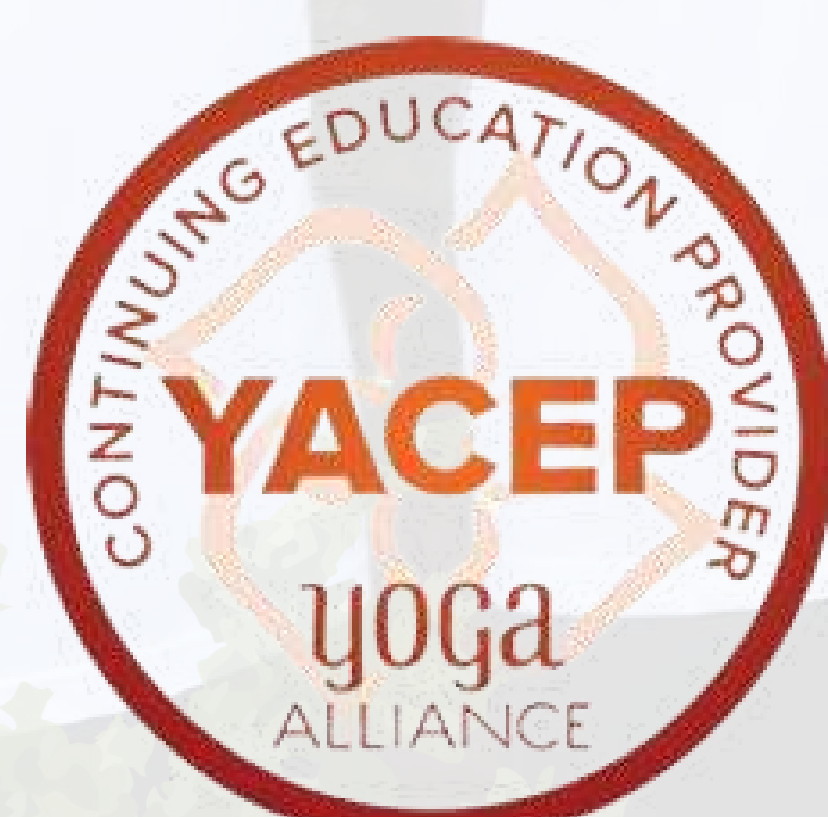


*Shrimath was an experience that challenged
many ideologies and opened avenues for self
discovery and knowledge.*

Akshara Narsipur
(Grand niece of **Jiddu Krishnamurthi**)



The 27 Day 200 Hour Certificate Course in **Yoga**



**WORLD YOGA
FEDERATION**
Founded by Swami Vidyantand



www.shrimathyoga.com



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The Yoga School that is a melting pot of ashram learning, home food & retreat living...





Why one should study Yoga from living traditions?

Today there are innumerable styles of *Yoga* and an equally impressive array of studios and great teachers. The obvious questions are, where to study, how to know whether the teaching is authentic, and what value to give to certifications etc.

To understand the answers to these questions, it is important to understand the importance and role of living traditions in *Yoga*.

Wherever you choose to study *Yoga* in India or elsewhere, it is important to know, if *Yoga* is being taught as a system or just a set of postures and breathing techniques. Even in India, the majority believes that *Yoga* and *Yogasana* are synonymous.

The truth is that *Yogasana* is one limb of the *Yoga* system if we refer to the system of *Patanjali Yoga* (which we will do in this article).

So, it is important to learn *Yoga* from a place where one can learn about all the eight limbs of *Yoga*.





Why it is important to study **Yoga as a system?**

Studying *Yoga* as a system helps us to structure our life and lifestyle better.

The first 2 limbs of *Yoga* teach us the role of non-violence, truthfulness, non-stealing, moderated living, non-greediness, cleanliness, contentment, austerity / hard work, self-study and the role of surrender to cosmic intelligence i.e. *Isvara Pranidhana*.

If we understand the importance of these 10 qualities enumerated as *Yama* and *Niyama* by the great sage *Patanjali* in his *Yoga Sutras*, we would be able to not only have a healthy lifestyle but an excellent mind space that helps us to experience higher limbs of *Yoga* such as meditation with less mental and emotional disturbances.

The understanding and practice of the first two limbs help us to learn *Yogasana* and *Pranayama* which are the next two limbs of *Yoga*.

As one gets steadier in the practice, one would find a beautiful balance of mind and body.





Due to this balance and steadiness, the mind develops the ability to spontaneously withdraw, concentrate and meditate, which are the subsequent limbs of *Yoga*.

Finally, the practitioner is led to the state of *Samadhi* in the due course of time.

Role of living traditions

Yoga is not a stagnant pool of knowledge but a vibrant living system that always addresses the needs of NOW.

To illustrate the role of living traditions it is imperative to learn the monumental contribution of Swami Satyananda Saraswati of Bihar School of Yoga.

He belongs to the dasanami sampradaya established by Advaita Vedantin Adi Sankara. Dasa (ten), nama (name) and sampradaya (tradition).

Based on certain parameters Adi Sankara classified the monastic system into ten streams with each stream having a specific objective, role and purpose in carrying forward the ever-relevant ancient knowledge system, the Veda and its allied branches of studies.





The main objective of these streams is to make the ancient knowledge accessible to the common public in a way they can digest, assimilate and use in their day to day lives.

It is with this background and training, *Swami Satyananda Saraswati* could intuit issues at the physical, mental and emotional states that our generation would undergo, and design the set of 34 postures that comprise the *Pawanamuktasana* series.

This series helps one to prevent and also work with possible rheumatic issues, digestive problems and energy blocks in our psychophysical energy system.

He redesigned the practice of *Yoga Nidra* and formulated it in such a way that it helps the practitioner to relax, rejuvenate, release stress, reclaim health that has been lost due to a fast-paced and sedentary lifestyle, as well as realise legitimate desires in this very life.

Pawanamuktasana and *Yoga Nidra* are just two of the innumerable practices that he has shared with us.

Such invaluable adaptations are needed for the time we live in and it is possible only if Yoga is learnt from living traditions.





Swami Sivananda Saraswati of Divine Life Society is the pioneer of today's teacher training programs.

Since 1948, his *Yoga-Vedanta* forest academy offers *Yoga-Vedanta* study as a 2-months course. Almost all the books on *Yoga* written by any respected author that is available in the public domain would invariably have been referred to *Swami Sivananda's* writings.

It was he who restarted the ancient practice of initiating deserving women into the monastic discipline when it was unheard of in the 1950s. This is the power and courage of true living spiritual traditions.

Swami Satyananda is one of His illustrious disciples. Similarly, until the advent of *Swami Sivananda's* disciples in the *Yoga* education scene, only *Asana* and *Pranayama* was taught as *Yoga*.

Thus, a sincere student must seek such living traditions or learn from authentic sources that are connected to these traditions.





Tradition and customisation

When we learn *Yoga* from anybody and everybody, we lose sight of the need of today as well as our personal need.

When we learn from living traditions, the teachers help us to customize the *Yoga* processes based on our need. So, there is a distinct possibility to customize the set of *asana*, *pranayama*, *mantra* etc., to each student.

As mentioned above, the living traditions would reveal a few processes that are the need of the day.

This aspect and beauty of *Yoga* would be missed if we choose to study under a teacher with little or no link to living traditions.

Yoga and religions

Kerala is God's own country and is the authentic home to *Ayurveda*. Irrespective of their religious denomination, the science and art of *Ayurveda* is still thriving in Kerala.

Similarly, *Yoga* is a gift of *Sanatana Dharma* to the World.





The *Yoga* system existed even before the word “Hinduism” was coined. So kindly stay away from those who try to paint a religious picture of Yoga.

Think for yourself and analyse the facts and come to your own conclusion.

This is the only way to come live without being influenced by another person’s prejudices, biases and perspective.

The world’s oldest knowledge system, the *Rig Veda* has a portion called *Arunaprashna* and its verses are still used while doing Sun Salutations.

The *Yogic* Sun Salutation is rooted in that Vedic practice.

It is important to know this fact, as *Yoga* practices existed even before the advent of organised religions.





Do your research on living traditions in Yoga

Yoga is the best system and example to practice the precept “prevention is better than cure.” Not only physical ailments but regular practice of *Yoga* helps us to stay balanced, creative, focused and successful in all our undertakings.

Thus it is your responsibility to analyse your needs, research on the living systems or the authentic sources connected with these living traditions, choose the duration of the course and finally practice whatever you learn faithfully over a sustained period to derive the incalculable benefits that *Yoga* as a system has to offer.

Happy learning!

[As published in yoga.in](http://yoga.in)





Life at Shrimath



Yogasana & Pranayama

Traditional Yogasana as taught by Bihar School of Yoga is followed at Shrimath. 126 Asana & 9 Pranayama techniques are taught in this 27 day course through 2 sessions daily followed by self-practice.

Yoga Philosophy

Philosophy sessions revolve around concepts from Patanjali's Yoga Sutras & Bhagawad Gita. At Shrimath, apart from the above texts, inputs & processes from Tirumular Tirumandiram, Gheranda Samhita, Siva Samhita, & Hatha Yoga Pradipika are taught



Mudra

Mudra is a separate are of study in Tantra. It is important for Yoga practitioners to know & practice at least a dozen of them to deepen their experience of Yogasana, Pranayama, Yoga Nidra & Meditation.

Kriya

Kriya (cleansing techniques) is an integral part of Hatha Yoga. There are 6 classifications & participants learn 3 important ones - Jala Neti, Vamana & Laghu Shankaprakshlana during their course of study





Meditation

Meditation is the 7th limb of Yoga. The wise say that it is the best appointment of the day with the most important person in our lives i.e. us.

Working with Rural School

Shrimath works closely with the Government school so that the students get exposure to new learning and approaches from our course participants.



Pilgrimage

Pilgrimages are an important aspect of internalizing one's learning. From Shrimath we take participants to Tiruvannamalai, Sringeri, Varanasi, Tala Cauvery as well as the places associated with the Chakras in the body.

Working with Nature

One of the most therapeutic activities is working with nature, daily. The course participants take part in the farm activities daily as a part of their stay and study.





Certification Course in Yoga

Syllabus Map

The guidance from IYA is that of the 73 Topics, Institutions should cover at least 51 topics and the balance 22 topics would be institution specific syllabus. At Shrimath, we have adhered to this guidance.

	Syllabus Component
Section 1	Philosophy
	Indian Philosophy
1	Astika & Nastika Darsanas (Classification and Names of Founders)
2	Common Characteristics of Indian Philosophy
	Samkhya Darshana
3	Dualism: Purusa & Prakrti Avidya
4	Names of 25 Tattvas and Tri Gunas
	Yoga Darshana (Patanjali Yoga Sutras)
5	Names of 4 Padas
6	The Ashtangas (Bahiranga & Antaranga)
7	Names of Antarayas
8	Names of Vrittis & Klesas
9	Cittaprasadana technique
10	Names of Samadhi states
11	General understanding of Siddhi / Vibhuti
	Etymological Meanings & Definitions of 'Yoga'
12	Yujir-yoge
13	Yuj-samyoga
14	Yuj-samyamne, Yuj-samadhi
	Definitions of 'Yoga'
15	PYS Def Ch I – S: 2
	BG–2
16	Samatvam Yoga Uchyate
17	Yogaha Karmasu Kaushalam



	Salient features of Indian Culture
	Only Names & brief understanding
18	Sanatana Dharma
19	Vaidic Dharma
20	Anekantavada
21	Ashrama Dharma
22	Purusharthas
23	Guru-Shishya Parampara
24	Karma & Law of Karma
25	Dharma
Section 2	Basic Texts of Yoga
	Patanjali Yoga Sutras
26	Over-view of 1st and 2nd Padas
	Sutras by heart
27	Definition (Ch:I S-2);
28	Ashtanga Yoga (Ch:II S- 29);
29	Asana (Ch:II S-46);
30	Pranayama (Ch:II S-49)
	Hatha Pradipika (HP) & Gheranda Samhita (GS)
31	Brief Understanding of Hatha Yoga
	Hatha Pradipika
32	Names of 4 angas
33	Names of 15 Asanas
34	Names of Shat Kriyas
35	Names of 8 Kumbhakas
36	Names of 10 Mudras
37	BadhakTattva / SadhakTattva
	Gheranda Samhita
38	Names of Saptangas
	Bhagavad Gita
39	Name of Author
40	No. of Chapters
41	General Understanding of Karma, Bhakti & Jnana Yoga
	Upanishads
42	Meaning of 'Upanishad'
43	Names of 10 Main Upanishads
	Vedas
44	Meaning of 'Veda'
45	Names of Vedas
	Puranas
46	Name of Author
47	Basic understanding of Puranas



Section 3A	Anatomy & Physiology: Medical Science & Yoga
	A. Anatomy & Physiology as per Medical Science
48	Names of 9 Main Systems and Organs in each system
49	Main Functions of Organs
	B. Yogic Anatomy & Physiology as per Yoga
50	Prana and names of 10 Pranas
51	Nadi & names of Nadis
52	Ashta Chakras & Names of Granthis
53	Kundalini
Section 3B	Human Psychology as per Yoga
	Personality theories
54	Names and Main characteristics of Tri- Gunas
55	Names of 5 Citta Bhumis
56	Personality as per Samkhya Darsana: Prakrti (Sthula, Sukshma & Karana Shariras) + Purusa;
57	Panchamaya (Panchakosha) theory as already considered in earlier section.
	Concept of Mind
58	Names of elements of Antahkarana in Samkhya: Buddhi, Ahamkar & Manas.
59	Concept of Citta in PYS
	Life Style Considerations
60	Diet: Mitahar as per HP;
61	Bhagavad Gita: Diet, rest, relaxation, exertion, etc
62	Elaboration of Yogic Life style
	Introduction to Ayurveda
63	Meaning of 'Ayurveda'
64	3 Doshas
65	Concept of Health (Swasthya)
Section 4	Teaching of Yoga
66	Teaching Methods (Instruction; Observation; Demonstration; Correction)
67	Teaching Aids
68	Communication Skills
69	Verbal & Non-verbal
70	Ideal Qualities of Teacher
71	Conducive Environment
72	Safety measures
73	Guideline as regards framework of Professional Practice
Section 5	Covered Additional at Shrimath
1	What is Yoga Nidra?
2	How is it different from psycho analysis, mesmerism & hypnotism?
3	Who re-introduced Yoga Nidra in main stream Yoga?



Section 1	Sukshma Vyayama / Preparatory Practices / Sandhi Chalanakriya
1	Institution-specific (BSY's Pawana muktasana series) 34 postures
Section 2	Shuddhi Kriyas
2	Laghu Shankha-prakshalana
3	Jala Neti
4	Kunjal Kriya
5	Kapalabhati
6	Theoretical Knowledge as regards Dhauti, Basti & Nauli
Section 3	Asanas
	<i>Pawanamuktasana I (Anti-rheumatic group)</i>
7	Toe Bending (<i>Padanguli Naman</i>)
8	Ankle Bending (<i>Goolf Naman</i>)
9	Ankle Rotation (<i>Goolf Chakra</i>)
10	Ankle Crank (<i>Goolf Ghoornan</i>)
11	Knee Cap Contraction (<i>Janufalak Akarshan</i>)
12	Knee Bending (<i>Janu Naman</i>)
13	Knee Crank (<i>Janu Chakra</i>)
14	Half Butterfly (<i>Ardha Titali Asana</i>)
15	Hip Rotation (<i>Shroni Chakra</i>)
16	Full Butterfly (<i>Poorna Titali Asana</i>)
17	Hand Clenching (<i>Mushtika Bandhana</i>)
18	Wrist Bending (<i>Manibandha Naman</i>)
19	Wrist Joint Rotation (<i>Manibandha Chakra</i>)
20	Elbow Bending (<i>Kehuni Naman</i>)
21	Elbow Rotation (<i>Kehuni Chakra</i>)
22	Shoulder Socket Rotation (<i>Skanda Chakra</i>)
23	Neck Movements (<i>Greeva Sanchalana</i>)
	<i>Pawanamuktasana II (Digestive group)</i>
24	Raised Leg Pose (<i>Padotthanasana</i>)
25	Leg Rotation (<i>Padachakrasana</i>)
26	Cycling (<i>Pada Sanchalanasana</i>)
27	Leg Lock Pose (<i>Supta Pawanmuktasana</i>)
28	Rock and Roll (<i>Jhulana Lurhakanasana</i>)
29	Sleeping Abdominal Stretch Pose (<i>Supta Udarakarshanasana</i>)
30	Universal Spinal Twist (<i>Shava Udarakarshanasana</i>)
31	Boat Pose (<i>Naukasana</i>)
	<i>Pawanamuktasana III (Energy block release group)</i>
32	Pulling the Rope (<i>Rajju Karshanasana</i>)
33	Dynamic Spinal Twist (<i>Gatyatmak Meru Vakrasana</i>)
34	Churning the Mill (<i>Chakki Chalanasana</i>)
35	Rowing the Boat (<i>NaukaSanchalanasana</i>)
36	Chopping Wood (<i>Kashtha Takshanasana</i>)
37	Salutation Pose (<i>Namaskarasana</i>)
38	Wind Releasing Pose (<i>Vayu Nishkasana</i>)
39	Crow Walking (<i>Kauva Chalasana</i>)
40	Abdominal Stretch Pose (<i>Udharakarshanasana</i>)



	Eye Exercises
41	Palming
42	Blinking
43	Sideways Viewing
44	Front & Sideways
45	Viewing Up & Down Viewing
46	Rotational Viewing Preliminary
47	Nose-tip Gazing
48	Near & distant Viewing
	I Standing Postures
	Balancing Series
49	One-Legged Prayer Pose (<i>Eka Pada Pranamasana</i>)
50	Tree Pose (<i>Vrikshasana</i>)
51	Lord Krishna's Pose (<i>Natavarasana</i>)
52	Lord Shiva's Dance (<i>Tandavasana</i>)
53	Preparatory Lord Shiva's Pose (<i>Sarala Natarajasana</i>)
	Regular series
54	Lateral Arc Pose (<i>Ardhakati Chakrasana</i>)
55	Hand to Foot Pose (<i>Padahastasana</i>)
56	Half Wheel Pose (<i>Ardha Chakrasana</i>)
57	Palm Tree Pose (<i>Tadasana</i>)
58	Swaying Palm Tree Pose (<i>Tiryaka Tadasana</i>)
59	Waist Rotating Pose (<i>Kati Chakrasana</i>)
60	Triangle Pose (<i>Trikonasana</i>)
61	Warrior's Pose (<i>Veerabhadrasana</i>)
62	Spiralled Triangle Pose (<i>Parivritta Trikonasana</i>)
63	Side Angle Pose (<i>Parshvakonasana</i>)
	II Sitting Postures
	Meditation Series
64	Easy Pose (<i>Sukhasana</i>)
65	Half Lotus Pose (<i>Ardha Padmasana</i>)
66	Auspicious Pose (<i>Swastikasana</i>)
67	Hero's Meditative pose (<i>Dhyana Veerasana</i>)
68	Attitude of the Womb (<i>Yogamudrasana</i>)
69	Lotus Pose (<i>Padamasana</i>)
70	Adept's Pose (<i>Siddhasana</i>)
71	Adept's Pose for Women (<i>Siddhayoniasana</i>)
72	Spiralled Triangle Pose (<i>Parivritta Trikonasana</i>)
73	Side Angle Pose (<i>Parshvakonasana</i>)
	Thunderbolt (<i>Vajrasana</i>) Series
74	Thunderbolt Pose (<i>Vajrasana</i>)
75	Cat Stretch Pose (<i>Marjari-asana</i>)
76	Tiger Pose (<i>Vyagrasana</i>)
77	Child's Pose (<i>Balasana</i>)
78	Pose of the Moon (<i>Shashankasana</i>)
79	Striking Cobra Pose (<i>Shashank Bhujangasana</i>)
80	Preparatory Spinal Twist (<i>Vakrasana</i>)
81	Half Spinal Twist (<i>Ardha Matsyendrasana</i>)



82	Half Camel Pose (<i>Ardha Ushtrasana</i>)
83	Intoxicating Bliss Pose (<i>AnandaMadirasana</i>)
84	Breath Balancing Pose (<i>Padadhirasana</i>)
85	Lion Pose (<i>Simhasana</i>)
86	Roaring Lion Pose (<i>Simha Garjasana</i>)
87	Hero's Pose (<i>Veerasana</i>)
88	Prostration Pose (<i>Naman Pranamasana</i>)
89	Equestrian Pose (<i>Ashwa Sanchalana</i>)
90	Gracious Pose (<i>Bhadrasana</i>)
91	Camel Pose (<i>Ushtrasana</i>)
	Regular series
92	Back Stretching Pose (<i>Paschimottanasana</i>)
93	Head to Knee Pose (<i>JanuShirasasana</i>)
94	Cow's Face Pose (<i>Gomukhasana</i>)
	Prone Postures
95	Easy Cobra Pose (<i>Sarala Bhujangasana</i>)
96	Cobra Pose (<i>Bhujangasana</i>)
97	Twisting Cobra Pose (<i>TiryakaBhujangasana</i>)
98	Variation of Cobra Pose (<i>Sarpasana</i>)
99	Half Locust Pose (<i>ArdhaShalabhasana</i>)
100	Locust Pose with Support (<i>Shalabhasana 1</i>)
101	Locust Pose (<i>Shalabhasana 2</i>)
102	Alternate Hand and Leg raising
103	Prone Boat Pose (<i>Navasana</i>)
104	Easy Bow Pose (<i>Sarala Dhanurasana</i>)
105	Bow Pose (<i>Dhanurasana</i>)
	IV Supine Postures
106	Finger to Toe Stretch (<i>Hasta Pada Angushthasana</i>)
107	Folded Leg Lumbar Stretch
108	Crossed Leg Lumbar Stretch
109	Bridge Pose (<i>Setubandhasana</i>)
110	Wind Releasing Pose– with breathing (<i>Pawanamuktasana</i>)
111	Inverted Pose (<i>Viparita Karani</i>)
112	Shoulder Stand (<i>Sarvangasana</i>)
113	Fish Pose (<i>Matsyasana 1</i>)
114	Fish Pose with Lotus Pose (<i>Matsyasana 2</i>)
	V. Relaxation Postures
115	Corpse Pose (<i>Shavasana</i>) Reversed
116	Corpse Pose (<i>Advasana</i>) Superior
117	Pose (<i>Jyestikasana</i>)



Section 4	Suryanamaskar
118	Suryanamaskar (Traditional with 12 Poses) (Can be School-Specific)
Section 5	Pranayama
119	Sectional Breathing
120	Yogic Breathing
121	Nadi shodhana
122	Kumbhakas without Bandhas
123	Suryabhedana
124	Ujjayi
125	Shitkari
126	Shitali
127	Bhramari
Section 6	Mudras
128	Chin/Jnana Mudra
129	Padma Mudra
130	Agochari Mudra(Nasikagra Drishti)
131	Shambhavi (Bruhmadhya Drishti)
132	Viparitakarani
133	Mahamudra
Section 7	Mantras
134	Pranava & <i>Om Shri-Maatre Namaha, Um Bhagavaha & Aditya Savita Suryaha</i>
135	Shanti Mantra: Can be school specific : <i>Sahanavavathu</i>
Section 8	Meditation
136	Working with <i>Mantras</i> in <i>Vachika, Upamshu & Manasika</i> leading to <i>Dhyana</i>
Section 9	Teaching Practice
137	Institution-specific
Section 10	Covered Additional at Shrimath
138	Bihar School of Yoga's Pawanamuktasana (Series 1,2 & 3) – 34 postures
139	Yoga Nidra (Levels 1,2,3 & 4)
140	Antar Mouna (Stage 1 & 2)
141	(i) Gaalini Mudra (ii) Chinmaya (iii) Yoni – I & II (iv) Bhairava (v) Bhairavi
	(vi) Hridaya and (vii) Shanmukhi

Note:

Each student handles sessions on all processes such as Asana, Pranayama, Mudra, Kriya (Jala Neti), Mantra Chanting & Meditation & Yoga Nidra. Swami Satyananda's Antar Mouna is taught for personal practice.





Testimonials



Teju Belawadi

I have been an *Ashtanga Yoga* practitioner since 2008. But that was something that I did as a routine. A rather inconsistent routine. But I knew I loved practicing asanas. I loved the way my body felt after every practice. But I was never particularly inclined towards Pranayama. It wouldn't be wrong to say that I hadn't developed stability to practice Pranayama. I had always been confused about which career path to take.

It was in early 2019 that I decided that I wanted to be a *Yoga* teacher. Full time. I trained under my guru Prahalad Kulkarni. I felt confident.. *Asana* wise. I was able to do *Pranayama* for longer durations now, but I knew I needed more practice and orientation.

Also, I needed a certificate from a reputed institute. I checked out a few places at Mysore. But the options were too many. I felt confused. The fees at all these institutions were on the higher end for me, a middle class, non working Indian. If I was going to pay that much, I wanted it to be worth it.

That's when I contacted Mr Arun Seetharaman, from Transdisciplinary University. Without a moment of hesitation, he suggested [Shrimath](#). I trusted his word and enrolled myself for the **200 + the 500 hrs program**.

And I'm definitely glad I did. I completed the course in December 2019 and I'm more confident about my career choice. Thanks to Shrimath.

At Shrimath, you are guaranteed a holistic approach to Yoga, covering the 8 limbs of it. If you are looking for a place to learn *asanas*, this may not be the one for you. But if you're looking for a place to understand Yoga, and why your body and mind needs it, this is definitely the place. Meditation, Yoga Nidra and theory classes are meaningful and in depth.

If you are serious about learning the real meaning of *Yoga*, come to *Shrimath*. You will not be disappointed.





Bianca Mirino Gutierrez

I have just completed my 21 Day/ 200 hour Yoga teacher training experience; and it has been nothing short of amazing. [Krishna](#), [Smriti](#) and Hema give only from a place of passion and kindness. I thoroughly enjoyed discussing Yoga processes and traditions with Krishna; who is happy to go deeper into any topic you are drawn to. Smriti and Shoba always made sure we were well fed and taken care of.

Everything down to even the tea is delicious. Hema patiently explains each Yoga posture, you can feel the teaching comes from a place of passion and devotion.

Helping in the garden, kitchen, doing housework or sharing at the local school was such a special time of the day and such a great initiative.

The pilgrimage was an insightful experience which ended my time at Shrimath off perfectly. Definitely a place I would return to for further study. Thank you for everything.

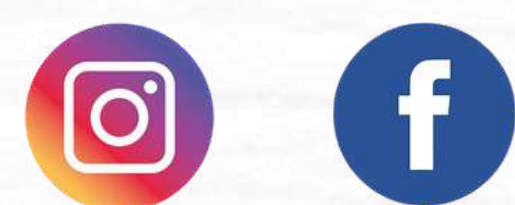


Eve Broenland

I was a participant of the **200hr Yoga program Dec16 - Jan 17**. Although it's a teacher training program it is much more focussed on your journey in the path of Yoga and will teach you all the philosophies, principles and processes of all that is Yoga. Asanas, Pranayama, Kriya, mantra, awareness, Yoga Nidra, karma; all are covered during the 21 days, all taught from the traditional yogic lineage.

It was a humble and hopefully life changing experience to stay at Shrimath and we were so well looked after by the teachers and all the others. Now it's time to put it all into practice!





Ines Muller

I've been in Shrimath in September 2015 for 21 days.

Shrimath is the perfect place to the ones that sometimes feel unsatisfied with their lives. For me it was as I had pressed the 'pause' button and entered in a new dimension, a new reality. Krishna, Hema, Smriti, all the team and the entire space taught me much more than postures and breathing techniques.

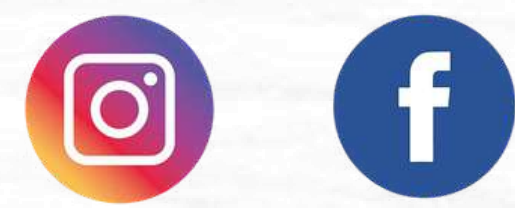
They also gave me lessons of humility, detachment and faith. I came back to my life with a profound feeling of gratitude to all I have, to my family, friends and my sweet problems. I brought a bag full of tools to better deal with the daily frustrations, fears and bad feelings. I brought a heart full of hope.

You won't find luxury at Shrimath. Instead, you will find people that will cook separated meals for you if you need, you will find people that will look at you as an individual in the group and will teach you according your ability or mental predisposition to learn, you will definitely have laughs and amazing moments of pure fun.

I recommend Shrimath to everyone who wants to learn about Yoga but specially about her/himself.

Inês Müller





Lynelle Chrystal Kenned

Shrimath Yoga was my first experience of India and of Yoga in its pure and traditional form - I couldn't have asked for anything better.

Before you sign up, I suggest you take note of the following:

This experience is NOT for you if you expect a luxurious retreat with some cocktails thrown in - **you are committing to full time study, vegetarianism, celibacy and village life.**

All 8 limbs of Yoga are covered, along with Yoga Nidra, Karma Yoga, bhakti Yoga, mantras, mudras and kriya. Anyone hoping to do "Yoga gymnastics" exclusively had better look elsewhere.

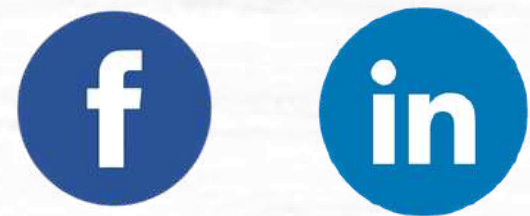
Upon completion of the course, I feel confident that I have a good understanding of the principles and processes of Hatha Yoga, a solid basis to deepen my personal practice both physically and spiritually, and the ability to convey this knowledge in the teaching of students.

I leave Shrimath Yoga with nothing but gratitude and praise for Krishna and his team. He went out of his way to make sure everybody was taken care of above and beyond his duty - nursing a colleague who arrived injured and assisting us with travelling arrangements.

Personally, at times I found the diet to be very carb heavy, but delicious nonetheless. The end of the course culminated in a visit to Shringeri - unforgettable.
This experience has been life changing, humbling and eye opening.

Thanks Krishna and Shrimath Yoga, this will definitely not be my last visit.
Highly recommended.





Irena Ateljevic

In our times of 'Yoga craze' when Yoga training courses keep on popping up everywhere in the world, to find a genuine Yoga School that methodically integrates the original sources of Yoga tradition has not been easy.

And that is why I was so happy I have found Shrimath Yoga School, set on an eco farm and with **the max capacity for only 8 people**. The running team is very small but dedicated: Krishna who is the main teacher on the whole yoga system and its practices;

Hema, his niece who has a masters degree in Yoga (from Yoga University at Bangalore) and teaches Asanas and Pranayama in her full grace; Smirti, Krishna's wife who cooks amazing Indian meals and keeps the whole place very well organized; Soba, a local woman who with her shy smiles and amazing soups warms your heart every day; Kumar, a beautiful gardener who looks after the fresh food entering the kitchen.

From the spaces of their hearts and the not-for-profit intentions the **whole team shares the inherited knowledge humbly, yet fully professionally**.

And then all other ingredients are also there: very nice Yoga hall full of light, comfortable rooms with own bathrooms, the secluded setting of a peaceful eco farm where we gently worked every day for 45 minutes; a little village school nearby where we went to teach small kids for an hour; herbal tea breaks under the ancient trees; designed gardens to 'match' planetary constellations...Shrimath Yoga is a **TRUE JEWEL** place.

It is not just a school with a particular asana's (e.g. Ashtanga or Iyengar) style (which is often the only obsession of many students and Yoga schools alike) but rather teaches you all the fundamental principles you need to know if you want to take yoga training seriously, deeply and studiously (Irena Ateljevic, Croatia).





Ashish Mohanka

Staying at Shrimath for the **21-day 200-hour** Yoga program is an experience, and it is an experience for only a select few. **Not everyone can pluck themselves from their daily mundane life of job, deadlines, career, bucket-lists, goals, etc. and come to Shrimath to learn about things that matter the most.**

At Shrimath Yoga one learns about a Yogic life, not just postures or Yoga Asanas. I stayed in the humble yet comfortable room for 21 days and followed a rigorous routine on a daily basis without the intervention of technology or unnecessary human interaction. The daily routine has different sessions and classes through the day with ample breaks and free time. The daily schedule aligns with a stress-free and healthy lifestyle. Shrimath property is amidst a quiet village, some few kilometers from Bangalore. Filled with trees, greenery and farms one can get used to living a quiet, pollution-free life here. One gets to see great views and experience new things on a daily basis. A nature lover's paradise.

A batch of 5 people from different parts of the globe with different cultural and spiritual backgrounds coming to together for the same cause - learning more about oneself and discovering the finer things in life.

We were taught about the history of Yoga, the relevance of Yoga in the Indian culture, the theory backing up different aspects of Yoga by Krishna Sir. Krishna Sir's knowledge is a force to reckon with.

Along with these classes we also had several sessions where we interacted with school children from the neighbouring village or helped with gardening and farming...



[Download the full booklet](#)





Tajinder Singhrao

I chose Shrimath yoga to do the **YAI 200 hours teacher training**, primarily for my own learning as a Yoga novice. I chose this program because of the opportunity to teach in a local school.

The team are knowledgeable, attentive and approachable. The teaching is structured, easy to follow and provokes intellectual thought, humility and respect for the tradition of Yoga. The course itself is comprehensively structured and manageable.

The grounds are beautiful and are a perfect setting to encourage reconnection with ones inner self. The meals were tasty and nutritious (if you like chilli spice), the rooms basic and clean.

There is opportunity to go on a spiritual pilgrimage also and perform 'kriya' - the cleansing practices of Yoga.

I arrived as a complete beginner, but after three weeks of training and practice I can now say that I feel confident in my own practice and understanding of Yoga and meditation thanks to the team at Shrimath.

My body feels stronger, lighter and more flexible. But above all, I came home feeling more at peace - with a sense that I had experienced something personally profound and special in rural Bengaluru.



[Download the full booklet](#)





Kieran Shiv

How do I even begin to summarize my time here.... I heard about Shrimath through a friend of mine while backpacking SE Asia. After hearing such wonderful things and their lovely experience I decided to pursue Shrimath as my school. I must mention I left Rishikesh (Yoga capital of the world) and headed to rural Bangalore to do my course. I am forever grateful having made this decision. Though, I cannot speak on the experiences of the schools in Rishikesh as I've never done a course there (I'm sure they are amazing too!).

However, I was seeking an intimate smaller scale setting to receive this knowledge and Shrimath offers exactly that. They **cap their limit at 10 students despite constantly being in demand** (at least what it was while I was there) and this keeps the school tailored to you in such a unique manner. Yoga is more than just postures and this is a fundamental of Shrimath. They share the sacred knowledge of Yoga and how to implement this is your life regardless of where you come from. Life changing knowledge and teachings to say the least. The knowledge that is passed on is direct from source.

I had inquired about a **visit to Tiruvannamalai** (Shiva's mountain/Arunachaleswara) as I heard from another fellow student about the potential trip/visit to this amazing holy/sacred site. A very important and powerful pilgrimage site. Along this mountain are saints, Yogis and Siddhas. It's truly a magical place that no words can do justice. Sri Ramana Maharshi discovered the sacredness of this site at the age of 16 and shortly after never left this site. (google his name if unaware of the story, it's magical)

All in all, I emailed a month and a half prior to my arrival and Krishna Ji was able to not only facilitate a visit, but connected to me to one of the most powerful experiences I have ever been graced to experiences.



[Download the full booklet](#)





Sabine Tonnar

I can really recommend Shrimath to everybody. If you wish to get a **serious Yoga teacher training** (I did the basic 200 hours), learn more about yoga than postures, get into Yoga Nidra, Meditation, Mantra Chanting, become aware of yourself, live in simplicity on an eco-farm in a rural environment far away from hectic city life, plan daily activities with kids from a local school, learn in a small group with a maximum of 10 students, make trips to holy places or Ashrams...

This is the place to be.



Frederic Cordonnier

Shrimath, a place where honesty, sincerity, simplicity, meet together in a constant atmosphere of knowledge, peacefulness of nature and beautiful and fresh energy of the youth.

If you are looking for all these qualities, Shrimath is highly recommended.
Thank you to everyone..Namaste



Shawn Jozwiak

I just completed the **21 day program at Shrimath** and would recommend it for anyone looking into deepening their understanding of Yoga. I learned a great deal that will be applied in my life (I just returned home yesterday!).

I have come home feeling very much at peace, and have the tools to continue feeling that way. I have learned how to keep a healthy body, mind and soul. Thank you Shrimath!





Michelle Griffin

Shrimath was much more than a Yoga certification program, it was a **21 day life changing experience**. I arrived by taxi from the airport on June 1st BROKEN & left June 21st feeling better than I had in YEARS. I was provided with the perfect environment and guidance to detoxify my mind, connect with my body and honor spirit.

There is no such thing as coincidence, I was certainly guided to the Shrimath Yoga family. I was looking for a training that offered more than a style, I wanted to understand the word YOGA and all the pieces of the puzzle. **The small group setting with one on one attention**, the sacred environment & the knowledgeable teachers provided me with the experience I was seeking. Not only did I learn about yoga in the motherland, I was immersed in her culture.

Arjunabittahalli is a rural village about an hour away from the big city, which made for a tranquil environment. As part of our daily routine, we walked to the local school. While there we taught, played and learned with the village children. We also spent time outdoors absorbing the environment while learning about medicinal plants, assisting with gardening and meditating in the Shrimath forest & planet aligned gardens. These activities were in addition to our daily asana classes and profound lectures.

The vegetarian Indian diet was a new experience, and one that I treasure. Smrithi our amazing chef not only shared recipes and kitchen secrets, but was always willing to discuss and share cultural norms, as were Krishna and Hema. Much of the learning I acquired was through reflection on doing, or experiential learning that took place in a land I had always dreamt about. **The Shrimath Program should pride itself on teaching students through their daily experiences.**

What I enjoyed most about my experience was the new community of friends Shrimath Yoga created. The small group setting allowed for students, teachers and community to form friendships in a short period of time. Each member of our yoga batch came from different locations, with different needs. We each left feeling stronger and more complete, with a 200 hr. teacher training certificate and **much more knowledge regarding YOGA than we had imagined.**





Yogini Kirtika

I can't describe how amazing my time was at Shrimath!

When I first chose to do my **Yoga TTC** there was based only on reviews and the site of the school, and I am so glad i did it! I chose to do 2 courses 200hrs, 5 days break and back for the 500hrs, me and my husband.

I never imagined one could learn so much in a 21 day course, specially being relatively new to Yoga, and **to come back and do the 500hrs**, and learn so much more! I am thankful we crossed paths with Shrimath Yoga, I could not have chosen a better place to start my spiritual and yoga journey, and as a bonus I gained new lifelong friends!

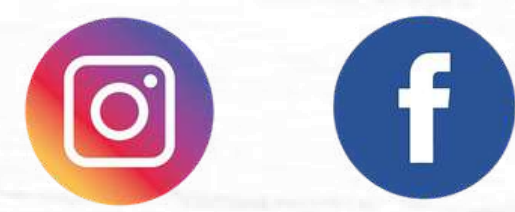
I felt I spent 42 days in company of a new extended family, the care, kindness and respect of Krishna, Smirthi and Hema goes beyond words and I will forever remember! Hope to see you all in the future!

Thank you for the lessons, personal growth, love, kindness, respect, amazing food, friendship and hospitality!

Hope you keep doing what you doing and more lives are touched the way ours was!

Love thanks divine





Laura Schetter Kubiak

Earning my **Yoga teacher certification at Shrimath Yoga** of Arjunabittahalli, India was a fulfilling experience. I thought it was fate and the power of Google that sent me on an adventure to improve my physique and Yoga poses, and maybe calm me a bit too. I quickly learned that there was a greater power sending me to a site that seemed to be designed just for me.

The **21 day teacher training** piqued my attention with the allure of a forest on its property, an opportunity to connect to nature, daily gardening, visits to the village school, fresh fruit and chai tea breaks, and organic garden-fresh meals. These perks were not separate from the Yoga philosophy classes, but rather an application of Yogic living. Studying yoga in India was an authentic experience, as the whole country is a model of how to integrate Yogic peaceful action and balance into daily living.

On day one I knew I was right where I needed to be when Krishna Prakash, Shrimath's yoga philosophy teacher, gave us a tour of the property, **highlighting the medicinal purposes and environmentally-friendly practices of over 100 trees on the beautiful grounds.**

A banyan tree sends its branches to the ground and roots additional trunks on Shrimath Yoga's forest grounds. Granite benches, harvested right from the village's ground, are placed under trees and within the gardens for resting and meditating in nature. Krishna has a profound and interesting delivery of Yogic knowledge that he makes understandable for anyone, regardless of background and religion. We connected personally over our shared sense of responsibility and action to care for the environment.....

I am eternally blessed for my unforgettable experience of studying yoga at Shrimath Yoga. It went above and beyond teaching yoga. Krishna, Smriti, and Hema dedicated their entire being to 21 days of giving all they could to the 6 of us teachers-in-training. In addition to the planned sessions, they even took us on outings to temples and the city to see first-hand how people in India apply Yogic principles. **I connected with the environment- and the light within myself and others- through the natural world in my Yoga teacher training.**

Thank you, Krishna, Smriti, and Hema for an experience that will stick with me forever. Namaste.



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