

All is One, Yoga is Unity, united with the Divine

Certified 200-h-Teacher-Training online and in Anamay Ashram, Kausani, India

Join us from wherever you are in the world!

Get free information and one online-lesson to try out:
Contact walpurgisart@gmail.com if interested.

You want to ...

- walk a more constructive, fearless and fulfilling path in life?
- deepen your knowledge and experience with traditional tried physical exercises (Asanas) and breathing techniques (Pranayama), which are also mentally balancing?
- have a strong immune system, experience health on all levels (body, mind and emotions)?
- feel joy of life out of deep silence?
- look deeper into yourself and recognize coherence between yourself, your environment and the whole universe?
- you want to pass your knowledge and experience on to others, give yoga lessons yourself and integrate it into your current job?
- enjoy caring supervision on your spiritual path in order to gain more and deeper experiences?

If so, then this is exactly the right thing for YOU. As profession or simply for your own Self-awareness.

The certificate through Anamay Ashram connects you with the ancient and eternal knowledge of Vedic heritage, whereof Yoga plays an important role. This Vedic knowledge was designated as a World Heritage Site by UNESCO in 1993.

12 modules for your inner growth:

Modul 1: Vedic Science, philosophy & Yogasutras of Patanjali

Modul 2: Ayurveda & nutrition including herbal knowledge

Modul 3: Yoga & anatomy

Modul 4: Pranayama (breathing exercises) & Kriyas (cleansing)

Modul 5: Mudras, Bandhas, Chakras

Modul 6: Asanas & Yogatherapy (according to book by A.G. Mohan)

Modul 7: Nada Yoga, music and dance

Modul 8: How to teach Yoga to special groups, e.g. children, ladies, elderly people

Modul 9: Yoga, herbs, power spots and meditative exercises in nature (outdoor)

Modul 10: Swami Ashutosh: Vedic Science, Vedic Architecture und Jyotish

Modul 11: Yoga Intensive repetition, summary, Qu & A

Modul 12: Practice und graduation on site (for participants who took part on all other 11 modules only); written and oral test, celebration and certificate

Missed modules can be repeated online or eventually on site.

Themes and content may change.

Each module contains 10 h of practice (Asanas, Pranayama, relaxation and Chanting) and 5 h of theory.

Timetable:

1. online evenings and week-ends via zoom
2. 1 intensive month in Anamay Ashram, Kausani India (prolongation for relaxation recommended)

Contact me now for further details: walpurgisart@gmail.com

In order to receive the certificate, it is necessary to participate 100% at all 12 Modules plus 20 x ordinary 1-h-online-Yogalessons including positive test completion and one's own written work.

200 h Theory & Praxis with Walpurgis Schwarzmüller: certified Yoga Teacher by Anamay Ashram

„I have been walking the path of Raja Yoga (whereof Hatha Yoga is a part) with full joy and enthusiasm for over 30 years, teaching since 1994 and training teachers since 2013.“ Walpurgis

Content:

- Asanas (physical exercises)
- Pranayamas (breathing techniques)
- Mudras (specific hand gestures and postures)
- Bandhas (advanced techniques)
- Meditation (different methods of relaxation, also with sound, etc.; TM-Intro-lecture)

Specific theory:

- Anatomy
- basic paths of Yoga (Bhakti, Karma, Gyana, Raja/Hatha, Kundalini Yoga)
- Yogasutras of Patanjali / the eightfold path of Yoga
- basics of Vedic science (e.g. Gandharva Veda, Sthapatya Veda, Jyotish, etc.) and basic ideas of Yoga (Dharma, Karma, Koshas, etc.)
- Chakras, energy centres in body and nature
- eventually knowledge about Marmas, Yantras, Aromatherapy, colours; methods to refine the five senses (if time allows)

Other topics:

- Yoga for children
- Yoga during pregnancy and afterwards
- Yoga specifically for ladies, Yoga for men
- Yoga in old age and in the case of specific ailments (Yogatherapy)
- Yoga and dance (also in connection with Mudras & Indian Dance)
- Yoga and sound / music (also in connection with Bhajans & Dhrupad)
- Yoga and Ayurveda (eventually in connection with an Ayurvedic physician / Vaidya)

- Yoga and nutrition / healthy lifestyle (including Ayurvedic cooking)
- Yoga in nature / outdoor (on specific power spots)

You get a lot of praxis as also theory including various possibilities of different methods and mediation as practical homework to do on your own. A final written homework of which you can choose the Yoga-related theme yourself, is part of the conclusion.

Written data is provided in pdf or jpg.

Please let us know your specific requests at registration.

Required reading: A.G. Mohan „Yogatherapy“

Costs (include data, test and certificate): € 2.900,-

If you come to Anamay Ashram, you will have to cover travel expenses and room&board in addition. Costs may vary according to flight and room which you take. Please contact us for further details.

The rooms are very nice with beautiful view and food is simply gorgeous!

Yoga is one of the 40 disciplines in Vedic science.

Yoga is the settling of mind and body, experiencing Oneness with the transcendental unmanifest level of one's own Self (Atma).

The experience of Yoga is the experience of absolute silence, free from (identification with) thoughts and at the same time complete wakefulness, the basic experience of life.

This state is also called Transcendental Consciousness.

(More in the training...)

FEEDBACK:

I like very much that there is no competition in the Yoga lessons with Walpurgis; not necessary to achieve anything (I tend to put myself under pressure), one goes deeply within, coming completely into balance. (Karl)

The upcoming silence in my mind and clear focus on the exercises feel very good to me and help a lot in all challenging situations in daily life.

Meanwhile I use a lot of the learned exercises and tips in various situations during the day. Problems in my back and feet almost vanished, which is really very enjoyable. (Maria)

I have always been fascinated by yoga teachers and feel inspired by their charisma and character.

The Yoga Teacher Training with Walpurgis is very recommendable since it is primarily a special program for your own development taking profit for yourself. Though a private atmosphere nevertheless professionally organised and upheld. (Walter)

Lessons, education and training with Walpurgis are very clearly structured, they are disciplined and reliable as also her happy radiance, her positive way of thinking and acting.

The huge knowledge one gets with general informations (herbs, spirituality, etc.) are physically and mentally enriching.

Walpurgis is living the real authentic yoga, holistic spiritual attitude and profound knowledge. She is showing how to integrate yoga into daily life and that you find everything within yourself. It's about true experience and not just acquired knowledge.

In the exercises I especially liked „less is more“ and also that one can get so much more out of a basic posture than what I have ever thought of. It is therefore not necessary to do hundreds of Asanas or sort of acrobatics.

The Yoga Teacher Training with Walpurgis is like a school for life, intensive training which should be taught at every school.

Susanne Lechner, Hallein, Austria