



Sembrando Semillas con Yoga

Yoga School

Certified by Yoga Alliance

200 hour Yoga Course | 22 Day Program

Daily Meditations

Style

1.- Observation of breathing: This technique is used to calm the mind and create concentration, leaving the mind in the present moment without distractions eradicates worries and finds equanimity to clean the mind and live in peace

Observation of body sensations: observing the sensations by scanning the body from head to foot and vice versa, serves as a tool to cleanse the mind, the subconscious and unconscious consciousness. It keeps us equable and alert to any circumstance of daily life

Pranayamas:

Breathing technique to understand the extension, opening, and saving energy, benefiting health, mind, body, fatigue, all organs recover more oxygen and eliminate toxins from the body, strengthens the immune system, helps cleanse the intestines, heart problems, better blood circulation, kidneys and pancreas, rejuvenating the human body

Types of Pranayamas:

Complete Breathing: you learn how to breathe correctly, consciously expand the air in order to save more energy in the body, abdominal expansion, diaphragmatic and clavicular.

1. Surya Bheda Breathing: Activating the right nostril which represents the sun as being energetic, since the right side of the nose activates the body when one needs to do some physical activity, it is the side of the brain which is more creative

2. Chandra Bheda Breath: Activating the left orifice that represents the moon as a mental being, for when mental work is required such as concentration for study calming the mind and body when stressed or having a lot of energy

3. Ujjayi Breathing: Called the sound of the ocean, it purifies us internally, giving energy to the body and mind, cures tuberculosis, asthma and lung problems, good for the heart and hypertension, is used every time we do asana practice.

4. Nadi Sodhana Repair: For the purification of all the energetic channels referring to the central and autonomous nervous system, leaving the body shining, healthy and strong, it helps in rheumatism problems, colds, sinusitis, regularizes the three dhoshas, diabetes and high blood pressure.

5. Kapalabhati Breathing: Abdominal breathing that cleans the lungs and respiratory system, purifies the blood, increases oxygen to the cells, indigestion, strengthens the abdominal area, and gives energy to the mind.

Sitali Breathing: Technique to lower fever, to keep the body warm, to reduce hunger and thirst during diets or fasts, helps control aggressive people, quiets the mind and helps induce sleep.

Meaning of Yoga

Uses and effects, of yoga

Yoga Sutras (principles and basis for realization on the path of Yoga)

Yoga behind the postures

Yoga as a path to purification and realization

Yoga Asana

What is asana

Benefits and health for the body and mind

Style: practical vinyasa flow of 1,30 H

Alignments: iyengar style

Practice 3 to 4 hours a day

How to guide a yoga sequence

How to learn to connect with the body and mind during clases

yoga and emotions, meditate on the postures

How to prevent injuries through proper adjustments

Bhandas

The Bhandas can redirect the circulation of blood, energy and send the flow of spinal fluid into the central channel called Sushamana, and awaken the Kundalini energy.

Bandhas applied to the postures

The use of the 3 bandhas

Raising awareness through bandhas

Japa Mala: Indian or Nepalese rosary for the awakening of consciousness

How to build your own japa

Uses of sacred mantras and benefits

daily practices

Anatomy:

Anatomy of Breathing

Anatomy of the Bone System

Muscular system

Nervous system and relationship with the Nadis

Digestive System

Anatomy of the arms, psoas and spinal column

Yoga Branches

Karma Yoga

Jnana Yoga

Raja yoga: Patanjali Yoga

Kundalini Yoga

Yoga Mantra

Kriya Yoga

Hatha Yoga: shatkarmas Purification of the body and elimination of toxins, pranayamas

Asanas: Postures

Mudras and bands

Patanjali and The 8 Ways of Yoga

The Four Padas of the Yoga Sutra

Yama and Niyama

Chakras: Getting to know the chakras, energy wheels of health

Relationship of the chakras, endocrine glands and organs

Meditation of the chakras, different types

Chakra alignment using different techniques

Function of the chakras

Chakras related to trauma, emotions and illness

Chakra release techniques

Gunas: What are Gunas

Guna influences on body and mind

How to walk to liberation through the gunas

Ayurveda: Indian herbal medicine system

What is Ayurveda

Know your doshas to balance your body and mind

How to feed according to your dosha to be in balance

Reiki Level I and II

Healing of body, mind and spirit through the imposition of hands, channeling the energy of the universe

History of Reiki

Benefits of Reiki

How to channel Reiki energy

Get to know the reiki symbols

Knowing the energy points for the laying on of hands

Cleaning the space before a healing

Therapist protection before a healing

Distance Healing

Crystal therapy

It is an alternative therapy, which allows healing, with gems or natural crystals, its power lies in containing, receiving, projecting, emanating, refracting and reflecting light, transmutes, unblocks, balances and harmonizes the energy system for a proper flow, to restore the human being at the physical, mental and emotional and spiritual.

Recognizing crystals by color

benefits of crystals for different diseases

How to align the chakras with crystals

How to charge the crystals

How to clean the windows

Koshas

What are koshas

The five koshas types

How koshas influence in our spiritual path

Connection to the earth

through an offering, to connect with mother earth is to connect with ourselves and our first chakra (root chakra)

Different grounding styles

Offering to the earth

Opening of the 4 sacred spaces Connecting with the elements

Intentions during the offering

Universal Purification of the Earth and its Elements (Andean Culture)

Cleaning with the condor's pen (air element)

Cleaning with the three R's Rue, rosemary and broom (water element)

Cleaning with palo santo and incense (Elemento fuego)

Cleaning with egg and interpretation

Nadis

What are the Nadis

Recognize your energy channels

Relationship of the Nadis with the Nervous System

How to purify the Nadis

Importance of Nadi purification

nadis and chakra relationship

How to prepare a Yoga class

Tips for an integrated yoga teacher

How to guide a Yoga class

How to coordinate movements, key words,

The three steps to a yoga class

Re-programming your mind

10 guidelines to discuss to analyze how our mind thinks or the prejudices we have, thoughts that prevent us from advancing on our path of light

Spiritual Sadhana

Knowing what a sadhana is and its benefits

Apply discipline for success

The importance of Tapas.

Creating your own spiritual sadhana

Shatkarmas

What are shatkarmas

Physical, mental and emotional benefits

Practice during the retreat (optional)

Floral baths with medicinal plants

Benefits at a spiritual level

Protection from the elements

How to prepare your own cleaning baths. Protection and abundance

The power to manifest

How the left and right brain Works

Practices to manifest

Opening space using the demonstration for your day

Empowerment of women

What is it?

Benefits

Practices for empowerment

Pranayamas to empower

Stamping demonstrations

Neti pot

Part of shatkarmas

Benefits and practice

Nidra Yoga

Yoga to purify the subconscious

Tips for setting up your own Nidra sesión

Benefits and Healing

Walking to Sacred Places

Walks to magical places

Knowing and connecting with sacred places

Guide for a Yoga Teacher

How to become a good yoga teacher

What benefits are obtained

Tapas or discipline as a yoga teacher

Temazcal

What is a temazcal

Working and healing the chakras within a temazcal

Benefits of Temazcal

Connection with mother earth within the temazcal

Day of silence

Introduction

Keys to meditation

Benefits and Guidelines of Silence

5 1-hour meditations on the day of silence

Reflections on the next day of the experience

Cocoa ceremony

History of cocoa

Benefits of Cocoa

How to guide a Cocoa ceremony
Opening the heart through singing and meditation

Forgiveness Meditation

Psychological and emotional benefits
How to meditate to forgive
Guidelines
Healing and transmutation during meditation

Practice and teaching among students

How to teach a yoga sequence
How to teach meditation
how to teach pranayamas
How to teach Meditation
How to align the body during a yoga sequence
How to play for alignment without causing injury

PREREQUISITES FOR THE RYT 200 YTTC

Our trainings are open to people of all yoga skills. We humbly request that training participants intend to dedicate their time, energy and learning to the process of growing in love as a teacher and as a student. Before the training, please read the Yoga Manual that you can download from the website

YOGA STYLE

The style of yoga at Sembrando Semillas is raja yoga and vinyasa flow with Iyengar influence. This means that there is a fluid and flowing change with a rhythmic breathing between the correctly aligned postures, as well as grounding through a firm and stable meditation seat, the practice of Pranayama, the cleansing of the mind and introspection. The sequence works on the entire physical body, nervous and endocrine system, as well as harmonizing all the chakras and channels of the subtle body.

We apply in our teachings also kriya Yoga which is an important part for every person who do Yoga, Kriya teaches us to prepare and clean mind and body for a strength spiritual path

WHO WE ARE?

We are a very small group of people, Marisol and Christian had creating Sembrando Semillas con Yoga, a Yoga school in the Andes, they start serving people from the heart, teaching children and volunteers from around the world, now Christian continue teaching in Austria, helping people awake, he is connected more with Raja yoga, Marisol the principal founder of Sembrando Semillas con Yoga, practice Yoga 20 year ago, her first spiritual teacher, teach her the devotion to the source of Life, to the divine, since 8 year old she dedicated her energy to God, learning different tools to connect with the divine, she feels connect with grace, . Until she turned 17 she stayed with her first Guru, a deeply spiritual person, who helped her to remember her divine connection. It was during this time that she learned "Bhakti Yoga", the loving and devotional relationship with the supreme after many years she found another way to connect with the divine through meditation, yoga, and talking with mother earth, she found that yoga was not only a body exercise, for her yoga is an expression of the spirit, she connect with the divine through her postures. Meditation for her change her life, she did 8 times vipassana meditation 10 hours meditation per day during 10 days each vipassana, she felt she need to integrate something else in her life so she decided to study more, she always was attracted by healing, she become a reiki master, healing with hands, study crystal therapy to line up the chakras, though th posture she can see what blockes exist in people.

Marisol also study Ashtanga Yoga in Mysore in a 300hours in Southern India, Vinyasa Flow with an American school, (300 hours and 200 hours) she studied Naturopathy, Marisol help students to heal using plants, also she has created a Company of natural product, making toothpaste, sun cream, deodorant, lipstick, cream for wrinkles,, shampoo, quinoa soaps, rosemary soaps, chocolate soaps, coca soaps etc.

She discovered that through the regular practice of Yoga one attains happiness, mental and physical health. In her daily practice the focus is on the connection with Inner Self as well as on the connection with Mother Earth and the Universe; becoming one, purifying the mind, surrendering to the Lord.

for small groups of 2 to 4 marisol teaches with a teacher, for groups of 5 or more marisol teaches with a team of teachers

WHERE WE ARE? At The Andes a magical place in the Sacred Valley of the Inkas that allow us for connect near the city and surrounded by mountains, spirits of the mountain. Through our course offerings, we will explore our consciousness and evolve from the heart. We will reconnect to Pachamama, Mother Earth, and uncover the depths of ourselves day by day.

WHY HAVE WE CREATED THIS SCHOOL?

We have created this space to receive sisters and brothers from different countries who want to experience different processes of both resistance and healing, during the retreat many people have the opportunity to open up to let go and heal to deepen their states of consciousness and look at themselves from within, During this time, people will be able to resolve issues from their childhood and traumas that they will be able to see and let them express, our retreats are intense and deepen the emotions that the sole fact of doing only yoga, we see yoga as the union and the present state of all our thoughts, actions, feelings and emotions, 'for that reason to make it more complete we have mixed new techniques that will help people to draw, express, release and then resolve and heal if they are prepared and open to this happening, we will give the necessary tools to the students so that they can see themselves embracing their fears and give them the opportunity to identify where the different types of problems come from.

In this safe space the sisters and brothers will feel protected and confident during their processes, we will live as a family, taking care of each other, in empathy, keeping and holding this space to receive everything that is needed in the individual advancement of each one, with compassion , understanding and respect, we will be guiding the student during their 22 or 26 days in our center. Our purpose? Sharing with all people the teachings that were

given to us so that all beings on this planet can benefit and find a way to free themselves from their own sufferings, we want all people to know and experience the great benefits that yoga and therapies offer us.

Our yoga teacher training retreat transforms you to become an amazing Yoga Teacher, you will also be guided through the different therapies, and these experiences will assist in connecting to your purest essence, igniting your inner light to sparkle. Be professionally guided and supported while developing awareness and awakening the self. Upon yoga teacher training retreat completion you will receive an International Yoga Teacher Certificate affiliated and approved by the USA Yoga Alliance.

Our trainings are open to individuals of all yoga abilities. We humbly request that training participants set an intention to devote their time, energy, and learning toward the process of growing in love as a teacher and as a student.

WHAT IS INCLUDED?

1. 3 foods during the retreat
2. Sundays will be free, lunch and dinner not included (includes only breakfast)
3. Accommodation during the 22-day retreat
4. 2 certifications (International certified Yoga 200h) (Reiki healing therapy)
5. Departures to Sacred Places in Cusco
6. Pick up from the Center of Cusco
7. Manual of Yoga for study

CERTIFICATION

We are certified by the Yoga Alliance as a registered yoga school 200 hours (RYS 200) and 300 hours (RYS300). When you graduate from a training with us, you can apply for RYT 200 Yoga Alliance certification. This certification allows you to teach internationally as the Yoga Alliance is widely recognized in yoga studios and schools.

Dear family and friends,

maybe you have been practicing yoga already for some time and have convinced yourself of the effectiveness of its tools and now you feel that you would like to share them with others? maybe you feel strongly drawn to a different, more peaceful and natural way of life, in harmony with yourself and the universe?

maybe you experienced an awakening and now you would like to use the yogic tools in order to sustain and deepen your spiritual experience?

maybe you have some physical or mental issues, attachments or addictions that you would like to overcome by the process of physical

and mental purification?

Then this yoga training could be very beneficiary for your path and will definitely change your life.

My all beings be happy