



200 HOURS ONLINE HATHA YOGA TEACHER TRAINING PROGRAMME

WITH CAMERON OF KAIVALYA LLC

ABOUT THIS PROGRAMME

On this journey, you will be brought to the most profound depths of original and authentic yoga practice alongside Cameron. Nowadays, much of the Hatha Yoga taught in the West has lost some of its deeper and authentic roots which makes the practice diluted and less effective. On this programme, you will receive traditional and authentic teachings so that you are learning the most powerful possible tools Hatha Yoga has been offering for centuries.

You will be able to develop a deeper understanding and knowledge of yoga through this self-exploration and a daily commitment to your personal practice as this then becomes a fountain of resources and inspiration for the teacher within you. Therefore, this programme encourages the growth of both the student and teacher within you through led practice and your own teaching practice.

Thus, you may take this training with the intention to teach, or simply to deepen your own knowledge of yoga and give you the tools to work with on a daily basis in order to continue on the path towards greater well-being and ultimately self-realization.

Asana (postures), pranayama (working with the breath and energy), meditation, mantra and philosophy are all connected, and all will be emphasized in this training. Physical, mental and spiritual energy all play an equal part in creating a well-rounded practice and lifestyle, as well as your teaching style. This will help to create the greatest possible transformation for you.

Through this programme, you will gain more self-confidence, motivation, power and a sense of real purpose to your life. You will have the tools to understand life better and it will open the possibility to find your true Self through yoga. Yoga is a lifestyle. You will become immersed with the foundation, curiosity, and tools to continue developing your own practice, a process that will continue to grow and deepen for the rest of your life.

Cameron sincerely wishes that you will make the most of your experience from this programme and you yourself will inspire many others to walk the path of yoga.

ABOUT CAMERON

Cameron is a yoga master who is passionate about helping others experience deep personal transformation through yoga.

His journey in yoga began many years ago during a challenging period in which he suffered from debilitating back pain, amongst other problems. It was through dedicated practice of Hatha Yoga that he was able to cure himself.

PREREQUISITES

You should be prepared for a sincere and genuine commitment to studying yoga and deepening of the practice of yoga.

You should be of sound health and able to move pain free.

It is recommended to have at least one year of yoga practice.

HOW DOES THIS ONLINE PROGRAMME WORK?

This online programme is a blend of both live online interactive training and home study online training that you can do at your own pace in your own time.

Live online interactive classes

For a period of 10 weeks, on Saturdays and Sundays we will have workshops totalling 3 hours each day, so 6 hours each weekend, in order to work on the following:

Asanas: sequencing, alignment, modifications.

Pranayama techniques.

Mantra chanting.

Any questions which may arise including during your self study of the pre-recorded materials and readings.

Towards the end of the course, we will have assessments in the live interactive workshops.

You should aim to attend the workshops live but if that is not possible, you will be provided with the recordings.

Included in the training fees, for the period of 10 weeks mentioned in the dates in a section below, you also have full access to all of Cameron's live online classes (11 hours per week). You must do at least 5 of those classes per week, ideally live, but if that is not possible, you will be provided with the recordings which can be used within 72 hours of the live class. The schedule is available at <https://kaivalya-llc.com/online/>

Home study training

In this section you will have pre-recorded videos, podcasts, written materials and assignments to work with. At the end of each section you will have an assignment to complete in order to ensure your understanding of the topic.

This part of the training covers the following topics:

History of yoga, Hatha yoga and other styles.

Key concepts for the spiritual aspirant: gunas, atma, manas, buddhi, ahamkara, jnanendriyas.

Yoga philosophy: yoga sutras of Patanjali and the 8 limbs of yoga.

Meditation: both theory and pre-recorded guided meditations.

Prana and pranayama theory.

Mantra chanting: pre-recorded podcasts for a variety of mantras which will help you to learn them by heart.

Asana: pre-recorded videos of sequencing, meditation asanas, transitions and reading material about the different kinds of asanas. An asana handbook is also provided.

Western anatomy and physiology.

Subtle body: nadis, chakras, koshas, shariras, bandhas, mudras.

Teaching methodology: core principles of practice, sequencing, injuries, ethics, teaching considerations.

Ayurveda basics.

CERTIFICATION

From the moment of your enrolment, you have 6 months to complete all of the assignments and the final live interactive exam which will be done during the live online workshops towards the end of the course. There is also an after-course assignment which will help you to integrate all the knowledge you learned on the course. If you pass all the exams, you can register with Yoga Alliance.

INVESTMENT

Early bird offer if payment is made before 27 February is 2800 USD.

Normal price after that date is 3000 USD.

MODULE DATES (subject to change)

4, 5, 11, 12, 18, 19, 25, 26 April

2, 3, 9, 10, 16, 17, 23, 24, 30 May

6, 7, 13, 14 June

TIMINGS (subject to change)

9-12am EST.

TO REGISTER OR ANY QUESTIONS

cameron@kaivalya-llc.com

WHAT HIS TRAINED TEACHERS SAY

"I feel absolutely blessed to have had the opportunity to do my yoga teacher training with you Cameron. I can't imagine there is anyone else with as much passion, knowledge and dedication than you, who shared experience and expertise with us with such grace and in such detail. The yoga practices were incredibly inspirational and refreshing and each day you pulled something new out of the bag to challenge us. Thank you for being such an inspiring teacher! Namaste" *Lejla*

"I never expected to feel so many changes within me during and after your course. I have never and I say never, experienced such an incredible wellbeing mentally and physically than during your training course. You took us from our comfort zone and transmitted us energy boosts. Strength and responsibility within us, without this way of teaching, I don't know if I would have managed. You opened up something in me that had been asleep. I loved hearing you talk about the ego within us, and the essence of yoga. The rhythm of life to walk, and be aware of the nature and the details of life that with all this hurry, we don't see. Life essence and the importance of being present in every daily situation. I love talking to my children about it, so thanks to you and to your way of making me awake, two little creatures will also benefit from it." *Mencia*

"I would like to thank you for all the work and love you put into the course. We had a wonderful group and all the people opened their hearts throughout the course and we grew into a loving and caring yoga family. You taught us with lots of love and understanding. Some days you kicked us out of our comfort zone and that was exactly what we needed in this moment. We gained a lot from your wisdom and knowledge and learned so many things for our daily life. Thank you for letting us grow!" *Sanny*

"I kind of had a feeling beforehand that the training would give me something new and, with Cameron, something amazing. But I couldn't expect what I got. 3 intense weeks from 9 in the morning until 7 in the evening. Days filled with knowledge about the history of yoga, an understanding of the importance of the breathing techniques with tongue locks, bandhas and mudras and how it effects the energy in our body, the balance between yin and yang, how to do asanas in a flowing sequence to get the fullest benefits, knowledge about anatomy and on top all of this also pranayama, mantras and meditation - which I did not expect to learn in a hatha yoga training. In short terms; Cameron managed to combine all the important ingredients to create not only balance but also a transformational change physically, emotionally and spiritually. I have never felt so good in my life and people are constantly telling me that I am glowing and that they feel good to be around me. This teacher training was beyond all my expectations and dreams. I could never do a hatha yoga class again without doing it the way it should be done - this is the real thing. I am so grateful for this opportunity and I am longing to share my new knowledge and the inner peace, balance and happiness it brings, with my participants to come. Thank you Cameron for this life changing experience." *Li*

"When I first met Cameron two years ago, I deepened my practice more in just a few months than the previous 15 years. I had a dream to become a yoga teacher, but I wanted to learn it with somebody who would give me a real teaching. So I waited for an opportunity to learn it with Cameron and now

my dream came true. I am very grateful for the opportunity to take his teacher training. Now I know hatha yoga from different aspects: correct sequencing for maximum physical, physiological and energetic impact, pranayama, meditation, mantras and philosophy. I am amazed at how many precise aspects such as certain bandhas, including tongue locks, can make a huge difference, and these same aspects were missing in my previous yoga classes I took before coming to this level of understanding and precision. I am excited to implement this into my own practice and have an opportunity to share it with others. Namaste." *Deimante*