



## 200-hour Teacher Training Course

**“Yoga is an ancient system of philosophy, lifestyle and techniques that evolves the whole person, the physical, the vitality, the mind and emotions, wisdom, ethics and higher quality of relationships, and the realization of the spiritual reality of each of us.”**

Swami Niranjan

This is an inspiring and empowering course for the serious student who is eager to learn more about the various practical and advanced techniques of classical Yoga. Who can join the course? Those who love to spend time on their Yoga mat (2 years' experience required), those that have a yearning for learning, a passion for personal growth and healing, and those who wish to do an in-depth study of Yogic techniques, Yoga psychology, philosophy, and those who would love to share this transformative practice and the wisdom teachings thereof with others by becoming the best and most empowered versions of themselves.



**“According to the Yogic tradition, evolution is a systematic process through which we learn to harmonize ourselves. It is a process through which we develop the ability to express our (highest) qualities optimally and creatively.”**

Swami Niranjan

**Aim and purpose of course:** Our Yoga Teacher Training Course (TTC 200) offers an inspiring and transformative experience through a firm training schedule, comprehensive curriculum, supportive environment, personalised instruction, and personal growth. The training intends to provide traditional and holistic understanding and experience of yoga as per the tradition of Sivananda & Satyananda Yoga. The course is an **Internationally Certified Course (Yoga Alliance Certified)**, but it's important to state that this programme can be approached for personal growth and spiritual evolution purposes also.

This course will give students a solid foundation to incorporate Yoga into their everyday lives, and in doing so, students will cultivate physical, mental, and spiritual well-being while gaining the skills to become confident yoga teachers and empowered citizens of the planet. The ideal student then is someone who wants to learn, explore, experiment, grow and evolve by working through and surpassing previous limitations and by uncovering latent inner capacities. If this sounds like you, then you are welcome to apply for this life-changing course.

## Course Syllabus

**Joy Yoga Centre follows the standards and syllabus guidelines set by Yoga Alliance for all Registered Yoga Schools (RYS 200) and incorporates training hours in the following modules:**

- 1. Hatha Yoga Techniques, Training and Practice:** Topics in this category include, but are not limited to: Asanas, Pranayamas, Mudras, Bandhas, Shatkarmas, chanting, mantra, meditation and other traditional yoga techniques. There will be both systematic rational training in how to practice and teach the techniques, and guided practice and exploration of the techniques themselves.
- 2. Yoga Psychology, Philosophy, Lifestyle and Ethics:** Topics in this category include, but are not limited to: The study of Yogic psychology, philosophy and traditional texts (specifically the Yoga Sutras of Patanjali). Ethics and the yoga lifestyle, including the Yamas and Niyamas, and other important Yogic concepts like dharma, karma, sadhana etc. Understanding the value of adopting a Yogic lifestyle and being of service to others (Seva).
- 3. Anatomy and Physiology:** Topics in this category include, but are not limited to: human physical anatomy and physiology (bodily systems, organs, etc.) and will also include energy anatomy and physiology (chakras, nadis, etc.). This module also includes both the study of basic anatomy and physiology along with its application to yoga practice (benefits, contraindications, etc.).

4. **Teaching Methodology:** Topics in this category include communication skills, knowledge of group dynamics, time management, and the establishment of priorities and boundaries. How to address the specific needs of individuals and special populations. Principles of demonstration, observation, assisting and correcting. Teaching styles. Qualities of a teacher. The student learning process, and business aspects of teaching yoga.
5. **Practicum:** Topics in this category include: Practice teaching as the lead teacher, receiving and giving feedback, observing others teaching, assisting students while someone else is teaching etc. being evaluated and learning from personal experience by reflecting.

## About the Lead Trainer:



Wynand Van Der Walt (E-RYT 200) + (RYT 500) is an experienced registered Yoga teacher at Yoga Alliance, passionately immersed in Yoga since 2005, and teaching fulltime professionally since 2008. An internationally recognised and classically trained teacher of yoga in the tradition of Sivananda Yoga, he is a Lover of Life, with a deep appreciation for Nature, Mindfulness, Conscious living and Personal transformation. His mission is to get people onto Yoga mats so that they can reach higher levels of awareness, improve their health, cultivate deep happiness and Joyful wellbeing. Wynand is committed to make his personal contribution via Yoga and mindful living practices!

“Learning, practicing, and integrating the various aspects of yoga happens over a long period of time and requires commitment, patience and perseverance. This special course is designed to allow the information to seep into your core gradually and intentionally. My goal is to give students a thorough understanding of the practices of Hatha and Raja yoga, teaching methods and ways to apply yoga for different circumstances and different sections of society. The emphasis is on maintaining the purity and integrity of the Yoga tradition while imparting the ancient wisdom for the needs of the 21st century. We cannot rush the process, for it would be ineffective. Real learning and lasting inner change take time. There are no shortcuts! I received my training in India at the world renowned [Sivananda Yoga Vedanta Dhanwantari Ashram](#). Yoga has been an integral part of my everyday life for almost two decades, and I am committed to provide my students with an empowering training program of a very high standard, and to equipping them with the skills they need to make a meaningful contribution to society. Don't be fooled and persuaded by shorter programmes making big promises, as this kind of training, including the integration thereof, and your personal transformation, takes time, commitment, support from a dedicated mentor and encouragement from a devoted community! **This you will find at Joy Yoga Centre, Guaranteed!**”

## Course Fee:

Includes all course materials, e-manuals, e-books, lectures, mentoring, unlimited Yoga classes at the Joy Yoga Centre in Montana Pretoria for the duration of the course, but it excludes your Yoga mat, meditation cushion, e-reader, and the recommended supplementary reading.

- **Early bird / Once Off:** R22000 (Valid until 18 January 2024)
- **Regular fee:** R24000 (after 18 January 2024), with payment options available as indicated below:
  - 6-month payment plan = R4000 pm X 6
  - 8-month payment plan = R3000 pm X 8
  - 12-month payment plan = R2000 pm X 12

**Dates:** Feb 2024 - November 2024.

**Classes:** Saturdays 8:00 - 4:00pm (excluding School holidays).

If you are a serious student or an aspiring Yoga teacher who would like to grow in your understanding and personal practice of Yoga, we would be honoured and delighted if you decide to join this course. What's more, this course will serve as a "**Dedicated Yoga Support Group**" and participants will learn to integrate the timeless principles and empowering practices into their everyday lives while learning from fellow students and the lead trainers. We guarantee that those new to teaching yoga will be guided and supported by teachers who have a deep familiarity with yoga's full breadth and depth, and we commit to promote consistency, quality, and safety in training, teaching, and delivering Yoga throughout all of our classes, training programmes and our community.

**“You have to live it, breathe it, Become It, so you can teach it!”**

For any course related questions or to apply for a spot, contact Wynand:

+27825621892 / [wynand@joyyoga.co.za](mailto:wynand@joyyoga.co.za)



**“Serve, Love, Give, Purify, Meditate, Realize!”**  
Swami Sivananda

**Biki TTC Testimonial:** “It has been the most incredible awakening experience of my body, mind, heart, soul and my understanding of yoga. I have gained confidence and deeper love in who I am and what I am capable of. I have deepened both my yoga and spiritual practice as a whole. There are no words enough to express my gratitude for the wonderful experience I have had at the sacred, Joy Yoga Centre Teacher’s Training Course under the gentle but yet intense spiritual guidance and supervision of Wynand Van Der Walt, largely in expanding my knowledge of yoga and rediscovering my being with its purpose and talents... I was so impressed with the structure and content of the course. The course was intense and demanding. The amount of information I had to absorb with my limited mind over a period of 11 months is mind-blowing. Even though I really struggled with keeping the balance of the physical demands of committing to my daily practice of yoga, studying, being a mother of 3 kids, wife and employee at the same time, I found myself falling behind at times, but I was so impressed at how my body was able to process the information that I have learned and also capable of doing even way beyond my expectations. In the midst of all these demands I also really felt there was time and space to listen and be attentive to the physical, emotional and spiritual changes that were happening to me, which were amazing and wonderful.”

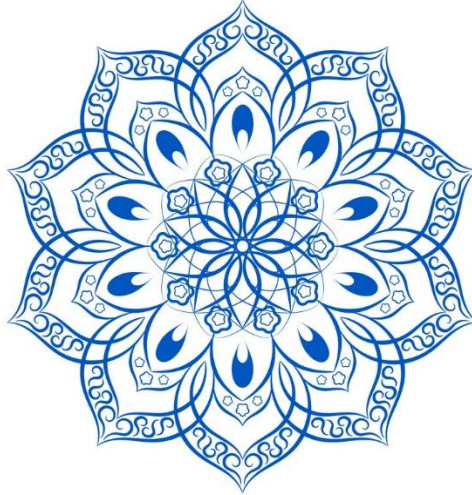
**Bernice TTC Testimonial:** “As within, so without. As Above, so below. To serve others, to love others, to give to others, we first have to go within. We have to clean up our act, to interact with unconditional love towards others. We have to purify ourselves first, we have to go within, being in stillness with our purest, truest selves. And this was the challenge for the first half of the year of the training. We really broke down the Self that we used to know. We explored deeply. We found many new insights and perspectives. Meeting up with the magnificent potential within. Some days were exciting, some days were really tough. Purification all the way! And we did it, and we made it, all worth it in the end! And then the journey started taking a new direction towards the outside. Using the insights and work done on the Self to serve others. We learned so much about working with people. From how the body works, how the mind works, how the emotions work to all aspects of a being, and how the work as a yoga teacher can contribute in helping the individual to integrate all these aspects. To guide them to a living a healthy, beautiful fulfilled life. I feel deeply grateful when I search within my heart, that beautiful silence within and with a deep knowing know that I, that Life will never be the same again ever for my self and for those I am blessed to interact with!!”

**Ronel TTC Testimonial:** “In looking back on the year of studies, experience and what I have achieved, I would say it’s ‘IN PROCESS’, a solid foundation was laid with loads of information on yoga psychology, philosophy, Indian Sanskrit words and history, anatomy of the body and in depth studies of yoga practice; asanas, pranayama and meditation that needs to be practiced, processed and applied to be able to truly reflect. In my personal life I can honestly say that major changes have taken place, discipline, diligence, patience and a calmness and hunger to apply the theories and practice in my daily life. The various challenges pushed me beyond my comfort zone, but the transformation was so evident, after the sattva challenge I could see and feel the difference in my health and habits, my outlook on life and the environment changed, it rippled out to friends and family, a whole new world opened up for me physically and mentally I stopped all medication, and changed my lifestyle unconsciously and consciously, balance was restored on so many levels, I had the courage to break patterns and ties of things that no longer served me, finding my equilibrium helped me to focus on being happy, free, healthy and living in harmony.”

[Click Here to read more Testimonials from TTC Graduate Students on the JYC Website](#)

# Shanti Mantra

**Saha Navavatu  
Saha Nau Bhunaktu  
Saha Viryam Karavavahai  
Tejasvi Navadhitamastu  
Ma Vidvisavahai  
Om Santih Santih Santih**



**May all of us together be protected.  
May all of us together be nourished.  
May we work together with great energy.  
May our study together be brilliant & effective.  
Let there be no animosity amongst us.  
Om, Peace, Peace, Peace.**