

Sembrando Semillas con Yoga



INVITATION YOGA TEACHER TRAINING
Cusco – Perú
200 hours YTTC

Sembrando Semillas con Yoga, Cusco-Perú
Center of Yoga & Meditation,
Human & Environmental Development

YOGA TEACHER TRAINING 200



Come and enjoy this amazing and adventurous Teacher Training Program of 22 days of intensive

learning and awakening, look inside and advance in your spiritual path, learn to perform asana perfectly with exact alignments, to heal the nervous system, bad posture, bringing the spine in perfect alignment. Healing through asana, pranayama, devotional mantras, chakra meditations, awakening through meditation, the study of Patanjali's Sutras and the Bhagavad Gita. Be part of an offerings to mother earth to connect with Pachamana, finding your roots and safeness in body and mind.

Come and open yourself to a new realization, come and transform your life.

To see our program please:

Go to www.sembrandosemillasconyoga.org

[Contact: info@sembandosemillasconyoga.org](mailto:info@sembandosemillasconyoga.org)



YOGA ALLIANCE YTTC 200 Hours

"we kindly invite you to spend 3 weeks with us in reverence for life, prayer for all beings and study of the divine science of yoga."



Sembrando Semillas con Yoga is a School of Yoga, where people from around the world meet to connect and to spend 22 days of intensive study to become Yoga Teachers. The way we live during the training is monk-like; you can dedicate your energy full time to practice, study and self-observation, everything will be taken care of for you.



The Temple

During the retreat we spend almost the entire time dedicating ourselves to devotional study of the scriptures and to our spiritual sadhana.

We give you the opportunity to empty yourself, to meet in order to start again, to leave behind the difficulties of the past and to walk with more wisdom and experience on a new path.

The tools you will learn here will help you to maintain a healthy body and nervous system, the teaching shared will give you the guidelines in order to find meaning and purpose in your life.



The Group



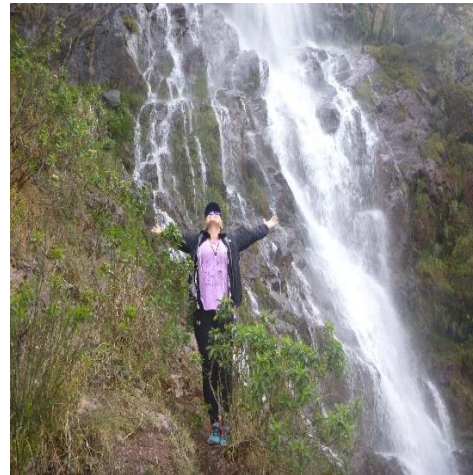
The group size is from 5 to 20 people, we receive the students as a part of our own family, we live day by day in a humble and natural way, we treat our student with love and patience supporting them and respecting each other. In our daily life we try to have least negative impact on others and the environment.

WHAT IS INCLUDED IN THE TEACHER TRAINING COURSE



•
•

200 hours of Yoga Training
A Manual to Study
Accommodation
3 Meals a Day
Certificate of 200 hours YOGA TEACHER
TRAINING for Registration as RYT 200
A Sweat Lodge
An andean Offering OR a vedic Agni Hotra Fire
Ceremony
Ayurveda cooking
One day visit a sacred place
Make handmade natural cream
and more surprises.
Become a reiki therapist level I and II
Be certified as a reiki therapist



YOGA STYLE



The first is referring to a fluent, flowing change of posture and rhythmical breath, the latter referring to the precepts, taking a firm and stable meditation seat, Pranayama practice, the cleansing and stabilization of the mind as well as introspection and meditation itself.

CERTIFICATION



Of course our School is certified by Yoga Alliance as a Registered Yoga School RYS 200, and RYS 300

When you graduate from a training with us you are able to apply for RYT 200 Yoga Alliance Certification. This allows you to teach all over the world, as in most countries Yoga Alliance is widely acknowledged in Studios and Yoga Schools.

Please check our school in YOGAALLIANCE

<https://www.yogaalliance.org/SchoolPublicProfile?sid=483&lid=483>

Marisol Fajardo E_RYT 500

<https://www.yogaalliance.org/TeacherPublicProfile/tid/19789>

After your 3 weeks of training you will be experienced in these fields:



Shatkarmas

Cleansing of the body, eliminating waste products, regaining perfect

Asana

Detailed guidance and intense training with experienced teachers for basic as well as advanced postures. Alignment, Movement, Breath, Awareness

Pranayama

Different yogic breathing techniques, purification of your bioplasmic body, stillness of mind

Mantra

Purification of the mind, concentration, the science of sound

Yoga Theory

Sutras of Patanjali, The Noble eightfold path of the Buddha, The Bhagavad Gita, Yugas and Koshas.

Yoga Anatomy

Body Structure and Movement, Respiratory, Digestive and Endocrinal System

Bhandas & Mudras

Physical locks which induce deeper physiological, psychic being.

Nadis

The 3 main nadis, their significance and the bioplasmic body, Kundalini energy

Chakras

The energy centers of the bioplasmic body, their significance, detailed theoretic guidance and practical meditational work, chakra cleansing and asana practice

Dharana Dhyana

Different Techniques of Concentration & Meditation

"one-pointedness" of the mind, awareness of respiration

Teaching

Learn to teach and to assist others in their yoga practice, instructing Asanas, Pranayamas, Meditations, Adjustments, qualities of a teacher, class planning, sequencing

The Program

Waking up at 6.30 am. Resting at 8 pm. Our studies are serious. Mantras and Meditation in the morning. The students go deep inside to connect with the sanscrit mantras, healing and harmonizing body and mind. The practice of asanas, alignments is every day, we share a profound teaching which the students learn to apply in their future life. Our schedule is designed to make a good yoga teacher, we are responsible to give the true yoga knowledge to each student. We take this path very serious, is not just about exercises. It is a path of conscious living.



Social Service

Sembrando Semillas con Yoga is not only a Yoga School. It is a Social Aid Project we donate 10% of the money for a poor community in Perú

Our intention

“is to train you in a way so that you can experience truth within yourself in order to become an authentic guide who can help people to find their own truth, true happiness and openness to the guidance of Higher Self and Mother Earth.”

INSTRUCTOR BIOGRAPHIES



Julia Marisol Fajardo Falero (Lima, PERU)

INSTRUCTOR BIOGRAPHY

Julia Marisol Fajardo Falero (Lima, PERU)

At the age of 10, Marisol left her parents in order to live with her first spiritual guide. Until she turned 17 she remained under that guidance who helped her to remember her divine connection. It was during this time that she learned about Bhakti Yoga, the loving and devotional relationship with the supreme.

Her first Vipassana retreat took place in 2000 she had done 6 vipassanas in total, unveiling a new sensitivity and embodied understanding of the mind-matter relationship.

She followed various courses in order to deepen her practice and better serve her students.

2009, Studies with a dear friend, Yogacharya Tonmoy Shome, India, and learned to integrate healing mantras and yogatherapy guidelines.

2010 ---- RYT 200H. SYI, studying 200 hours Vinyasa FLOWstyle

2014 ---- RYT 300H. During her stay in India and Nepal in, seeking more teachings to cultivate growth both in asana and meditation, she followed Ashtanga Yoga in Mysore, Southern India.

2015 ---- RYT 300H. SYI, studying Vinyasa flow style, co-creativity and shamanic retreat.

2015 Studying Iyengar Yoga.

She is a reiki master and a therapist, healing with crystals, line up the chakras, she works with energy and cleans the blocked energies of people.

Wanting to broaden her influence sphere, she studied Munayki healing

She also made a one-year distance course in natural medicine in a Peruvian university.

Marisol believes in mother nature and its benefits and has thorough knowledge about the medicine she offers. Her enthusiasm leads her to believe that everyone can be mentally

and physically healthy. Marisol sees yoga as therapy for the soul and body. Stones in the chakras and natural essential oils are also part of her tool box..

They are very competent and complementary regarding the transmission of the teaching. They have a direct and caring relationship with their students, which brings many benefits for the course participants. The participant is guided to feel the connection to Higher Self and Mother Earth. This changes the student's outlook on life, altering the state of consciousness, creating more harmony, goodwill, inner peace and meaning. They act like parents and protectors of their group, very attentively observing the development and emotional state of every group member. Having established such a deep connection with yoga throughout the course, the students keep practicing for all their life's, finding a spiritual shelter and motor in the teaching of yoga.

“Our intention is to train you in a way so that you can experience truth within yourself in order to become an authentic guide who can help people to find their own truth, true happiness and openness to the guidance of Higher Self and Mother Earth.

