

Deepen your yoga!

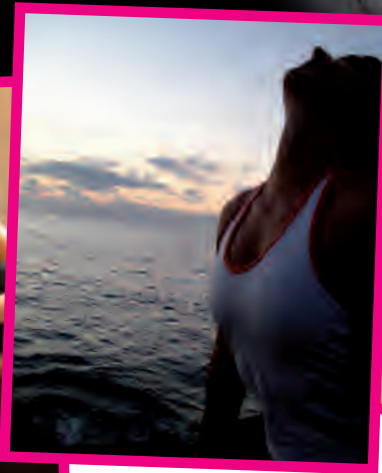
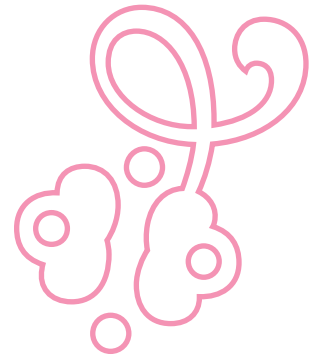


Welcome to our
International yoga teacher trainings
INDIA ✧ GERMANY ✧ SWEDEN ✧ NORWAY



Nordiska
Yogainstitutet





*"Intense, fun, and stimulating - everything is possible!"
Lotta, former student*





The trainings

Our 200 and 500 hour yoga teacher training programs in Virya yoga are offered in affiliation with The Yoga Alliance. With focus on philosophy as well as biomechanics, the programs are open for anyone who has practiced yoga regularly and is ready for further exploration along the yogic path. With one foot each in Western and Eastern traditions, together with our experienced teacher team you will deepen your knowledge of yoga.

What's in it for me?

You will...

- increase your understanding of biomechanics and healthy asana trainings.
- study the history and philosophy of yoga with an un-dogmatic and analytical approach, under the guidance of lecturers from Stockholm University.
- study anatomy extensively.
- receive an orientation in ayurveda and Eastern views on body and mind.
- acquaint yourself with various meditation and breathing techniques.
- gain greater confidence in teaching asanas, biomechanics, and philosophy in an enjoyable and mind-expanding manner through exploration of teaching and presentation techniques.

Upon completion you will be qualified to register with The Yoga Alliance as a Registered Yoga Teacher (RYT) in accordance with The Yoga Alliance's criteria, making your certification recognizable worldwide.

If for any reason you need to postpone the completion of your studies or repeat parts of your training, you are welcome to participate in other trainings as often as you like, at no extra cost, during a three year period. Our philosophy is teaching for life.

Additional courses and programs following the 200 hour program are also offered and can be used in order to qualify for a 500 hour teacher certification. For example: Yoga for Seniors, Therapeutic Yoga, Yoga for Pregnancy, Vinyasa and Yoga and, Ayurveda.





The Curriculum

The entire 200 hour curriculum is taught in classroom and workshop form by the program's teachers. All studying, assignments, and individual training/teaching practice is done outside of classroom hours. The yoga teacher program is divided into four parts: philosophy and theory, practical training, teacher training, and communication.

Philosophy and theory

- The history of yoga
- Studies of The Yoga Sutra and Bhagavad Gita
- In-depth study of anatomy and biomechanics based on yoga's asanas
- Orientation in Samkya, Vedantic, and Tantric philosophies.
- Ayurveda seminar
- The chakra system
- Kirtan
- Yoga ethics
- Yoga and research

Practical training

- Asana training
- Meditation techniques
- Pranayama, bandhas
- Observation of yoga classes
- Adjusting within courses and workshops
- Individual meeting (body screening) with naprapath Malin Flinck (not in the TT in India)

Teacher training

- Oral and visual instruction cues
- Teaching healthy sequences for different levels
- Adjustment techniques
- Basics of therapeutic yoga
- Class preparation/organization
- How to teach private sessions
- Workshop and course framework
- Working with different groups

Coaching techniques

- Communication
- Rhetoric
- Utilizing one's voice
- Working with language, synonyms and metaphors
- Understanding body language
- Integrating one's personality
- Film evaluation on three separate occasions, with feedback from two head teachers

“An education that encourages joy and awareness.”
Anjali





The founder Josephine Selander

Josephine has obtained the highest level of certification with The Yoga Alliance, ERYT500 (Experienced Registered Yoga Teacher), and she is the founder and head teacher for the teacher program at The Nordic Yoga Institute, RYS (Registered Yoga School).

She received her teacher training in Anusara yoga and Ashtanga yoga in the USA, and she continues to study yoga with John Friend, Doug Keller, and her mentor Sundari. Other influential teachers have been: Pattabhi Jois, Saraswati Jois, Usha Devi, Patricia Walden, Larry Schultz, Dharma Mitra and Cyndi Lee. Highly appreciated for her extensive knowledge and joyful spirit, she has been educating yoga teachers for over a decade.

Josephine is the author of several books on yoga and has produced dvd:s in addition. In 2007 she taught yoga in more than 60 episodes on the Swedish TV 4.

She owns a Bachelor of Arts degree from the Stockholm Academy of Dramatic Arts (SADA), and together with her background as a dancer and as a actress she blends her teaching with storytelling and her deep experiences as a Zen practitioner. As an internationally popular yoga teacher, Josephine can be seen teaching yoga classes, workshops, and retreats in the USA, Germany, Italy, Thailand, India, Sweden and Norway.

You will have Josephine as your head teacher for your training.

“A whole new world of yoga opened up to me when I came in contact with Virya yoga and Josephine for the first time. I was filled with joy, harmony, and love. Yoga ought to be fun - at last I had come to the right place!”
Eva, former student



The Teacher team

Our teachers have many years of experience practicing, teaching, and lecturing on yoga. They are in touch with their advisors in Europe, India, and the USA on a regular basis to receive updates and guidance to questions that may arise during the course of your teacher training.

Megan Davis (anatomy, biomechanics, asana practice and therapeutics)

Megan, an E-RYT with Yoga Alliance and a member of The International Association of Yoga Therapists (IAYT), has a master's degree in public health and a PhD in disability studies. Important teachers for Megan are Doug Keller, Jenny Otto, Matthew Sanford, Donna Farhi, John Friend, and Tias Little.

Malin Flinck (body screening, anatomy, biomechanics, and therapeutics)

Malin is a certified sports- and dance naprapath specializing in manual and sports medicine. She has developed the Virya yoga series together with Josephine Selander.

Charlotte Löfvenmark (anatomy)

Charlotte is a certified naprapath with a background in manual and sports medicine. She teaches massage, anatomy, physiology, sports medicine, motivation, stress management and yoga.

Helena Wintre (biomechanics, asana practice, therapeutics and examination)

Helena has received her Ashtanga and Anusara yoga teacher training in the USA. Her main teacher is John Friend, with whom she continues her education in Anusara Yoga several times a year. Helena is the initiator and owner of Yoga Shakti. Helena is co-teaching with Josephine in Stockholm.

Åsa Åhman (biomechanics, asana practice, therapeutics and examination)

As a Registered Yoga Teacher within the Yoga Alliance, Åsa has received teacher training in Ashtanga and Anusara yoga. She continues her studies in Anusara Yoga with regular visits to her teacher John Friend in the USA. Åsa is co-teaching with Josephine in Stockholm and India.

Lars Gustavsson (biomechanics, asana practice)

Lars is a dedicated student and teacher who has intensively studied yoga within the past few years. Lars received his 500-hour certification from The Nordic Yoga Institute and has been studying Anusara yoga with Jordan Bloom, John Friend and Todd Norian. Lars is co-teaching with Josephine in Stockholm.

Maria Rommel (biomechanics, asana practice)

Maria has been teaching yoga for over ten years. She received her 500-hour certification from The Nordic Yoga Institute and has in addition studied Anusara yoga with Jordan Bloom, Kathryn Budig, Sienna Sherman, and John Friend. Maria is co-teaching with Josephine in Oslo.





Ada auf der Strasse (translations and support)

As a choreographer and dancer, the expressions and biomechanics of the body has been crucial for over 20 years for Ada. With her certification from The Nordic Yoga Institute and as the translator of Josephine's book *Mut zum Yoga*, her passion and knowledge for teaching helps in supporting the students during the learning process. Ada is translating and assisting Josephine for the German speaking students on the international TT's.

Klas Nevrin (philosophy and history)

Klas Nevrin is one of Sweden's foremost researchers on the history of yoga. His work has been presented at international conferences on the study of yoga, and he has published several important academic articles. He has a Masters Degree in the History of Religions from Stockholm University, including Sanskrit.

Marian Papp (yoga and science)

Educated in Iyengar yoga, Marian's articles on the effects of yoga have been published in "Svensk Idrottsforskning". She has written books on yoga and holds a Masters Degree in Preventive Medicine/public Health Sciences from the Medical University Karolinska Institutet.

Fredrik Redelius (rhetorics)

A former actor, Fredrik is presently a consultant specializing in communication, rhetoric, drama, and oral presentations, whose clients include several Swedish companies as well as Stockholm University.

Peter Ljungsberg (ayurveda)

Peter is a senior health advisor in Ayurveda and lectures extensively, among other places at the Medical University at Karolinska Institute. He has written several books on ayurveda, and the latest one, *Yoga for You*, was written together with Josephine Selander.

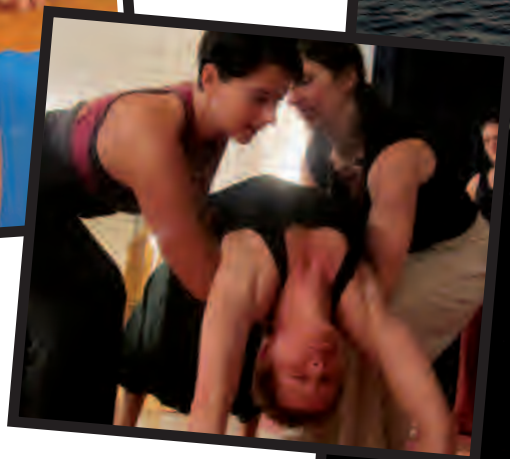
Guest Teachers on the 500 program:

Sundari JoeAnne Lucy (therapeutics)

Thirty years of Sundari's life has involved the practice and study of yoga. She began teaching yoga in 1987 after graduating from the Iyengar Yoga Institute and holds certifications in Massage and Cranial Sacral Therapy. Sundari met John Friend, the founder of Anusara Yoga, in 1996 and became his student. A certified Anusara teacher, her allegiance to this powerful and heart-opening system has brought her years of premiere knowledge in the field of yoga and yoga therapeutics.

Doug Keller (therapeutics)

After teaching philosophy at the college level for several years, Doug gained his practical experience of yoga at the Siddha meditation ashram, Gurudev Siddha Peeth, in India. Doug received intensive training in the Iyengar system and became one of the first certified Anusara yoga teachers, producing three highly respected books on asana, pranayama, and yoga philosophy. His work has since taken him beyond the confines of the Anusara system. Doug is also a highly appreciated columnist in *The Yoga Journal*.



The yoga

“Virya is the positive energy of ego that is the support for the faith of going in the right direction. This energy of virya puts the power behind your sense of knowing what to do. When you are strongly acting on what you know to be your correct path, that is virya. Virya is that conviction that says, “I can do it! I will do it! I have to do it!”

Richard Rosen

Virya yoga is a dynamic form of yoga that focuses on the anatomy of motion as well as yogic philosophy. This systematic yoga series is both vigorous and fun, while philosophical, inspirational themes provide nourishment for your thoughts.

The term “Virya” is Sanskrit for “enthusiasm”, “energy”, and “power”. Virya yoga is a yoga style designed to help you discover the greatness, strength, and joy that exists in your body and mind in a methodical and carefree manner.

Together with dance- and sports naprapath (osteopath) Malin Flinck, yoga teacher Josephine Selander has developed 15 various yoga series, based on the biomechanics of the human body, where each class consists of ten segments. The transitions between poses is seamless, making your practice healthy and strong, with minimal risk for injury.

“Virya yoga is a fun, intelligent, and safe form of yoga. The knowledge together with the awakening of one’s curiosity to explore body and mind with love, humor, and a well thought-out system, are the strengths of Virya yoga.”

Maria, former student





The system

To make the yoga as joyful, empowering, and intelligent as possible, Virya yoga's foundation is like a systematic and flowering embroidery on the tapestry of yoga - a combination of 10 modules, each containing 4 essential ingredients, at 3 different tempos, and with a growing number of asana series.

❖ 10 modules

Every Virya class consists of ten dynamic, compact sequences or modules, designed together with a certified naprath (osteopath). Each module is like a staircase, starting with the least complicated asana in order to gradually prepare the body for and build up to more complex asanas. The modules are always done in the same order: 1. Warm Up, 2. Sun Salutations, 3. Standing Poses, 4. Balancing Poses, 5. Arm Balancing and Core-strengthening Poses, 6. Hip Openers, 7. Backbends, 8. Forward Folds, 9. Cool down, 10. Relaxation.

❖ 4 essential ingredients

Four essential ingredients are included in each Virya yoga class, creating a well-balanced yoga class:

- Minimum of two-three asanas from each module

The idea is having all ten modules included in every Virya yoga class, even if it's just a couple of asanas. That way you can be certain that Virya classes are always a complete yoga session.

- Biomechanics and a physical theme

In every class, a theme based on the body's biomechanics is presented to show you how each asana can be done as healthily as possible.

- Philosophical theme

In a Virya class the teacher gives the students a philosophical seed of thought for the mind and soul. The themes are based on yoga's life-affirming philosophy whose sources can range from The Bhagavad Gita and Dhammapada to Jon Kabat Zinn, depending on what topic the teacher wishes to shed light on.

- Joy

Our hope is that the students are in high spirits at the end of class. So joy and exhilaration, along with occasional giggle attacks, is often a natural part of a Virya yoga class. (Yoga is fun!)

❖ 3 Tempo variations

A Virya yoga class is taught at slightly different tempos, depending on the type of class you attend. There are three different tempo variations, each with its own characteristics.

- Instruction class

A class that is taught at a bit slower pace so that the teacher can explain the biomechanics of a certain module in depth.

- Flow class

This is a class where we move without stopping through longer sequences of asanas. The teacher reminds the participants about the biomechanics without disturbing the rhythm of flow.

- Individual tempo class

These classes provide, for those who have (more or less) learned all the modules from one or more levels, the opportunity to put together one's own class using the module system. You decide your own tempo, and the teacher assists you.





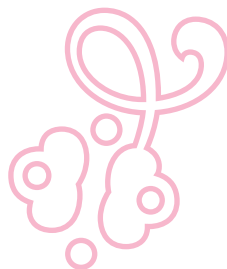
The series

Just as each module is constructed like a flight of steps, the different levels are as well. Asanas in level one will prepare you for level two and so on. Once you have learned the modules in the different series, you can mix and match your session with different combinations of levels and programs; for example the ten modules can be a mixture of level two, three, and Play.

Currently, Virya yoga has 15 different series that will support you at different stages of life and with different needs:

- Virya level one (beginner series)
- Virya level two (intermediate)
- Virya level three (intermediate/advanced)
- Virya Play (advanced series)
- Virya Vinyasa (three different vinyasa series)
- Therapeutic Virya (for special needs)
- Virya for pregnancy (two different series based on level and trimester)
- Virya Grace (for seniors and students with limited mobility)
- Ayurvira: Virya and Ayurveda (three different series based on your dosha)

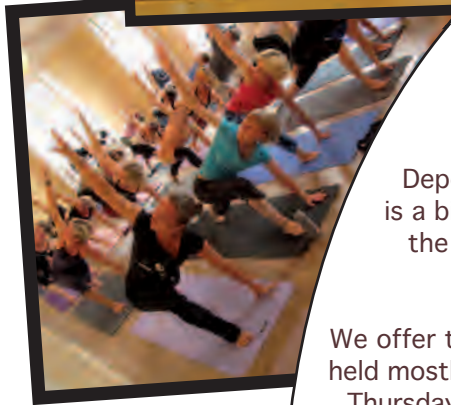
Books and DVDs are available for level 1,2, and 3 plus Virya & Ayurveda.



“If you are thinking about whether or not you should sign up for a Virya teacher training, my advice is: Don’t think; just do it! It’s a great education with both heart and brains, as well as body and soul! I can’t imagine a better yoga teacher training or community!”

Klaus, a former student





The Set-up

The Nordic Yoga Institute operates in India, Germany, Norway, and Sweden. Depending on where you would like to study the set-up is a bit different at different locations. Please note that all the basic 200-hour courses have the same curriculum.

Weekend training

We offer trainings during a span of nine to ten months with classes held mostly on weekends (Friday to Sunday and on some occasions Thursday to Friday). We meet for a total of seven to nine times.

Semi intensive training (2 x 2 weeks)

During two two-week sessions (with about a month in between) you deepen your knowledge of yoga. These courses run mostly during the summer months.

Intensive training

For those who would like to immerse themselves in yoga at the birthplace of yoga, we offer a one-month intensive in Kerala, India during December and January.

Additional courses up to 500 hours

These courses are between 3 to 8 days depending on the course. Most of the courses are scheduled on weekends.





Our 200-hour courses has exactly the same content but in different time frame.

During 2012, we have scheduled the following courses:

- **Stockholm/Oslo:** A one-year weekend course. Start: February 2012.
- **Stockholm:** Intensive course on two occasions during the summer. Start: June 2012
- **Dresden:** International intensive course on two occasions during the summer. Start: June 2012
- **India:** A month-long international intensive course. Start: December 2012.

Prices starting from 26000 SEK

Early booking discount: 3800 SEK when applying about 5-6 months before the course starts. Application deadline is about 2-3 months before the course starts. (You can find more information under each course of www.nordiskyoga.se)

Requirements: a continuous yoga practice for at least a year.

For information, retreats and registration:

www.nordiskyoga.se

If you have questions, so e-mail us at: info@nordiskyoga.se or call +46,768 81 21 86

We welcome your application!

The Nordic Institute yoga teacher team

Virya
yoga



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