



AKASHA
YOGA ACADEMY

Brochure

200-Hour Online

Yoga Teacher Training



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WELCOME

to the Akasha Family

Are you ready to embody
your true potential?

Many people are apprehensive about starting an online Yoga teacher training course. They're worried they won't get an authentic Yoga experience or adequate guidance to expand their practice and prepare them for teaching Yoga.

Akasha Yoga guides you step-by-step through a 200 Hour Certified Hatha Yoga Teacher Training course that combines practice, philosophy, and self-awareness with whole-hearted support from experienced Yoga teachers.

Get in touch with us and learn
more about our program

BOOK A CALL



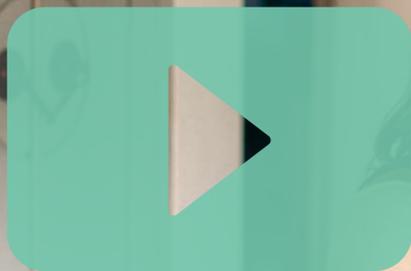
CHAT WITH US

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WATCH THIS VIDEO TO LEARN MORE ABOUT US

200-Hour
Online
Yoga TTC



[WATCH THIS VIDEO NOW](#)

Get in touch with us and learn more about our program

[BOOK A CALL](#)



[CHAT WITH US](#)

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Lana Mazahreh

“The true essence of the word family is what they bring to their teaching. Every teacher is beyond phenomenal. I'm so great full for all that they bring. It is a combination of passion wisdom, love and support. Based on a strong foundation of an extensive knowledge.

They are able to bring students from all over the world and create unity, they create the family ”



WE KNOW THIS IS A BIG STEP FOR YOU

So we do everything to make this the best investment of your life



5.0/5 Stars – Facebook Testimonials



4.8/5 Stars – Google Maps Reviews



4.8/5 Star – Yoga Alliance Verified Reviews



5.0/5 Star – BookRetreats Verified Reviews



4.5/5 Star – BookYogaRetreats Review Score

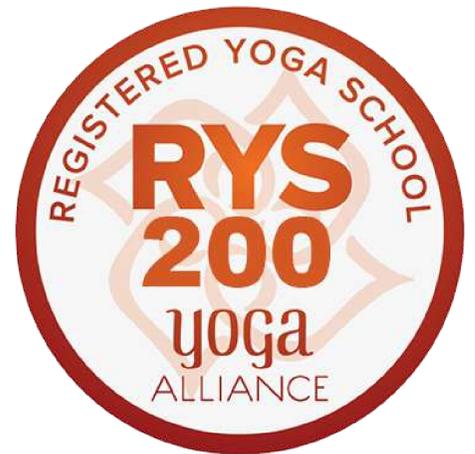
Over the past decade, we empowered more than 900 awesome Yoga Instructors— who are now successfully teaching on all 6 continents.



Join us at Akasha Yoga Academy for a life-changing experience & dive deep into the Heart of authentic Yoga.

Turn your passion into a meaningful profession with our Yoga Alliance Certified Training.

- ✿ Discover your purpose
- ✿ Turn fear into courage
- ✿ Deepen your practice
- ✿ Teach with confidence
- ✿ Become an authentic yoga teacher
- ✿ Transform your life and many others along the way



Get in touch with us and learn more about our program

BOOK A CALL



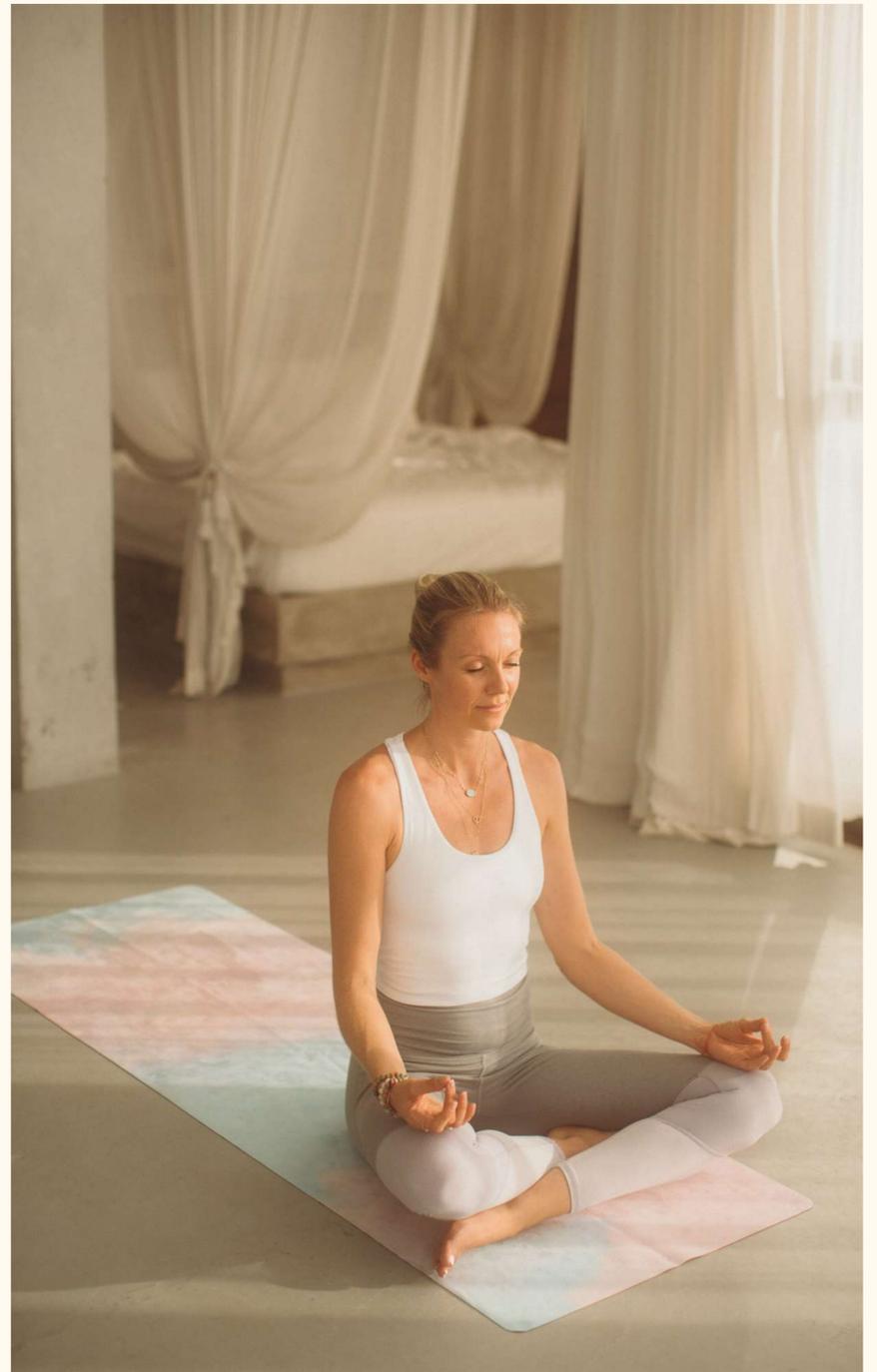
CHAT WITH US

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NOW IS THE RIGHT TIME

“OPEN YOUR HEART – TRANSFORM
YOUR LIFE UNCOVER THE
PROFOUND RELATIONSHIPS BETWEEN
BODY, MIND, SOUL & SPIRIT”

THE SECRET TO PICKING THE PERFECT
TIME IS THAT THERE IS NONE. YOGA
SUTRA CHAPTER 1 VERSE 1 SAYS
“YOGA BEGINS NOW”



The truth is there is no better time to begin a yoga teacher training than now. In these uncertain times Yoga and Meditation have been recognized to be the best tools for handling stress today and re-connect more deeply with ourselves.

Akasha Yoga guides you step-by-step through a 200 Hour Certified Hatha Yoga Teacher Training course that combines practice, philosophy, and self-awareness with whole-hearted support from experienced Yoga teachers.

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AKASHA
YOGA ACADEMY

ONE OF THE BEST ONLINE YOGA TTC AS SEEN ON:



THRIVE  GLOBAL

TAYLOR'S  TRACKS



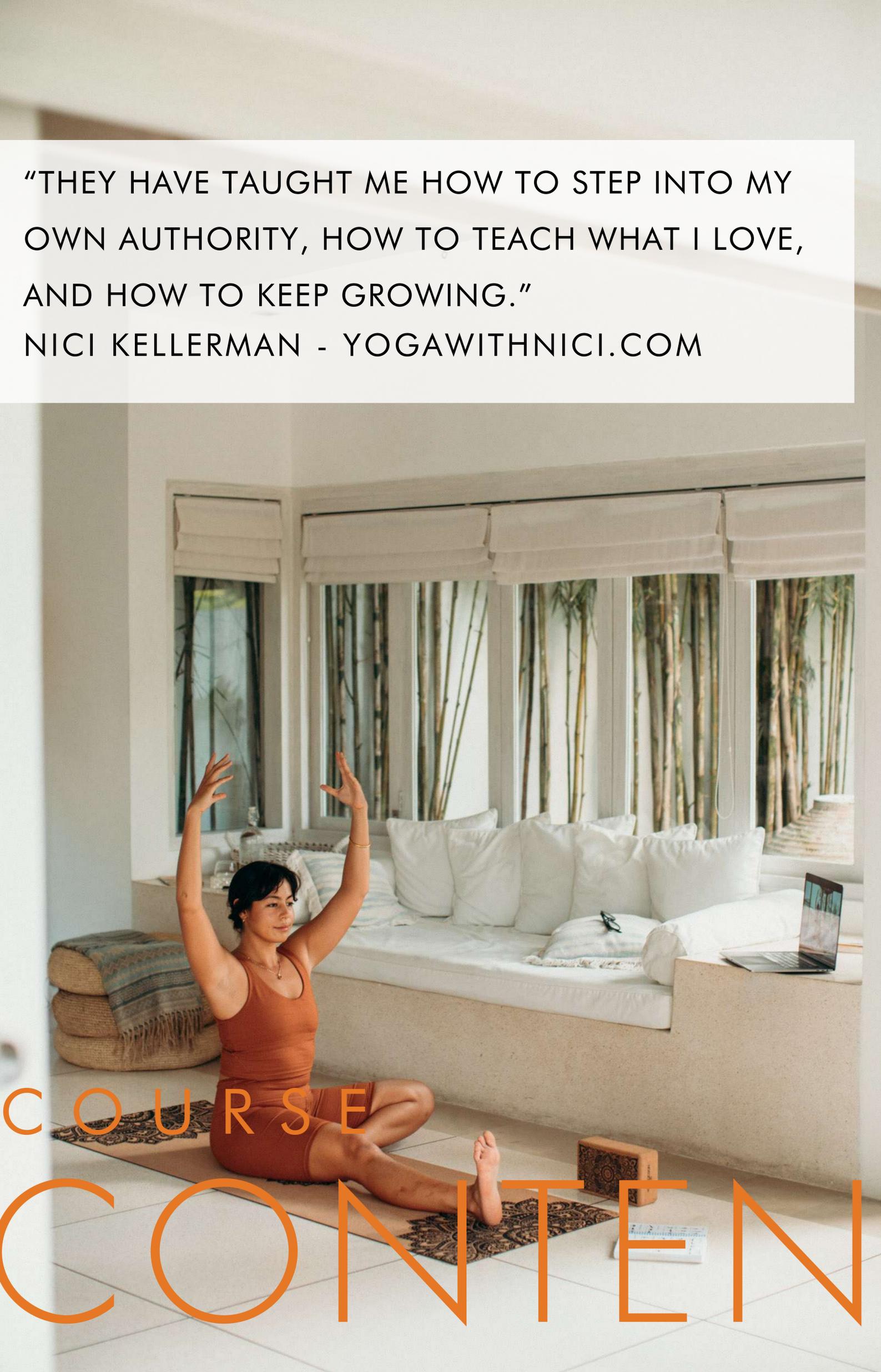
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BENEFITS OF AN ONLINE YOGA TEACHER TRAINING

- ❁ Save time and money by not commuting
- ❁ Fits in your daily life to your availability
- ❁ Training offered at a lower investment to an in-person training
- ❁ Lifetime access to the content. You can repeat your sessions as many times as you like
- ❁ You can learn at your own pace, manage your own time and find your rhythm
- ❁ Yoga Alliance accredited
- ❁ You can train anytime, anywhere as long as you have access to a Wi-Fi connection
- ❁ Open up new possibilities, new career path-
Connect to a global yoga community
- ❁ 14 Zoom calls per week allow you to practice in a fun and interactive group setting, ask questions, listen to others' insights, and foster life-long connections.

"THEY HAVE TAUGHT ME HOW TO STEP INTO MY OWN AUTHORITY, HOW TO TEACH WHAT I LOVE, AND HOW TO KEEP GROWING."

NICI KELLERMAN - YOGAWITHNICI.COM



COURSE
CONTENT



AKASHA
YOGA ACADEMY

THE CURRICULUM

Experienced & passionate senior teachers deliver each class in a safe & nurturing learning environment.

Learn the essence of breath-based Hatha Yoga in the Vinyasa Krama style of Krishnamacharya. Receive access to this authentic classical approach in our truly systematic syllabus, which is based on decades of committed research, study & practice under reputable masters..

YOU CAN VISIT OUR WEBSITE
AND EXPLORE OUR ENTIRE
CURRICULUM [HERE](#)

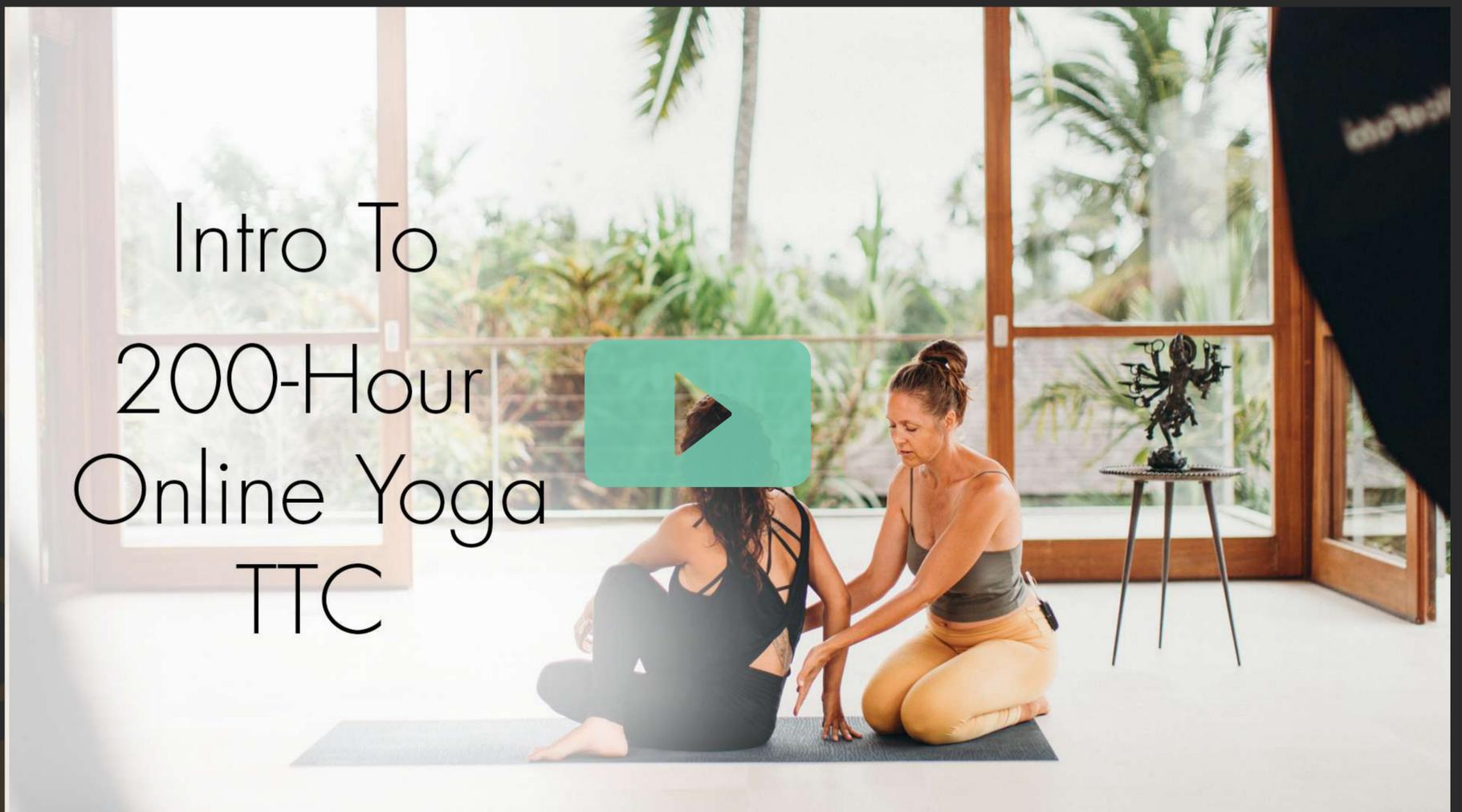
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CURRICULUM VIDEO TOUR

Most of your questions are answered in our in-depth introduction video. Discover our clearly structured curriculum and get inspired by the breathtaking quality of our life-changing course by watching this clip:



[WATCH THIS VIDEO NOW](#)

Get in touch with us and learn more about our program

[BOOK A CALL](#)



[CHAT WITH US](#)

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PRACTICE &
THEORY

PART 1

Asanas & alignment training, cleansing breathwork, heart meditation, practical philosophy, art of living, chakras

ANATOMY &
POSTURE

PART 2

Advanced asanas & pranayama, bandha, applied Yoga anatomy, teaching skills, adjustment training & posture study

YOGA
PHYSIOLOGY

PART 3

Scripture Study: Bhagavad Gita, Yoga Sutras, purification, Yogic diet, sequencing, teaching of own 60-minute Yoga class

PRACTICUM & HOW
TO GET STARTED

PART 4

History of Yoga, self-practice, own teaching of a 90-minute Yoga class, marketing & networking



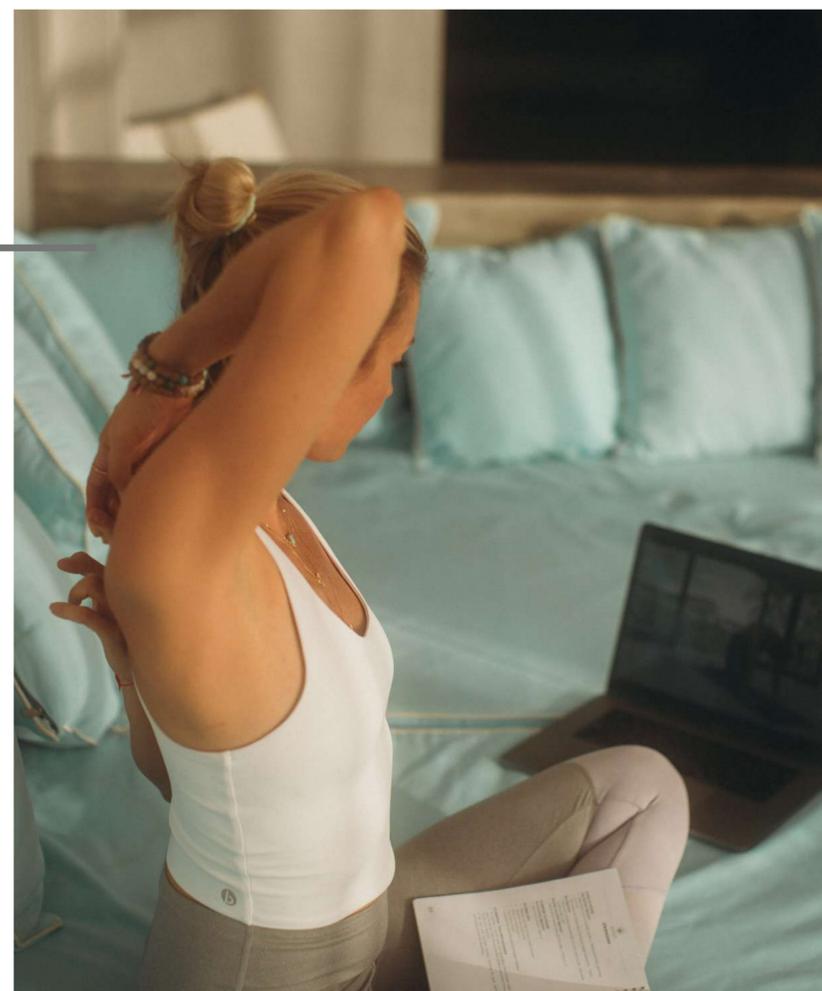


PRACTICE

- 60 Hours of Asana
- 20 Hours of Pranayama
- 15 Hours of Meditation

THEORY

- 40 Hours of Yoga Anatomy & Posture Study
- 50 Hours of Lectures on Applied Philosophy & History
- Teaching Techniques & Instructor Skills





TEACHER EDUCATION

Personally Supervised Practicum

Assignments with:

- Guided Prep
- Video Recording & One-on-One Feedback
- Marketing, Networking & How to Get Started

PERSONAL GUIDANCE & FUN

- Various Interactive Elements such as Daily Live Q&As
- Community Forums, Private Facebook Group & Chats
- Bhajan Chanting & so much more





SUPPORT

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YOUR SUPPORT

We've been offering outstanding educational programs for more than a decade and our premium online courses provide a great variety of interactive ingredients. See for yourself:

You will receive plenty of **one-on-one guidance**, starting with a **customized schedule** and continuing with individual support on all levels.

Various practicum assignments give you a chance to send us videos of your own practice & teaching. In turn we provide **detailed feedback & personalized supervision** for you.

There are so many other interactive communication tools offered: connect directly with us via **WhatsApp** or **email**. Ask questions in the forum of our **exclusive online platform**, interact with your new global Yoga family in private **Facebook & WhatsApp groups**, etc.

It doesn't get much better than this.

1-1 GUIDANCE FROM YOUR MENTOR TEACHER

At Akasha we offer the highest quality teacher training possible. We provide personalized service and support from start to finish.

Upon signing up, you will be assigned to your own personal mentor teacher. Your Mentor Teacher will accompany you along your yoga journey and will give you plenty of individualized feedback about your Yoga practice, practicum assignments and exam.

They will offer all the insights you need to grow.

Get 1-1 support and heartfelt guidance. Whenever you have questions, just reach out anytime to your Mentor Teacher by email and WhatsApp.

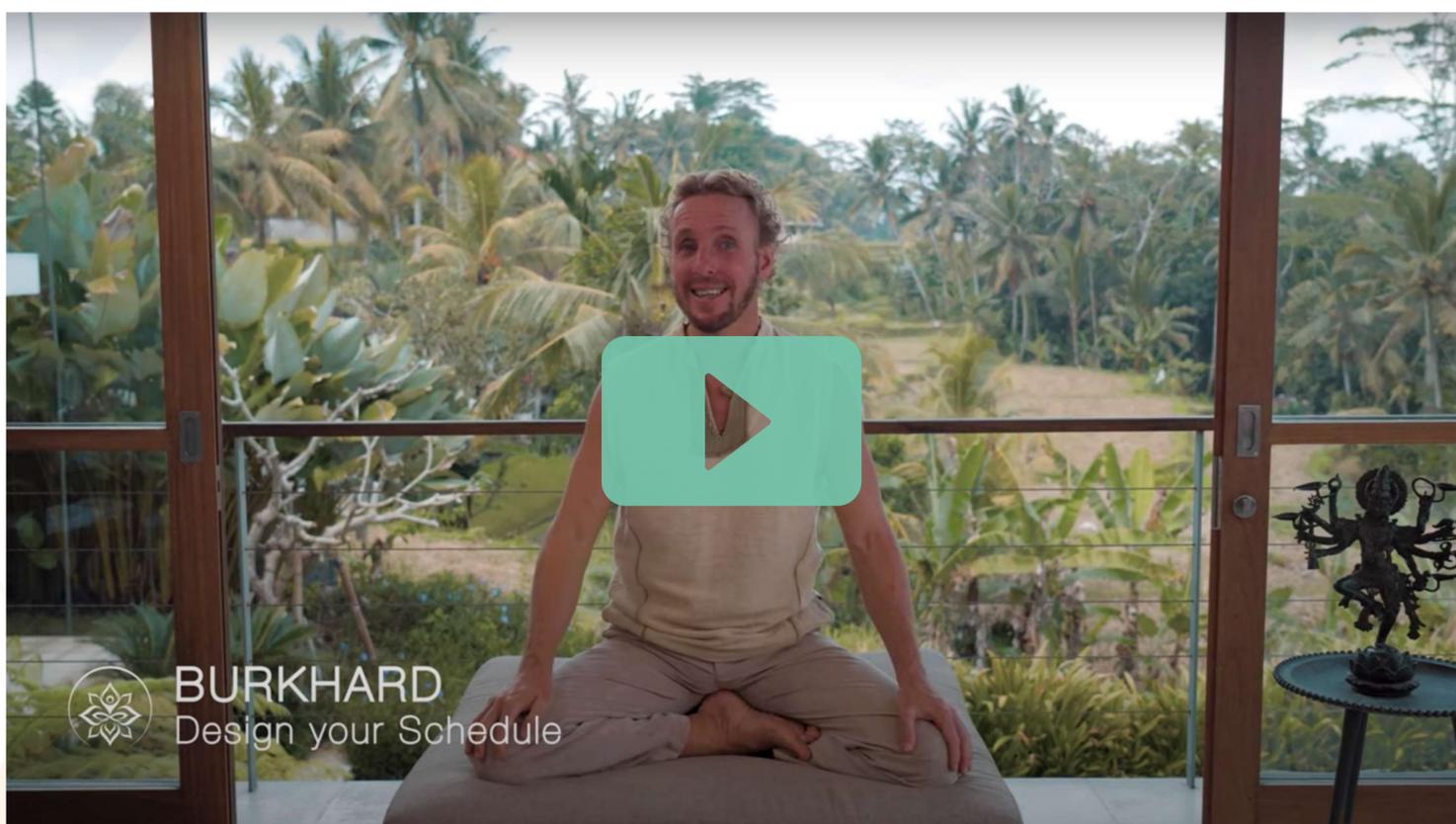
Your personal Mentor will commit to You!

Commit to honoring your goal to graduate as a competent & confident & Yoga Teacher.

It's a mutual relationship of responsibility.

PERSONALIZED SCHEDULE

At Akasha Yoga, we know that all students have different levels of availability. Some students are ready to do the course full time, taking it in one month, whereas others have a variety of commitments such as family work, etc.



If you want to successfully complete the course at a slow pace, it's important to put some thought into the following questions:

- When do you want to graduate?
- How many hours do you actually have realistically available in a week
- What are your family, social, and work commitments?
- Are you available during the weekend or spread out over the week?

To help you complete the entire 200 hours in a smooth and efficient way, we provide a personalized scheduling service. Together we evaluate in a realistic way, your availability, and then create an individual schedule for you, which is tailored to your specific needs. If you are working a regular job Monday through Friday and have little time during the weekdays, your availability is rather a weekend intensive format or if your availability is rather everyday a little bit that you can do some practice and lectures every morning and do another lecture in the evening. In this way, we create an individualized schedule that is really tailored to your needs.



If you are working a regular job Monday through Friday and have little time during the weekdays, your availability is rather a weekend intensive format or if your availability is rather everyday a little bit that you can do some practice and lectures every morning and do another lecture in the evening. In this way, we create an individualized schedule that is really tailored to your needs.

BOOK A CALL

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LIVE ZOOM CLASSES

We offer 1-hour group Zoom classes twice per day. You can join these sessions whenever it fits your personal schedule.

This provides the best mix of individual freedom and heart-felt group support.

Connect directly with your teachers, ask any question, share your experience & learn from others in our uplifting international community. It's really such a beautiful experience. Trust us on this one.

All participants are welcome to join all Zoom classes.

There's a marvelous synergy that unfolds in the genuine peer-to-peer interaction. It's a safe space, and the Yoginis from around the globe create a truly heart-felt family vibe.

ATTENDANCE

We offer these heart-opening sessions on a daily basis, but it is not necessary for you to attend them daily! Meaning, we are always here, and you can join us whenever it suits your own schedule.

To receive the Yoga Alliance certificate, you need to attend at least 24 live sessions!

We recommend spreading these 24 calls evenly over the entire period of your training.

TIMES LIVE ZOOM CLASSES

You can join the live classes whenever you want and join often as you like. The good news is that we offer many calls, making it easy for you to fit them into your individual rhythm.

Below is the current schedule of our daily 1-hour live Zoom classes.

The Zoom calls happen:
DAILY, TWICE PER DAY.

AMERICA:

5 pm PDT LA = 8 pm EDT NYC
3 am PDT LA = 6 am EDT NYC

EUROPE:

01:00 am UK = 02:00 am Berlin
11:00 am UK = 12:00 pm Berlin

ASIA & AUSTRALIA:

08:00 am Bali = 10 am Sydney
18:00 pm Bali = 8 pm Sydney

PRACTICE:

Sunday, Monday, Tuesday

(bring your Yoga mat & asana-related questions ☐☐☐☐☐☐)

Q&A and SHARING:

Wednesday, Thursday, Friday, Saturday

(Due to your time-zone, you might only be able to join one of the two daily meetings.)

EXAMS

We fully prepare you to be a confident Yoga teacher when you graduate. You will receive individual feedback on your practice by your mentor teacher.

We are committed to offer you the best possible guidance, supporting you on every step of this interactive educational program. You can trust that you will be very well prepared when your time has come.

To qualify for the official Yoga Alliance certificate, you need to successfully conclude various quizzes & assignments.

These tests include:

- ✓ Multiple choice Quiz
- ✓ Posture Recap: Film & send self-practice.
- ✓ 60-Minute Teaching Practicum: video recording teaching a student
- ✓ 90-minute Teaching Practicum: video recording teaching a student
- ✓ Final Assessment: 30 multiple choice questions along with a written exam part.
- ✓ A minimum of 24 Zoom calls live sessions.

BOOK A CALL

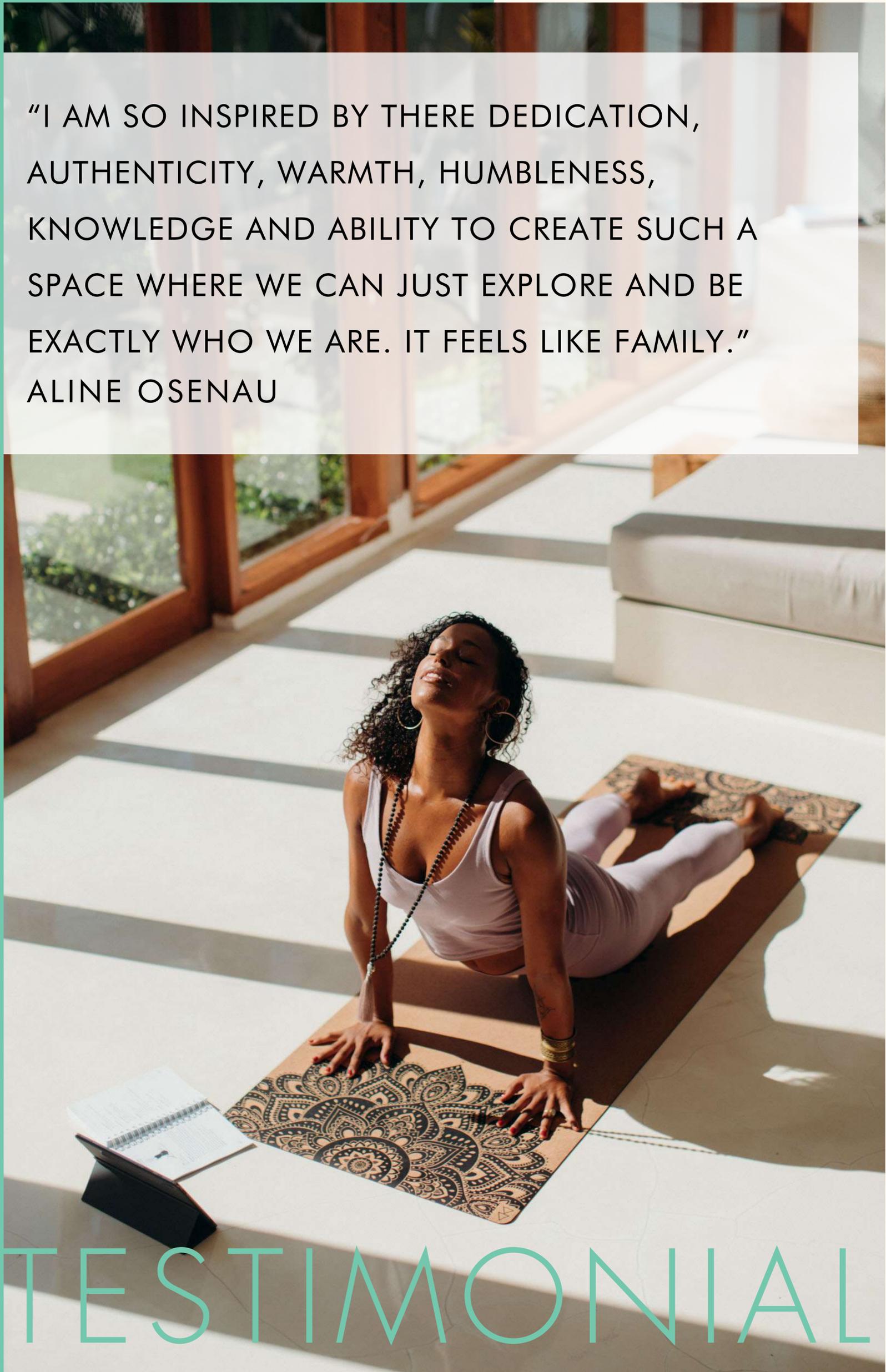


CHAT WITH US

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"I AM SO INSPIRED BY THERE DEDICATION,
AUTHENTICITY, WARMTH, HUMBLENESS,
KNOWLEDGE AND ABILITY TO CREATE SUCH A
SPACE WHERE WE CAN JUST EXPLORE AND BE
EXACTLY WHO WE ARE. IT FEELS LIKE FAMILY."
ALINE OSENAU



TESTIMONIALS

Hear from Lana

"The true essence of the word family is what they bring to their teaching. It is a combination of passion wisdom, love, support combined with extensive knowledge."



Hear from Seyla

"It's been a fantastic experience that I would encourage anybody to sign up for. You can learn a lot about yourself."





Coralie Buffet

"I had the most beautiful experience with the Akasha Yoga Academy.

The way the teachers shared their wisdom and knowledge with such love and passion was heart warming.

Through the zoom calls they created a safe space to learn and to share.

They managed to create a community besides being in the global pandemic.

I'm so grateful for the nourishing and life changing experience I had there and I can only recommend Akasha to everyone, whether it is to have a deeper understanding of Yoga or to start on a teaching journey."

SUCCESS STORY OF AN ONLINE GRADUATE

Meet one of our Online Graduates Louise, whom did her teacher training in the middle of the Pandemic. Louise started teaching at her own studio directly after completing the online training. Curious how she did this? Watch this video to find out more:

Testimonials 200-Hour Online Yoga TTC



WATCH THIS VIDEO NOW

Get in touch with us and learn more about our program

BOOK A CALL



CHAT WITH US

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Hear from Priyan:



After completing his 200 Hr Yoga Teacher Training with Akasha Yoga, Priyan started his full time career as a Yoga Teacher. He later opened his own Yoga studio in Singapore.

Priyan continued his Yoga studies with Akasha and after attending his 300 Hr Yoga TTC, he's now successfully offering his own Yoga TTC's .

Hear from Becky:



“The 200 hour yoga teacher training course offered by the experts at Akasha Yoga Academy is designed to facilitate self-inquiry, help participants develop a deeper personal practice in asana, meditation, and pranayama and inspire them to discover their authentic voice and life’s purpose.

Course structure includes learn-on-demand video modules, in-depth manuals covering the foundational practices and principles of yoga, and live, facilitated (AMAZING!) daily Zoom calls connecting yoga teacher training students from all around the world.”



WHY CHOOSE AKASHA?



WHY CHOOSE AKASHA?

TRAIN WITH MASTERS

Akasha Yoga is the real deal. Senior, devoted teachers with decades of experience guide you every step of the way. Dive deep into fundamental Yoga scriptures. Learn breath-based asana, pranayama, meditation, and anatomy. Grow a spiritual foundation for authentic practice. Develop and practice key teaching techniques for safe, expert guidance and alignment.



LEARN AT YOUR OWN PACE

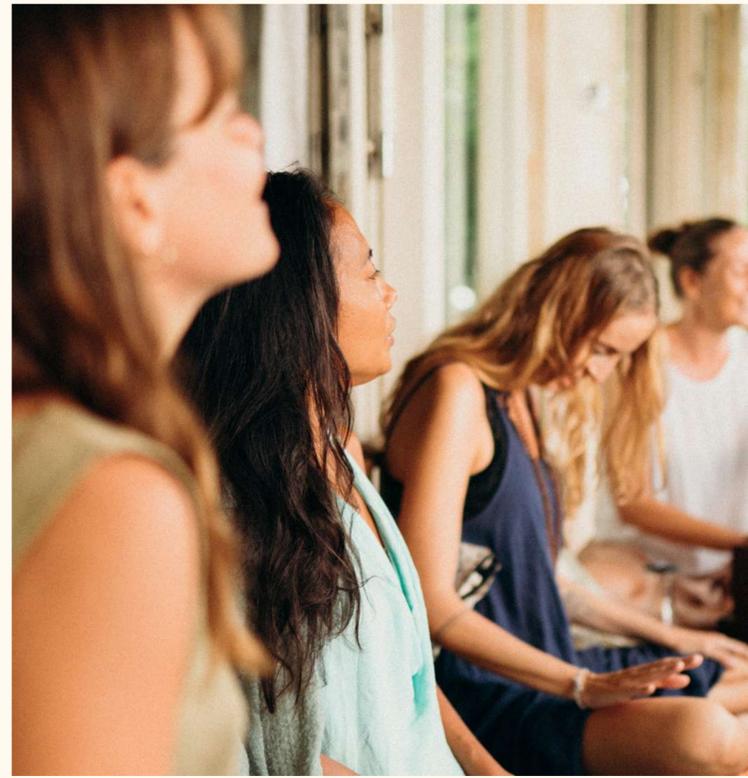
Study at a rhythm that's right for YOU. Unlike other Yoga schools, our 200 hour certified online Yoga Teacher Training course is designed to give you total freedom to study and practice at a pace that suits your life, while receiving live support and feedback. Immerse yourself in intensive 1-month training or spread it out over 3 or 6 months. You will develop a flow that puts you in charge of your Yoga journey.



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JOIN OUR COMMUNITY

Learning doesn't happen in isolation. When we connect with like-minded people we grow our understanding and deepen our compassion. 14 Zoom calls per week allow you to practice in a fun and interactive group setting, ask questions, listen to others' insights, and foster life-long connections. You will have lifetime access to instructional resources and an international community of Yoga practitioners.



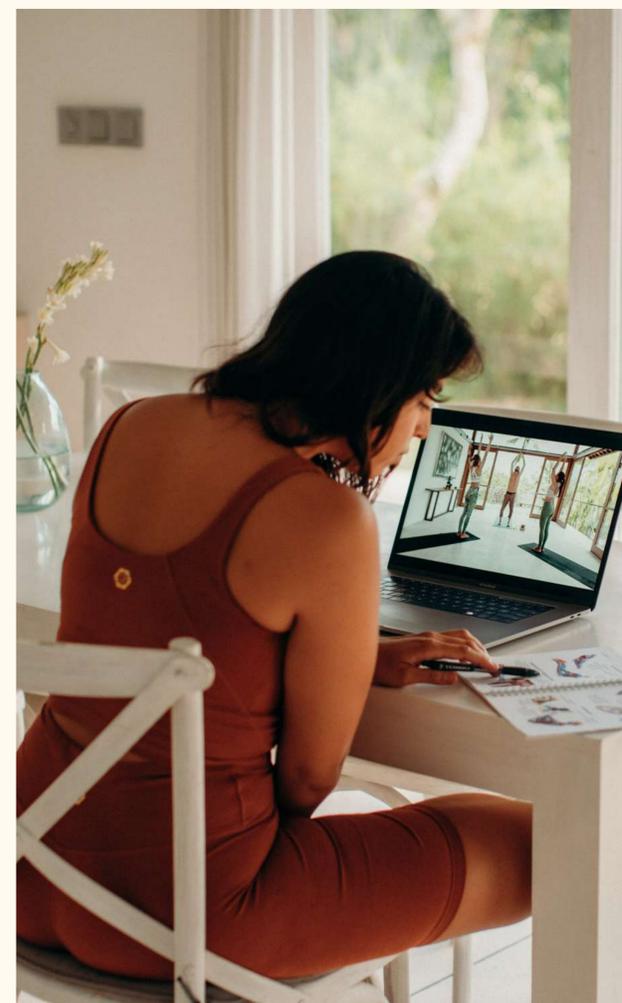
TRANSFORM YOUR LIFE

This immersive yoga training course teaches you how to surrender to the moment and live with greater awareness and intention. Heart-opening techniques, meditation, and breath-based asana guide you through a deep and transformative inner journey that will enhance your relationships and change the way you see the world.

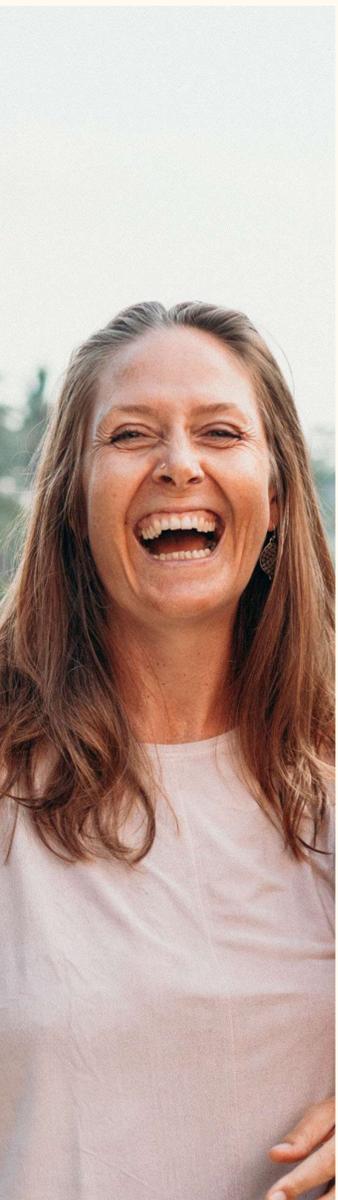


LIVE SUPPORT AT EVERY STEP

This is a fully supported interactive Online Yoga Teacher Training with plenty of opportunities for direct communication with your teachers, mentors & fellow students. Our caring & experienced team is fully available to guide you in real-time at every step, helping you with whatever arises. Get inspired in our daily live sessions where all questions & concerns are personally addressed by senior teachers. You will leave with new heartfelt friendships – and the confidence, skills & certification to teach Yoga anywhere in the world.



MEET YOUR TEACHERS



Our life-changing courses transmit theory & practice of classical Yoga & meditation, delivered by knowledgeable & passionate senior teachers in a safe & nurturing learning environment.



BURKHARD

INSPIRATION

“Philosophy means Love of Wisdom. I am captivated by the great wisdom traditions – especially the Yogic philosophies of India. It is my passion to share the practical relevance of these ancient ideas in modern life. My aspiration is the integration of science & spirituality, and a unified understanding of Eastern & Western philosophies.

EDUCATION

I graduated with a Master’s degree in Critical Psychology from the Free University of Berlin, where I studied Education & Ken Wilber’s Integral Theory. In parallel to my academic interests, I began in 2001 to explore the practical side of spirituality by traveling to the roots of Yoga in India.

Since 2007 I am living year-round in Asia, where I dedicated more than 5000 hours to the study of yogic practices:

The journey began with a truly thorough exploration of classical Hatha & Kundalini Yoga. My practice of mindful meditation started in the Buddhist Vipassana style, learning from Ajaan Tong Sirimangalo and other masters in Thailand.

With my meditation teachers Sahajananda & Mooji, I discovered the Oneness teachings of Advaita Vedanta. Hareesh Christopher Wallis allowed me to deepen my understanding of non-dual Kashmiri Shaivism.

I understood how to unify these profound wisdom traditions in a simple breath-based asana practice, following the lineage of Krishnamacharya.

Over the years, I joined more than two dozen 10-day silent meditation retreats, concluded a 49-day solitary meditation retreat in the jungle of Thailand, and immersed my Self in various darkroom Kayakalpa retreats.”

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CERTIFICATION

Burkhard is a Yoga Alliance certified and Experienced Registered Yoga Teacher at the highest level (IYF & E-RYT-500). In addition to thousands of hours of retreats & workshops, he completed a 500-Hour Hatha Yoga Teacher Training, a 500-Hour Hridaya Yoga & Meditation Teacher Training, a 100-Hour Yin Yoga Teacher Training, and a 200-Hour Breath-Based Yoga Teacher Training.

Since 2008, Burkhard has been sharing his vast experience in a variety of contexts, including Yoga Teacher Trainings, meditation retreats, workshops & life-coaching sessions. He has been teaching in various locations across Asia, Europe & America. Together with his dear friend Kirsten, he founded in 2011 the Akasha Yoga Academy.



“The depth of his practice is brilliant. He really holds the space well, and opens from the heart consistently.” – Zoran from Canada

“Burkhard is extremely intelligent, kind, giving. Sometimes firm, but always spot on in his comments and psychological understanding of a person.”

– Anastasia from Germany

“I loved the passion & generosity of Burkhard. He shares his deep knowledge on many topics with unconditional love.” – Rafaella from Italy



KIRSTEN

INSPIRATION

“In my experience, breath-based movement is an effective & joyful way to re-center and to touch base with the Heart of the moment. Practicing Hatha Yoga and sharing the practice are both essential parts of my everyday life. In the vast field of Yoga, my interest & passion belong to classical breath-based, slow flow Hatha Yoga, and long-held deep Yin Yoga poses.

EDUCATION

I love when movement practices lead into silent contemplation and stillness. This is the way I practice, and this is what I teach. I started my own Yoga journey during university times as I studied architecture & art history. Yoga first caught my attention on a trip through South India in my early twenties.

My introduction to Yoga included a classical static style of Hatha Yoga integrated into a holistic way of living, including breathing practices, diet, cleansing routines, mantra chanting, etc. My interest in Yoga & meditation, and the call to dedicate more of my time & energy to self-discovery, led me to journey through India & South East Asia for more than a decade. And that adventure continues even today!

In 2007, Yoga moved from being a cherished side aspect of my life to being its center. Since then, many years have been dedicated to classical Hatha & Yin Yoga practice & studies, to meditation, contemplation & retreats, and to the investigation into the Essence of Life.

My Hatha Yoga & meditation practice is inspired by Krishnamacharya's Vinyasa Krama, and I am moved by the pointing of Mooji, which profoundly pulls the Yoga teachings off the mat into a moment by moment inquiry.”

CERTIFICATION

Kirsten teaches classical Hatha Yoga & pranayama, Yin Yoga & meditation. She is certified by the Yoga Alliance as an Experienced Registered Yoga Teacher at the highest level (E-RYT-500).

Since 2008, she has been presenting drop-in asana classes, workshops & meditation retreats, as well as a variety of 200-Hour & 500-Hour Yoga Teacher Trainings. On her way, she supported her teachers to setup & run Yoga centers in Mexico & Thailand, before she co-founded the Akasha Yoga Academy with her dear friend Burkhard in 2011.



“Kirsten is very much to the point, captivating, precise & enthusiastic.” – Nadine from Germany

“Kirsten comes directly from the heart, which is soothing, patient & understanding.” – Zoran from Canada

“Kirsten is super clear & precise. She has a beautiful presence. She is motherly, but not patronizing, kind & compassionate.” – Anastasia from Germany



DEVIDAS

INSPIRATION

“By Grace, I discovered Hatha Yoga when I was just 16 years old, and it was love at first sight. By the time I was 18, I had discovered meditation & pranayama, and the love was growing deeper & more profound. Later, I moved to India, and spent twelve years of my life teaching meditation, kirtan & pranayama in the sacred land which gave birth to Yoga. For this privilege, there are no words that can describe my gratitude.

On my way, I have been deeply blessed by many powerful teachers, probably the most profound connections have been with Swami Jnanananda and Sri Mooji. Yoga has given me more than I could have ever imagined. It is my great joy and honor to share all that has been given and learned in my life-long love affair with the art & science of Yoga.”

CERTIFICATION

Devdas is a Registered Yoga Teacher (RYT-500), who is trained to teach meditation, pranayama & Hatha Yoga. Before joining the Akasha Yoga Academy team, he taught Yoga for twelve years in several major cities of India. He helped set up & run several Yoga & meditation centers, and has been sharing the joy of selfless service Seva & Kirtan chanting all around the globe... in America, Italy, Portugal, India, Bali, Thailand, Mexico, and beyond!



“The way Devdas holds space and lectures is amazing. I feel blessed to have had the opportunity to learn from him.”

– Rebecca from the US

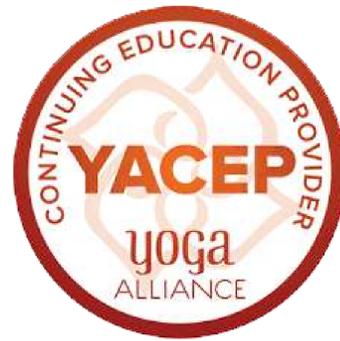
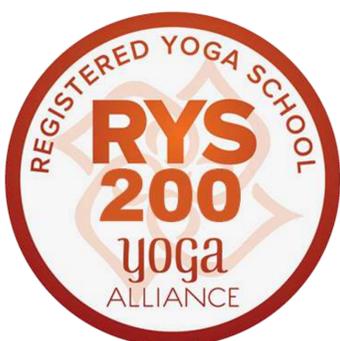
“Devdas reminded me to be kind to myself. It was such a beautiful experience just to be in his company.”

– Camille from the UK

OFFICIALLY REGISTERED

The Akasha Yoga Academy is a Registered Yoga School (Registry-ID: 87485) since 2012, and our lead teachers are Experienced Registered Yoga Teachers at the highest level

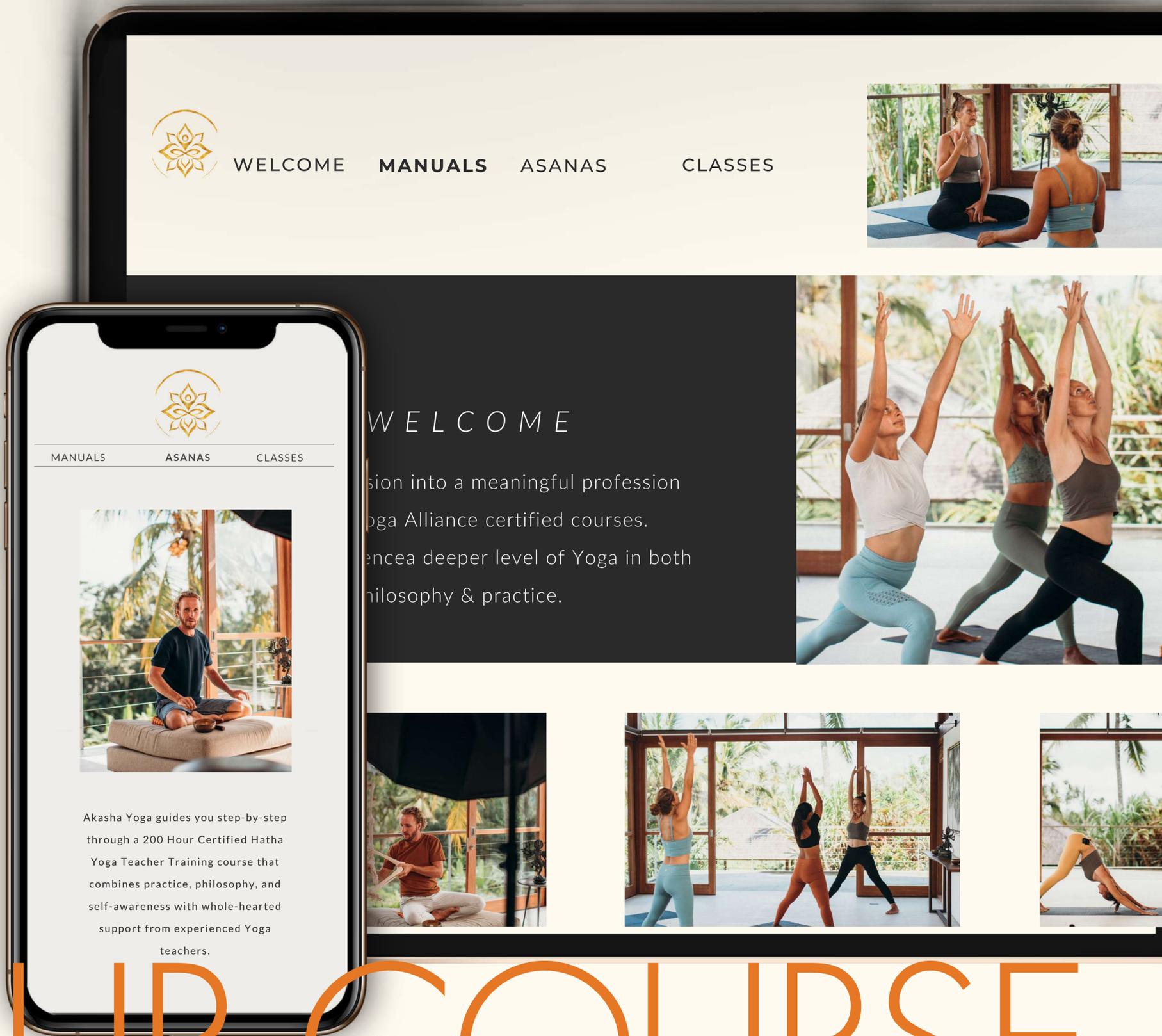
(E-RYT-500 - Registry-IDs: 86166 & 155442).



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Journey with us into the Depths of Yoga

LOOK INSIDE



OUR COURSE

Deepen your practice. Discover your purpose. Teach with confidence.

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SYLLABUS

Take a closer look at the comprehensive curriculum of our Yoga Alliance program. Find below an example of what every chapter looks like:

1	WELCOME & INTROS	
	 Essential Info to Get Started	FREE PREVIEW
	 Get to Know Your Teachers	FREE PREVIEW
	 Welcome, Intro & Bali Temple	FREE PREVIEW
	 Tips for Slow-Flow Participants	FREE PREVIEW
	 Etiquette & Useful Tricks	
	 How to Video Record Yourself	
2	Manuals	
	 Teaching Manual – Foundation	
	 Teaching Manual – Application	
	 Anatomy Manual	
	 Scripture Study Manual	

7 – Chapter 1.2

-  1.2.1 Sadhana Asana
-  1.2.2 Sadhana Meditation
-  1.2.3 Breath – The Key to Asana
-  1.2.4 Duality
-  1.2.5 Sadhana Pranayama
-  1.2.6 Meditation Intro
-  1.2.7 Yama & Niyama
-  1.2.8 Sadhana Asana
-  Join our Daily Live Q&A (18:00 Bali Time)

8 – Chapter 1.3

-  1.3.1 Sadhana Asana
-  1.3.2 Sadhana Meditation
-  1.3.3 Subtle Foundation
-  1.3.4 Non-Duality
-  1.3.5 Sadhana Pranayama
-  1.3.6 Mechanics of Posture
-  1.3.7 Yama & Niyama
-  1.3.8 Sadhana Asana
-  Join our Daily Live Q&A (18:00 Bali Time)

9 – Chapter 1.4 

-  1.4.1 Sadhana Asana
-  1.4.2 Sadhana Meditation
-  1.4.3 Chakras Introduction
-  1.4.4 Significance of the Heart
-  1.4.5 Sadhana Pranayama
-  1.4.6 Posture Study
-  1.4.7 Yama & Niyama
-  1.4.8 Sadhana Asana
-  Join our Daily Live Q&A (18:00 Bali Time)

10 – Chapter 1.5 

-  1.5.1 Sadhana Asana
-  1.5.2 Sadhana Meditation
-  1.5.3 Chakras In-depth
-  1.5.4 SelfInquiry
-  1.5.5 Sadhana Pranayama
-  1.5.6 Posture Study
-  1.5.7 Yama & Niyama
-  1.5.8 Bhajans
-  Join our Daily Live Q&A (18:00 Bali Time)

11	– Chapter 1.6	▲
	 1.6.1 Sadhana Self-Practice	
	 1.6.2 Sadhana Meditation	
	 1.6.3 Path of Yoga	
	 1.6.4 Spiritual Heart Meditation	
	 1.6.5 Sadhana Pranayama	
	 1.6.6 Posture Study	
	 1.6.7 Yama & Niyama	
	 1.6.8 Sadhana Asana	
	 QUIZ PART 1	
	 Join our Daily Live Q&A (18:00 Bali Time)	
12	PART 2	▲
	 Schedule – Part 2	
13	– Chapter 2.1	▲
	 2.1.1 Sadhana Asana	
	 2.1.2 Sadhana Meditation	
	 2.1.2.C Yama & Niyama Contemplation	
	 2.1.3 Part 2 Practicalities	
	 2.1.4 Anatomy Intro	

If you will like to explore the whole curriculum click [HERE](#)

BOOK A CALL



CHAT WITH US

ENROLL NOW: WWW.AKASHAYOGAACADEMY.COM

TRY OUT OUR YOGA TEACHER TRAINING FOR 1 WEEK!

If you've made it this far, it means that you are really passionate about Yoga. You probably felt this inner spark guiding you to take your passion to the next level.

From our own experience, we know that this is a BIG step.

There are so MANY Yoga schools out there and anyone can offer an Online Course. It can be quite a task to find teachers that you can really trust.

Teachers that have the knowledge, passion & experience to guide you to:

- Deepen your practice.
- Become a confident Certified Yoga Teacher.
- Find your voice as a Yoga Teacher.
- Let go of old patterns and rise into a higher version of yourself.

STAR FREE TRIAL





Mandeep Parks

" I cannot recommend this program enough to anyone interested in learning more about the practice of Yoga. Even if you are not pursuing a teaching career, this program will change your entire outlook on life.

For an online training course, they do an amazing job at making you feel like you are a part of the community, and like you are there in Bali with them. The teachers are beyond extraordinary. Their love and acceptance are boundless. They truly want to see each student succeed, and are so supportive throughout the journey of the course.

This program, in short, was transformational for me. It brought me closer to myself and the world around me. It helped me see all the possibilities that lived beyond the limitations of my own mind. I have never felt so deeply connected to my heart and body."



QUESTIONS
FAQ

What is the duration of the course?

You are free to take the course at your own pace – while being fully supported by the momentum of a global group of Yoginis.

We offer interactive 1-hour live Zoom calls twice per day! You can join a minimum of 24 group sessions whenever it fits your own schedule.

To empower you to fit this educational program into your daily life, we do provide a personalized flexible schedule for you:

We offer customized sample schedules for a 1-month intensive format, and for slower formats taking 2, 3, 4, 5, 6 or 9 months. This gives you plenty of optional guidance, but you are of course fully free to change & create your own individual rhythm. Our experienced team will in any case guide you on each & every step of the way.

Due to the Covid exception of the international Yoga Alliance, you can currently receive a regular, full-fledged certificate online.

In order to get certified by the international Yoga Alliance, participants have to complete their training within 1 year from the time of purchase. The personal guidance ends after 1 year, but experience shows that we will find ways for you to graduate before.

And remember that you have full life-time access to all videos & materials!

Is the online certificate the same as on-site?

The comprehensive curriculum of our fully accredited Online Teacher Training meets & exceeds the standards of the international Yoga Alliance.

When graduating from our interactive online course, you will receive an officially recognized certificate that is identical to an on-site course.

You'll get a regular full-fledged Yoga Alliance certificate that carries exactly the same value and looks exactly the same as one coming from an on-site course.

Interactive tools for online participants?

We've been offering outstanding educational programs for more than a decade and our premium online courses provide a great variety of interactive ingredients. See for yourself:

PERSONAL SUPPORT

You will receive plenty of one-on-one guidance, starting with a customized schedule and continuing with individual support on all levels.

Various practicum assignments give you a chance to send us videos of your own practice & teaching. In turn we provide detailed feedback & personalized supervision for you.

There are so many other interactive communication tools offered: connect directly with us via WhatsApp, email or messenger, ask questions in the forum of our exclusive online platform, interact with your new global Yoga family in private Facebook & WhatsApp groups, etc. It doesn't get much better than this.

LIVE ZOOM CLASSES

We offer 1-hour group Zoom calls twice per day. You can join a minimum of 24 live sessions whenever it fits your personal schedule. This provides the best mix of individual freedom and heart-felt group support. Connect directly with your teachers, ask any question, share your experience & learn from others in our uplifting international community. It's really such a beautiful experience. Trust us on this one.

DAILY ZOOM CALLS

14 live calls per week:

Monday to Sunday, 2 calls per day:

AMERICA:

5 pm PDT LA = 8 pm EDT NYC

3 am PDT LA = 6 am EDT NYC

EUROPE:

01:00 am UK = 02:00 am Berlin

11:00 am UK = 12:00 pm Berlin

ASIA & AUSTRALIA:

08:00 am Bali = 10 am Sydney

18:00 pm Bali = 8 pm Sydney

A LIFE-TIME OF RESOURCES

In addition to the awesome one-on-one and peer-to-peer support, you get full access to all professional materials:

The entire 200 hours are recorded in true high-end audio & video quality. We produce all sessions in our state-of-the-art Baliwood Film Studio (as compared to the common amateur webcam approach of other schools). Playback on any device, pause, rewind & refresh in future months & years with complete life-time access – a priceless gift of learning.

For more than a decade, we've been upgrading & polishing our 4 Teaching Manuals to perfection. You get free access to the useful pdf files & printed books. In addition to these 700+ pages of complimentary reading, you receive a grand variety of mind-blowing resources on all related topics.

Bottom line: We've got you covered on all levels. Really.

How do you check my poses online, making sure I'm doing it correctly?

If you need one on one assistance we are here to help, you have our full support & dedication to the process, just as if you were on-site with us. We check your asana postures during the class you lead and teach. – Our Support Team are always available for advice and assistance.

Why choose an online yoga

It is simply more convenient and cheaper. You can take it from anywhere, in a full-time schedule or fitting it into your daily life to your availability. In addition, you can go back to the course content anytime you would like to review a class/lesson.

I am a beginner. Are there any pre-requisites?

Experience shows that our foundation program is suitable for beginners with some basic practical experience. There are no specific formal pre-requisites to join this intensive course, although practical experience is of course of advantage. The key is your openness and your sincere enthusiasm!

In what language will the instruction be?

English

BOOK A CALL

What happens if I have questions?

Any questions that arise will be answered via multiple channels (Zoom/Facebook/WhatsApp)

What if I have Internet connection issues?

Don't worry if your internet connection is somewhat slow. Our state-of-the-art system allows for streaming to mobile devices in lower resolution.

But you can even join when you sometimes do not have any online access: It's a special feature of our course that you can download all videos to your devices. This is actually a very unusual & generous offer which most other schools do not offer.

Our download option enables you to join our digital course even with limited online connection, and also allows you to enjoy the benefits of full life-time access to all materials.

Who is this course suitable for?

This online yoga teacher training course is for yoga students looking to deepen their practice, as well as those of you who are looking to teach yoga as a professional yoga instructor.

Are there any assessments/examinations?

Please see below for the rough outline of how your participation will be assessed and integral standards measured. As you are taking the program at your own pace, the below schedule will be spaced out accordingly.

Week 1 - Quiz, Film & send self-practice.

Week 2 - Film & send 60 min practicum.

Week 3 - Film & send 90 min practicum.

Final Assessment: 30 multiple choice questions along with a written exam part (that replaces the physical part of what we would do onsite).

Certification requirements

Our educational online program is fully accredited by the international Yoga Alliance and the curriculum meets & exceeds the official standards.

In order to reward you with the famous RYT 200 certificate of the Yoga Alliance we require:

dedicated & full-hearted participation, completion of all practicum assignments, understanding of the content demonstrated in simple quizzes and a final exam, as well as acting in a respectful manner.

You are required to fulfill the above obligations to receive the accredited certificate. Please note that tuition payment alone does not guarantee certification from the Akasha Yoga Academy Teacher Training.

We invite you to use all interactive tools we offer to grow into a competent & confident teacher. In our educational programs we offer outstanding professional quality on all levels – and we trust that our dedication will inspire your own journey.

Successful graduation from our online program authorizes you to become a full-fledged & officially Registered Yoga Teacher (RYT-200).

In order to get certified by the international Yoga Alliance, participants have to complete their training within 1 year from the time of purchase. The personal guidance ends after 1 year, but experience shows that we will find ways for you to graduate before.

And remember that you have full life-time access to all videos & materials.

(For those students who enrolled before August 01, 2021, the deadline for finishing the course is December 31, 2021.)

The Akasha Yoga Academy is a Registered Yoga School and a member of the internationally recognized Yoga Alliance (Registry-ID: 87485). The curriculum of our fully accredited Teacher Training meets & exceeds the requirements of this leading organization.

Upon successful graduation from the course, you will receive the officially accredited certificate. This authorizes you to become a Registered Yoga Teacher (RYT-200) and enables you to optionally sign up with the international Yoga Alliance.

What time zone are you in?

We are located on the wonderful island of Bali. The local timezone is the same as

Singapore = Australian Western Standard Time (AWST) = WITA
 GMT +8 = UTC +8

Makes use of helpful sites like:
www.TheTimeZoneConverter.com

Online Certification

The Akasha Yoga Academy is a Registered Yoga School and a member of the internationally recognized Yoga Alliance (Registry-ID: 87485). The curriculum of our fully accredited Teacher Training meets & exceeds the requirements of this leading organization.

Upon successful graduation from the course, you will receive the officially accredited certificate. This authorizes you to become a Registered Yoga Teacher (RYT-200) and enables you to optionally sign up with the international Yoga Alliance.

Successful graduation from our online program authorizes you to become a full-fledged & officially Registered Yoga Teacher (RYT-200).

We are registered with the international Yoga Alliance based in the US. However, the different international Yoga Alliance branches across the world share very similar standards for Yoga Teacher Training Programs and Continuing Education. They all maintain an updated registry of certified Yoga Teachers and Yoga Schools and tend to recognize one another.

How much time do I have to get certified?

We do offer life-time access to all learning materials. We even provide for you the exceptional possibility to download all videos and teaching manuals.

The dedicated Akasha team offers a generous amount of personal attention to each student: Our premium program incorporates a great variety of interactive elements, such as heart-opening Zoom calls, caring 1-on-1 feedback for various practicum assignments and sooo much more.

In order to get certified by the international Yoga Alliance, participants have to complete their training within 1 year from the time of purchase. The personal guidance ends after 1 year, but experience shows that we will find ways for you to graduate before.

And remember that you have full life-time access to all videos & materials.

(For those students who enrolled before August 01, 2021, the deadline for finishing the course is December 31, 2021.)

What happens if it takes longer for me to graduate?

The dedicated Akasha team offers a generous amount of personal attention to each student: Our premium program incorporates a great variety of interactive elements, such as heart-opening Zoom calls, caring 1-on-1 feedback for various practicum assignments and so much more.

The dedicated Akasha team offers a generous amount of personal attention to each student: Our premium program incorporates a great variety of interactive elements, such as heart-opening Zoom calls, caring 1-on-1 feedback for various practicum assignments and so much more.

In order to get certified by the international Yoga Alliance, participants have to complete their training within 1 year from the time of purchase. The personal guidance ends after 1 year, but experience shows that we will find ways for you to graduate before.

For students that don't manage to graduate before the end of the generous 1 year time frame, we charge a fee of US\$ 50 per month to cover the costs for the ongoing personal guidance.

And remember that we offer life-time access to all learning materials. We even provide for you the exceptional possibility to download all videos and teaching manuals.

(For those students who enrolled before August 01, 2021, the deadline for finishing the course is December 31, 2021.)

Do you offer payment plans?

You can either choose to pay the tuition in full.

Or you can alternatively opt for a convenient 3-month payment plan.

Please find the details of this special offer [HERE](#).

You are free to choose between PayPal and Credit Card.

Other options are available on request.

What payment methods do you offer?

We offer the common & safe options of PayPal and Credit Card. All major cards (such as Visa, Master, American Express) are supported.

Upon request, we can of course also provide other payment channels (such as bank-to-bank wire transfer, Transfer Wise, etc.)

You can either choose to pay the tuition in full. Or you can alternatively opt for a convenient 3-month payment plan.

Please find the details of this special offer [HERE](#).

[BOOK A CALL](#)

Booking Conditions & Cancellation

The premium content of our educational program is truly inspiring, so we doubt that you would ever choose to drop out.

Once you signed up for the online course your tuition fee & payment plan are however non-refundable.

Thank you very much for your kind understanding of this common practice in the world of online courses.

We give ourselves with an open Heart, and we trust that you can find ways to receive the priceless gifts we share.

Can I take this course if I have already completed another 200 Hour Yoga Training course?

Yes! If you've already completed a yoga teacher training course – this is a great addition to your yoga teacher training or simply a great refresher if you took one several years ago. You'll receive valuable yoga books, information, and video content to add on to your previous training.

Can I safely lead yoga classes after completing this program?

On our tropical island we create the ideal conditions for you to grow into a competent and confident instructor. It is wonderful to see how the experience of teaching Yoga can empower and enrich our lives in so many ways. Our strong pedagogical framework and the supportive feedback of our professional instructors empowers participants to feel comfortable as a Yoga teacher. Our curriculum includes tremendous variety, with topics ranging from holding space, to voice training, to leadership qualities, which allow aspiring graduates to become truly inspiring teachers.

A crucial factor in becoming a good Yoga teacher is practice. Our Teacher Training emphasizes the direct experience of teaching students in a studio setting. Five practical assignments help the student-teacher cultivate and eventually master the skills needed to successfully teach their own classes. After the practicum sessions the aspiring instructor receives systematic feedback from peers, and very thorough feedback from our advanced supervisors.

VISIT OUR SITE [HERE](#) FOR MORE FAQ

Start Your Yoga Journey Today!

BOOK A CALL



CHAT WITH US

ENROLL NOW



WHAT IS INCLUDED?



- ✓ Rich & interactive curriculum that meets & exceeds official requirements
- ✓ Professional teachings based on decades of committed research, study & practice
- ✓ 200+ state-of-the-art video lessons filmed in our exclusive "BALIWOOD" studios and compatible with any device
- ✓ Guided practice and theory, basic asanas and sequencing, breathwork, meditation, philosophy, anatomy, teaching methodology, and self-practice

- ✓ Guided practice and theory, basic asanas and sequencing, breathwork, meditation, philosophy, anatomy, teaching methodology, and self-practice
- ✓ Your own Mentor Teacher that you can reach out anytime with questions on whatsapp and email.
- ✓ Connect with a worldwide community of beginning and experienced Yoga practitioners and teachers
- ✓ Assessments/examinations.
 - Part 1 - Quiz, Film & send self-practice.
 - Part 2 - Film & send 60 min practicum.
 - Part 3 - Film & send 90 min practicum.
 - Part 4 Final Assessment: 30 multiple choice questions along with a written exam part
- ✓ Mentoring for professional development, marketing, and networking
- ✓ Weekly Bhajans chanting with our teachers
- ✓ Akasha Yoga comprehensive training
700+ page manuals
- ✓ Lifetime access to all videos and training materials
- ✓ Daily live zoom sessions twice per day that you can join anytime

COMPLETE MANUAL



YOGA TEACHER TRAINING MANUAL AND GUIDEBOOK



You will have access to this incredibly comprehensive and well thought out 700+pages yoga teacher training manual and guidebook for our program. Years after the TTC you can come back to it and dive deeper.

The content is spread over 4 manuals:

- Teaching Manual - Foundation
- Teaching Manual- Application
- Scripture Study - Gita & Sutras
- Teaching Manual - Anatomy & Massage

ENROLL NOW: WWW.AKASHAYOGAACADEMY.COM

Enroll now and get these incredible bonuses for FREE!

BONUS #1

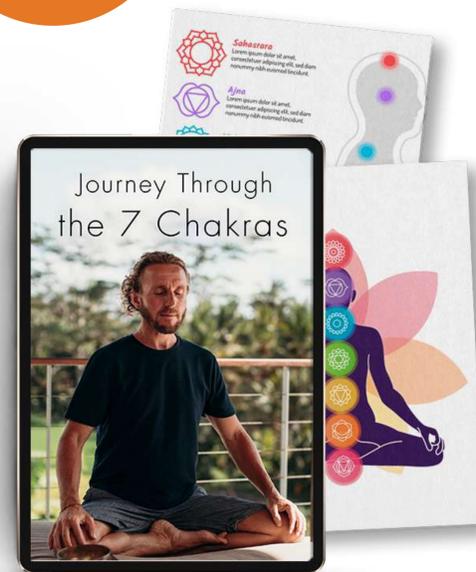
Journey through the 7 Chakras

In this introduction workshop, we present the system of the famous 7 Chakras.

You will receive a clear understanding of the classical roots and modern interpretations.

In this comprehensive overview you will learn about energetic aspects, corresponding emotions, and psychological attributes.

US\$175
Value



BONUS #2

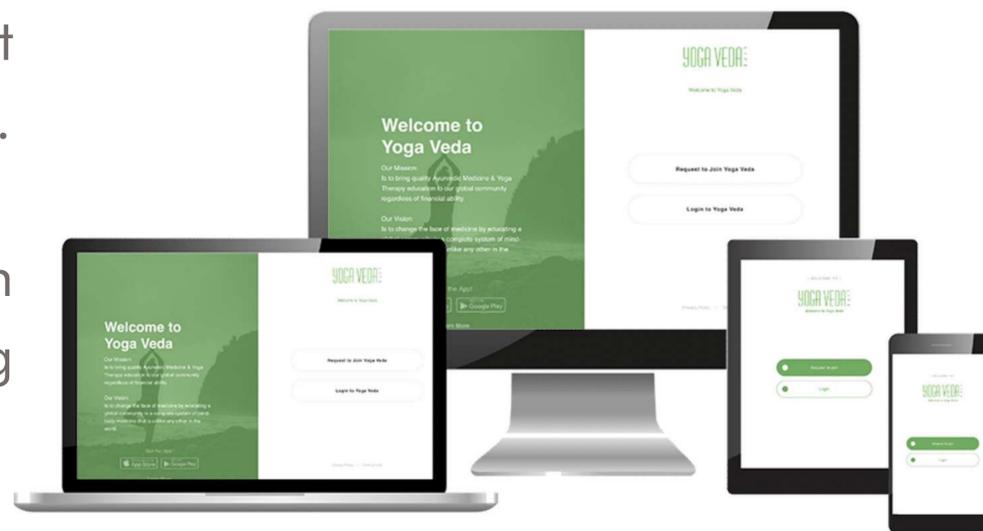
Ayurveda Foundation Program Course Bundle

US\$498
Value

In this self paced program you will receive classes on demand, unlimited program Access and personal support & guidance by the Yoga Veda Institute.

This is a Recognized Foundation Program which includes the following courses :

- Sister Science Foundations Course
- Foundations of Ayurvedic Nutrition Course
- Foundations of Yoga Therapy Course



Enroll now and get these incredible bonuses for FREE!

US\$159
Value

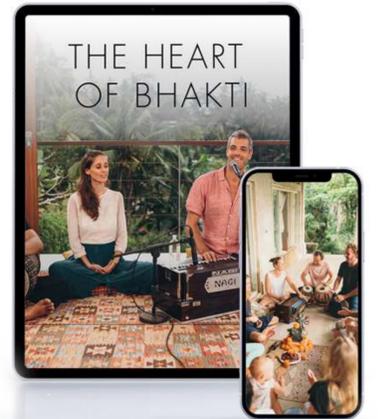
BONUS #3

Heart of Bhakti

A gathering of powerful chanting, sharing & heart connection.

Shake off stagnant energy – reset – and come back to your center.

Join the Akasha Family & awesome guest artists



US\$125
Value

BONUS #4

5 Bodies

In this eye-opening workshop, we introduce the yogic system of the 5 Bodies.

You will benefit a lot from this ancient holistic description of the human being – formulated 2500 years ago, yet fully relevant in our modern times.

You will walk away with a clear & practical understanding of the different layers & aspects of our being – ready to apply this wisdom into your daily life.



US\$105
Value

BONUS #5

How to Teach Yoga Online

In this course, Akasha Yoga shares their first-hand experience of how to bring your Yoga classes online.

Receive all the audio, lighting, and camera tricks and tips to make your offerings online a successful experience.



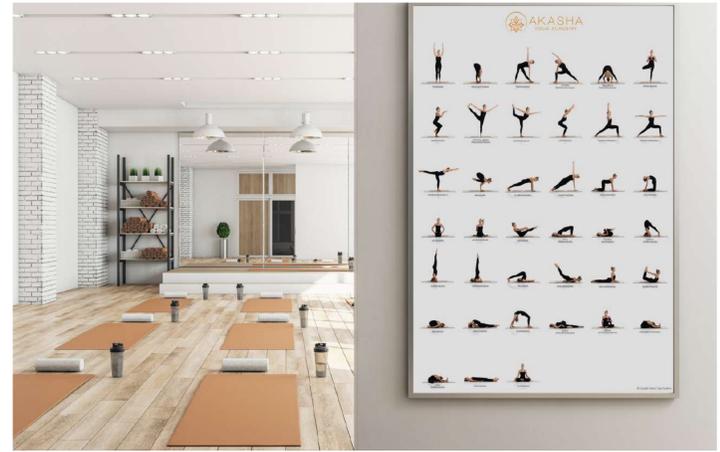
Enroll now and get these incredible bonuses for FREE!

US\$50 Value

BONUS #6

Poster Asana Poses

Poster with all the Asana's covered in our 200-Hr Yoga TTC in high image quality. Perfect to show case at home or your Yoga studio.



US\$40 Value

BONUS #7

Resume Yoga Teacher (CV)

An important and helpful component in seeking yoga teaching opportunities is a professional resume. A resume helps to give potential employers a snapshot of your background and mission statement to help you get your foot in the door for an interview or audition



US\$100 Value

BONUS #8

Yoga Starter Pack

This waiver template is an essential document for any Yoga teacher that informs the students of the risks involved in practice and can also protect you and your business from any legal issues. Plus these card decks are part of Akasha's 200 Hour Teacher training, especially to help you memorize the Sanskrit names and teaching cues of the Asanas.



Plus you get these incredible bonuses for FREE!

US\$35
Value

BONUS #9

Meditation collection

Set of 24 guided Audio Meditations. Decrease stress, increase focus and be present in the moment



US\$30
Value

BONUS #10

Yoga Liability Waiver

This waiver template is an essential document for any Yoga teacher that informs the students of the risks involved in practice and can also protect you and your business from any legal issues.



US\$30
Value

BONUS #11

Cover Letter Yoga Teacher

A well-written cover letter will show potential yoga employers that you are organized and professional. It will also help them understand why you are a good fit for the position. Cover letters allow potential employers to understand who you are and encourage them to read your resume.



Plus you get these incredible bonuses for FREE!

US\$30
Value

BONUS #12 Intake Form New Clients

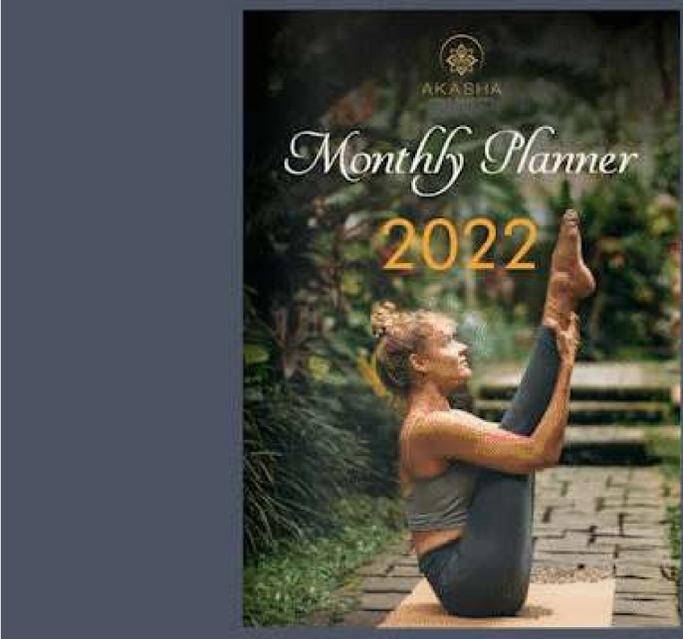
You can use this sample New Yoga Client Intake and Health History Form to learn about their health history background. It is recommended to have a complete health history so you can address key issues and make sure you focus on what matters to your students.



US\$25
Value

BONUS #13 Yearly Planner

Set a vision for your life and intentions with this monthly planner. Calendar pages provide room for notes and schedule-keeping. Filled with inspiring images, quotes, and reflection pages to give yourself the space to go deeper and reflect on why you strive for those things on your list and what motivates you to keep going.



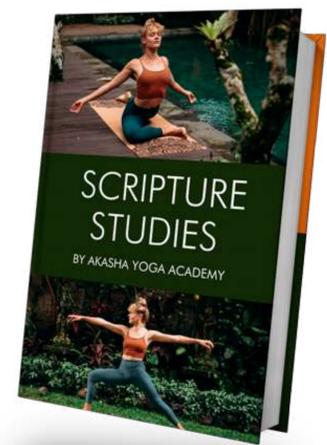
Plus you get these incredible bonuses for FREE!

US\$25
Value

BONUS #14

Scripture Studies Book

Explore timeless pearls of wisdom in our Scripture Studies Book



Start Your Yoga Journey Today!

BOOK A CALL



CHAT WITH US

ENROLL NOW



AKASHA
YOGA ACADEMY

INVESTING IN YOURSELF

We aspire to provide the best possible quality for very reasonable prices. The usual rate for our 200-Hour online training is **US\$1700.**

However, we got a 50% special discount available for you. Which makes our

US\$ 850 only!

To reserve your space, you can choose PayPal or credit card (Transaction fees may apply).

ENROLL NOW

ENROLL NOW: WWW.AKASHAYOGAACADEMY.COM





AKASHA
YOGA ACADEMY

PAYMENT PLAN

You will be able to immediately access the course and have your payment divided into 3 parts, 300 USD each, one to pay one month after the other, so that the whole payment will be split over the course of 3 months



3 months plan

\$300/mo
FOR 3 MONTHS

ENROLL NOW



Pay in Full

\$850
1 TIME PAYMENT

ENROLL NOW

GIVING BACK

It's in giving that we receive



We are living in truly special times, and now after over a year of lockdown, more than ever is the time to support each other.

The people of Bali need our help!

We feel a strong call to give back to these amazing people, who always hosted us with open Hearts by donating a percentage of your Tuition fee.

LOCALS LEFT WITHOUT WORK & FOOD

Bali is immensely affected by the Covid-19 lock down, as the island strongly relies on tourism. Airport & borders are still closed for foreigners, and many locals are running out of resources. Simple people suffer the most: cleaners, drivers, hotel, restaurant & spa staff. Your generosity will help make a huge positive impact until they can welcome visitors on this beautiful island again.

PROVIDING SUPPORT

This is the moment to take action — and it's so easy: We collaborated with a trustworthy local charity, Plastic Exchange, that distributes food to hungry workers.

LEARN MORE



Kerri Sinclair

" It has been an amazingly put together course. I guess talking from a teacher's perspective, you guys have done an incredible job of putting together a really great course that has been created so that progressively you feel confident enough to achieve each of the stages, and by the time you finish, you feel confident to be a teacher.

www.akashayogaacademy.com

Along the way, you pick up so much more than I ever imagined was going to be part of a yoga course, so much more. This Yoga course is designed to be so much more than other courses where it's just mainly Asana.

The Akasha teachers are the most incredible role models for us to be able to see what that lifestyle looks like. The kind of energy, personality and the love that they share through a screen is just amazing."



AKASHA
YOGA ACADEMY

WE WANT TO SEE YOU SHINE

You are taking a huge step forward. An authentic yoga teaching training course takes time, commitment, self-compassion, and expert teachers who have been there.

No matter where you're starting from, we want this to be the best investment of your life.

YOU CAN RELY ON:

- ✓ Experienced Registered Yoga Teachers at the highest level (E-RYT-500)
- ✓ A decade of teaching more than 900 certified Yoga instructors worldwide, who are now teaching on all 6 continents
- ✓ Consistent 5-star review ratings & heart-felt testimonials

Start your journey into the heart of Yoga!

ENROLL NOW