は、大切に保管してください。

1st Yoga Instructor Course (YIC) Dates and Curriculum (tentative)

(Updated 15 March 2014)

Course Time: 9:00am – 4:00pm

Module 1: March 9th, 2014 (Sunday)

The need for Yoga and YIC

Breathing Exercises, Isometric Breathing Exercises

Module 2: April 13, 2014 (Sunday)

What is Jnana Yoga?

Suksma Vyayama, Isometric Suksma Vyayama

Module 3: May 11, 2014 (Sunday)

Yoga and Health

Suksma Vyayama, Isometric Suksma Vyayama

Module 4: July 13, 2014 (Sunday)

sVYASA Asana Theory, Hatha Yoga Theory

Yoga Asana for Yoga Therapy

Module 5: August 24, 2014 (Sunday)

Mid-term Examination

sVYASA Pranayama Theory, Sectional Breathing

Module 6: September 28, 2014 (Sundays)

What is Bhakti Yoga?

Kriya, OM Meditation

Module 7: October 26, 2014 (Sunday)

What is Raja Yoga? Yoga and Stress Management

Cyclic Meditation

Module 8: November 23, 2014 (Sunday)

What is Karma Yoga?

Eye Exercises

Module 9: December 21, 2014 (Sunday)

Yoga and Education, Unity in Diversity

Review of teaching methodology

Module 10: To be announced.

Written Examination, Practical Examination

*** The date for Module 10 will be announced later.**

*** Dates/location may be subject to change.**