

## **Sannyasi Atmadarshan**

**atmadarshan@atmacenter.com**

**2319 Lee Road, Cleveland Heights, OH 44118**

**(216)371-9760**

**Sannyasi Atmadarshan** has been teaching **SATYANANDA YOGA®** since 2001. She is the Assistant Director of the Atma Center, an award winning **SATYANANDA YOGA®** center established in Cleveland Heights, Ohio in 1997. She is also the Course Coordinator and Secretary of the Board of the Yoga Academy of North America (YANA), one of four Satyananda Yoga academies worldwide. YANA is the sole provider of Yogic Studies and Satyananda Yoga Teacher Training courses in North America.

Sannyasi Atmadarshan has taught various workshops, intensives and retreats. She has travelled internationally for yoga programs, including multiple visits to India, where she received her initiation into karma sannyasa from Paramahansa Niranjanananda Saraswati, Swami Satyananda's successor, in 2010.

Sannyasi Atmadarshan received her degrees in Biology and Psychology from Case Western Reserve University and worked for several years in the Laboratory of Biological Psychology at University Hospitals of Cleveland. She was second author of a paper on using biological markers to predict medication response in patients with chronic schizophrenia. She taught the martial art of Aikido for over a decade and authored the internationally published book *Aikido for Kids*. Sannyasi Atmadarshan has also worked in the Cleveland Heights-University Heights Public Library system as a storytime leader.

### **Teaching Structure & Fee Information**

Sannyasi Atmadarshan is willing to work with a sponsor to meet the sponsor's requests in providing a program that will give participants an opportunity to explore the authentic teachings of Satyananda Yoga. Lectures, workshops or courses can be set up to meet the needs of your students, addressing topics for those who have little experience to advanced practitioners and teachers. Some topics lend themselves to being taught from a more introductory approach but can be built upon through an appropriate sequence, taking students to a deeper level.

### **Program booking**

- Introductory program – this gives people an idea of what a weekend seminar contains and is useful in establishing a relationship between students and presenter.
- 2-3 hour program – this allows an introduction to theory and simple practice. Multiples of these programs will allow for more depth and practice.

- Weekend (one theme) program – Friday evening, two 3 hour programs on Saturday and one or two 3 hour programs on Sunday. This allows for enough time to understand the theory more deeply and/or to better establish some practices that can be taken home and developed.
- Weekend (two themes) program – Divide the weekend programs between two themes to give your students a range of options; the themes can be related (for example, Yoga Psychology and Yoga for Depression) or unrelated.
- Weekend seminar – this can include all of the above as well as Satyananda Yoga asana classes.
- Week-long retreat – includes morning asana/pranayama/meditation classes, morning lecture, optional lunchtime meditation, afternoon lecture, and evening program.

### **Program ideas**

Within the Satyananda Yoga® tradition, the emphasis is on awareness and how deepening our practice of awareness can bring more harmony to our lives. Most of the program ideas focus on theory and meditation, though they may also utilize pranayama and asanas to assure a balanced approach to practice.

1. Deepening your awareness through Satyananda Yoga®. **Beginners to Intermediates.**

Although many systems of yoga emphasize asana, Satyananda Yoga is designed to take the student from the physical practices to more subtle aspects of his/her being. These techniques help us tap into more subconscious and unconscious layers where we hold patterns that prevent us from living a more harmonious life. This topic will explore different techniques that move our awareness from gross to more subtle, thereby liberating energy and gaining mental strength.

2. Satyananda Yoga Nidra®. **Beginners to Intermediates.**

Relaxation is a lost art in our demanding, multitasking society. True relaxation involves more than resting the body. It includes letting go of the thoughts, emotions and deeply held impressions within the mind. Satyananda Yoga Nidra® is derived from an ancient tantric technique and has been developed over the past 50+ years by teachers around the world. This technique not only helps to release stress, but aids in physical healing and transformation of the personality. As a pratyahara technique, it is an excellent practice to prepare for meditation.

3. Introduction to Meditation. **Beginners to Intermediates.**

Satyananda Yoga is a rich tradition with many different forms of meditation and you will have the opportunity to practice a few methods that will assist students in making

meditation a part of their yoga practice. In this course, learn more about the theory and practice of meditation and how to move from relaxation to sensory withdrawal (pratyahara) to concentration (dharana).

4. The Complete Practice of Surya Namaskara. **Intermediates to Advanced.**

Swami Satyanananda's book **Surya Namaskara** takes the student beyond the physical practice by including both chakra awareness and mantra repetition. Learn more about this practice called "Stress Management in a capsule" – how it balances the endocrine and nervous system. Learn the different surya mantras, bija mantras and the chakra bija mantras to deepen the practice and fully integrate the layers of our being.

5. Yoga Psychology. **Beginners to Intermediates.**

Learn key concepts of Western and Yogic psychology, the four parts of the mind, different levels of consciousness, the two koshas (sheaths) of the mind, and primary techniques of yoga psychology. For more in-depth programs, application of techniques for supporting mental health may also be presented.

6. Yoga Psychology of Personality. **Beginners to Advanced.**

There are many options for this topic. Each one starts with a basic introduction to Eastern and Western views of psychology and personality. After that, the focus can be on learning a comprehensive model of personality by understanding the interplay of gunas and chakras, on the use of different practices and branches of yoga to support different types of personality, or on transforming personality with specific yoga techniques. Presentation time can range from 2-3 hours to a weekend seminar to a retreat of several days.

7. Yoga for Depression. **Beginners to Intermediates.**

11% of all Americans 12 and over and 25% of women 40 to 59 are taking antidepressants (CDC, 2011). A 2007 study noted that yoga practices are effective in relieving the symptoms of depression. This topic can be presented to yoga students as primarily theory, primarily practice, or a combination of both. It can also be presented to a group of teachers, giving them specific tips, techniques and lesson plans to assist their students with depressive conditions.

8. Yoga and Death. **All Levels.**

What is death and what happens to us after we die? Yoga philosophy not only addresses these questions but gives us tools to deal with this ultimate transformation. This workshop or weekend retreat will reference the Kathopanishad and the Bhagavad Gita; it can also include asana, pranayama, and meditation.

9. Purification of the Chakras. **Intermediates to Advanced.**

The chakras are energy centers that determine how we live our lives – what we find important and how we react to situations. The theory of the chakras is more than a new age phenomena that can be looked at simplistically. This program can easily extend over a whole weekend (or longer), exploring the relationship of the gunas to the chakras, the elements, the koshas, and the symbolism of the chakras. In addition to theory, asana, pranayama and yoga nidra practices can be done with chakra awareness, as well as chakra shuddhi (purification) as a meditation.

10. Mantras: Liberating the Mind from Bondage. **Beginners to Advanced.**

The practice of mantras is an integral part of Satyananda Yoga. This workshop will discuss the theory of mantra in relationship to the mind and the chakras. Different mantras may also be presented along with specific guidelines and practices for their use.

11. The Bhagavad Gita. **Beginners to Intermediates.**

One of the key texts of yoga, the Bhagavad Gita can be understood at many levels. A basic presentation can outline the Gita and its place in the Mahabharata. More in-depth examinations may include “The Stories Behind the Story”, an exploration of the characters listed in Chapter 1; a discussion of the psychological symbolism of the different characters; the key philosophies and concepts described in the various chapters; and how the structure of the Gita supports the revelation of more difficult, abstract concepts. A presentation of any length from an hour-long introduction to a week-long retreat may be arranged the retreat can also include asana, pranayama, and meditation practices based on the Gita.

12. The Mahabharata. **Beginners to Intermediates.**

10 times longer than the Bible, the Mahabharata is packed with fascinating tales and can be read as a romantic war story, a guide to moral conduct, or a map to spiritual enlightenment. Discover why this epic poem remains so popular centuries after its composition. Program lengths may vary from an introductory workshop to a week-long retreat.

13. Student Support Skills for Yoga Teachers.

Learn how to apply basic counseling skills and yoga psychology principles to maintain boundaries and keep yourself and your students feeling safe and grounded even in challenging situations. Includes theory, paired practice and group practice. Best presented over a weekend or several days.

## **Compensation**

- 70%/30% split of gross revenues from all programs
- Minimum guarantee of \$150 per day plus travel expenses and accommodations
- Minimum can be modified for one day programs within the greater Cleveland area

Program fees can be set in consultation with Sannyasi Atmadarshan or Swami Atmarupa Saraswati, Director of the Atma Center and Education Director of the Yoga Academy of North America.