

A person with a beard, wearing a white long-sleeved shirt and white pants, is performing a standing backbend yoga pose on a rocky shore. Their arms are raised high, and their head is tilted back. The background features a calm body of water reflecting the golden light of a sunset. In the distance, there are trees and some buildings on a hillside. The overall atmosphere is peaceful and serene.

# D'vine Yoga Teacher Training

19.08.23 – 10.09.23

The 3–4 week transformational  
experience at Finca el Moro



# Introduction

**D'vine Yoga School of Rishikesh** travels to Spain to offer you the opportunity to immerse yourself in a month long intensive Yoga course which will certify you as a teacher upon its completion.

Finca el Moro is the ideal setting to deepen your own practice and fully embody the transformative nature of Yoga. Removed from all other distractions this course will cement the foundations of a daily Sadhana (practice) and grant you the tools necessary to take the Yogic teachings into everyday life. A place of true retreat from the daily urgency.



# Our Mission

We truly believe that **transformation** starts from within and **Yoga** offers the tools necessary to accompany you on this journey.

**By sharing the knowledge on how to live a joyful and blissful life, we seek to raise consciousness, health and happiness.**

You will experience an overview of this ancient tradition so you can fine tune which aspects interest you the most, taking them into your daily life and preparing you for further study.

Above all we would like to introduce you into **Yoga as a way of living**, a practice not limited to the four walls of a studio. We will do this through the **classes** but also through an **environmentally sustainable way of eating, living and consuming.**



# The Course

The course will grant you a **multi style yoga certification** approved by Yoga Alliance, a globally authorised institution.

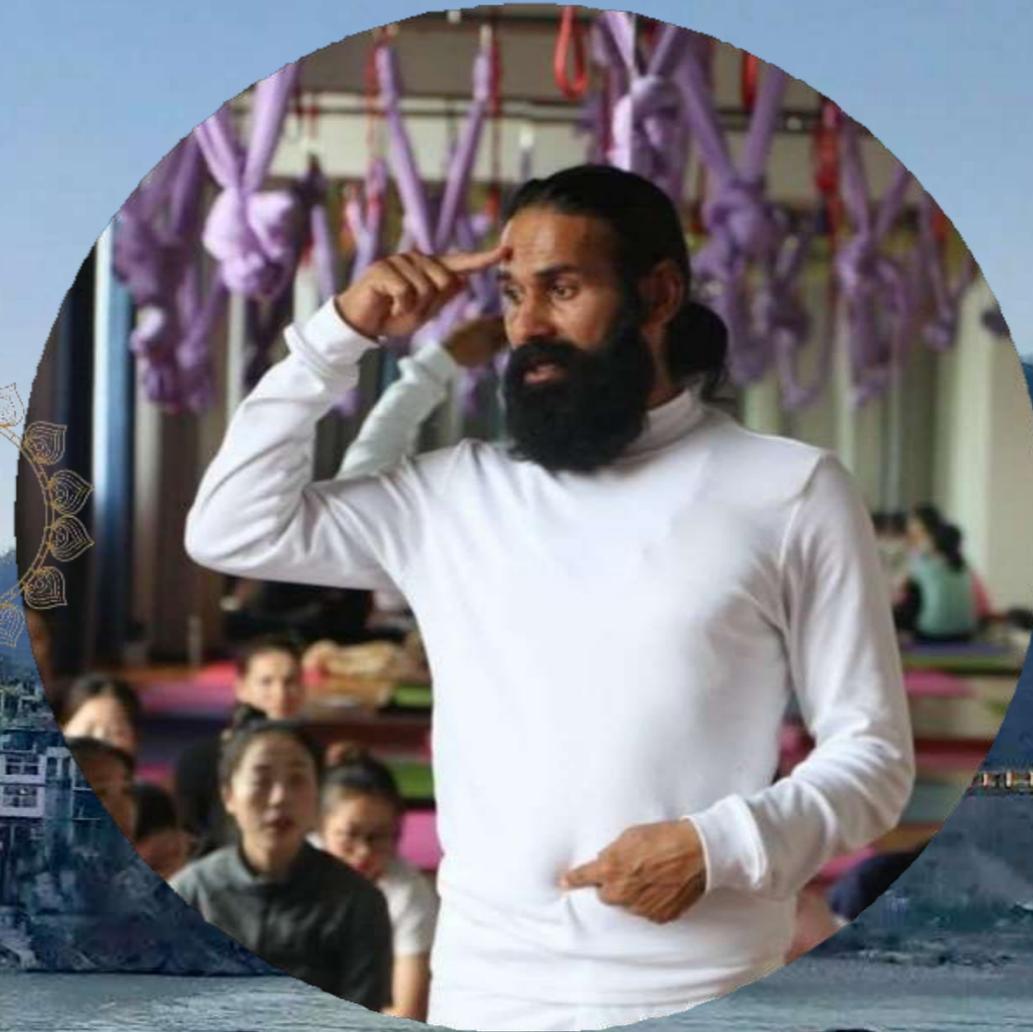
This particular course emphasises the use of Yoga as a **therapeutic tool**, through different methods of practice.

Alongside the **History of Yoga** and its **Philosophy** you will come into contact with numerous **pranayama and meditation** techniques. The asana styles of practice will be divided between **Hatha, Kundalini** and the **Ashtanga Vinyasa** method.





As a teacher, we support to restore balance and peace to build a healthy connection between body mind and emotions. It is essential for long lasting happiness in life.



As a teacher, we support to find a healthy connection between body, mind, emotions to restore and balance. It is essential for long lasting happiness in life.

# Syllabus

## COURSE CONTENT

- ✿ History of Yoga
- ✿ Yogic Philosophy
- ✿ Asana, Pranayama & Meditation
- ✿ Therapeutic & Restorative Yoga
- ✿ Kriya Yoga (Sanjeevani Kriya)
- ✿ Mantra Chanting
- ✿ Anatomy and Physiology
- ✿ Teaching Methodology
- ✿ Ayurvedic Principles



# Daily Schedule

7.00

Sadhana



10.30

Theory



15.30

Therapeutic Uses



19.00

Dinner



9.00

Breakfast



14.00

Lunch



17.30

Theory and Practicum



– Tentative schedule with one day off a week –

# The Team

FACULTY MEMBERS AND HOSTS



ELENA GRAEFF



SWAMI SACHIDANAND



DAISY TUDOR



# Swami Sachidanand

## LEAD TEACHER

Born in Chandigarh, North India embarked on his spiritual journey at a young age, spending much of his childhood in meditation. He was born and initiated into the Vedantic Tradition. Yoga, especially Bhakti Yoga and Meditation are his lifelong passions and he longs to share these with the world.

He was sent to an Ashram to study Sanskrit Language, Yoga, Meditation, Mantra Chanting, Vedic Scriptures along with contemporary education, on the advice of a family Guru who observed his inclinations towards study and self-exploration. He later studied and graduated in Yoga Philosophy (Eastern and Western) from Kurukshetra University in Haryana and continued his studies Post Graduation at Punjab University, North India. Throughout his studies (formal education) he was greatly inspired and motivated by Swami Vinodanand ji, one of his teenage Guru's who taught and initiated him practically in Basic Yogic Kriyas, Pranayama and Meditation. Having completed his University Education and learning Basic Yogic Kriyas from Swami ji, he began travelling India and Nepal sharing the Ancient Vedic Wisdom of Yoga, Philosophy and Meditation. While in Rishikesh, Swami met HH Gurudev Sri Sri Ravi Shankar Jr, whose wisdom inspired him to start teaching "Art of Living" courses and programmes.

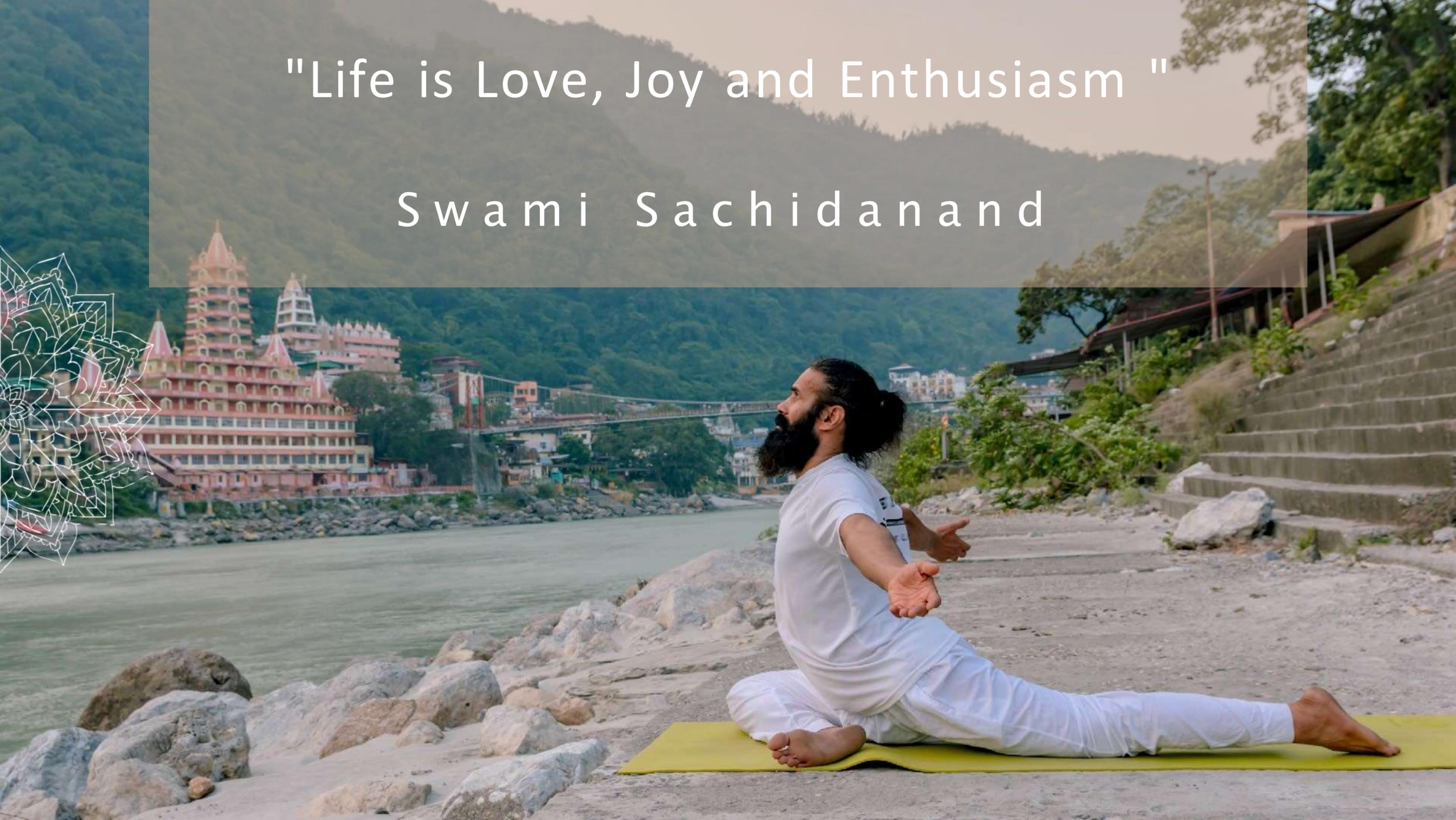
**Swami Sachidanand is the owner of D'vine Yoga School in Rishikesh where he has taught hundreds of aspiring Yoga teachers.**

### Certifications:

- Post-graduation in Yoga Philosophy
- 500 Hour E-RYT with Yoga Alliance (YA ID 186716)
- 980 Hour Therapeutic AYTTC under accreditation from International Association of Yoga Therapist (IAYT)

"Life is Love, Joy and Enthusiasm "

Swami Sachidanand



# Elena Graeff

## TEACHING ASSISTANT

Elena's life mission is to support and encourage people to embody their true nature and purpose.

She is deeply fascinated by the transformational effects of pranayama, asana and meditation. While exploring the yogic practices of kundalini yoga, she found her passion and she wants to share it.

When she met Swami Ji on the banks of Mother Ganga, she immediately knew, she would dive deeper into the world of yogic wisdom with him.

Through her experience in the German corporate world as a professional coach, she has helped countless groups of people navigate big changes in their professional and personal life. She therefore has first hand experience connecting the ancient teachings in the modern yogi's environment.

## Certifications:

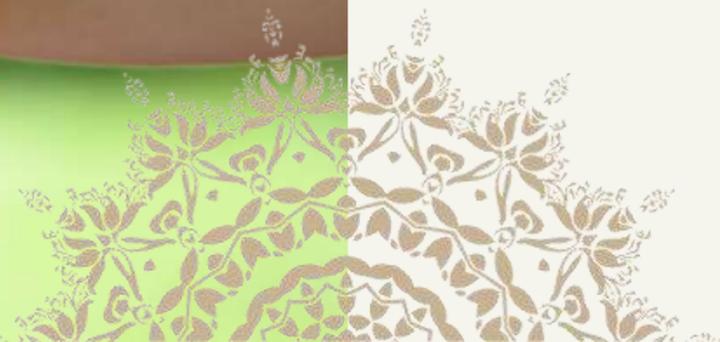
- 280 Hour Kundalini Yoga and Meditation Training, Oscar Yoga Collective Yoga and Meditation School.
- 200 Hour Multi Style Yoga Teacher Training Course, D'vine Yoga School Rishikesh
- 300 Hour Yoga Teacher Training Course, D'vine Yoga School Rishikesh
- Further certifications: Bachelor of Arts, Coaching, Training,





"Following the heart's journey should be the most natural and celebrated act in the world."

Elena Graeff



# Daisy Tudor

## HOST AND ASSISTANT

Daisy was 12 when she first went to a yoga class, encouraged by parents, also practitioners.

Growing up at Finca el Moro she has been lucky enough to experience many teachers over the years. Just to single out a few, Angie Beadle (Iyengar), Antonia Pilbrow (Vinyasa) Sissel Fowler (Hatha) Annelies Visser (Ashtanga) and Clive Sheridan who gave Satsang in the Advaita Vedanta tradition on hot summer afternoons.

Inspired by these teachers she traveled to India to work and later completed a Yoga Teacher Training in Rishikesh, followed by a trip to Dharamsala to attend a short retreat with his Holiness the Dalai Lama.

Since then she follows the Ashtanga Vinyasa method and continues to study the ancient texts, humbled by their wisdom, continually learning and applying their teachings to everyday life.

Finca el Moro has been her home since she was born and therefore will take care of your needs during your stay as well as contribute to some of the teaching.

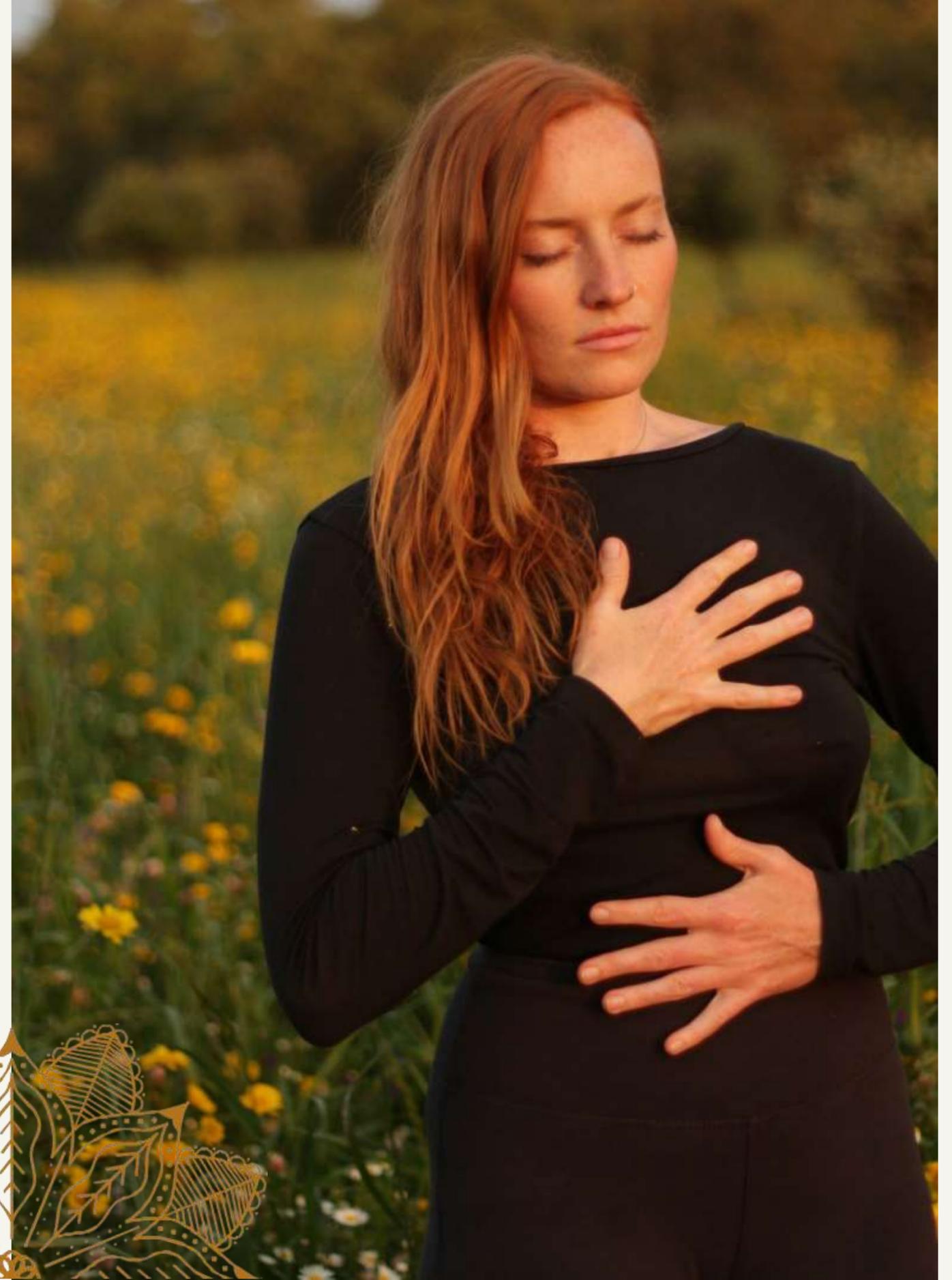
### Certifications

- 200 Hour RYT with Yoga Alliance for Ashtanga Vinyasa and Vinyasa Flow Teacher Certification, Rishikesh Vinyasa School.
- 1 Year Yoga Philosophy Certification, School of Embodied Philosophy



"Embodying Yoga in the  
modern world is form of  
loving activism."

Daisy Tudor



# The Farm



The Tudor family arrived in Andalucía in 1989 and fell in love with a wild and abandoned farm called Finca el Moro. The next 30 years they spent building a home, and a family. They have cultivated a philosophy of harmony with nature and the environment which they have shared with guests for over two decades. People looking for answers will find the peace necessary to look inside themselves while staying at this little piece of paradise.

Finca el Moro is a 75 acre hill top farm full of chestnuts, olives and cork. We harvest organic fruit and vegetables, rely on solar energy for power and work alongside the animals and nature to keep a **balanced a sustainable ecosystem on the land.**



# Accommodation

During the course you will stay in one of the three **traditional stone cottages**. Each twin bedroom has an en-suite bathroom.



During your breaks you can take a swim in one of the three **swimming pools!**

# Food

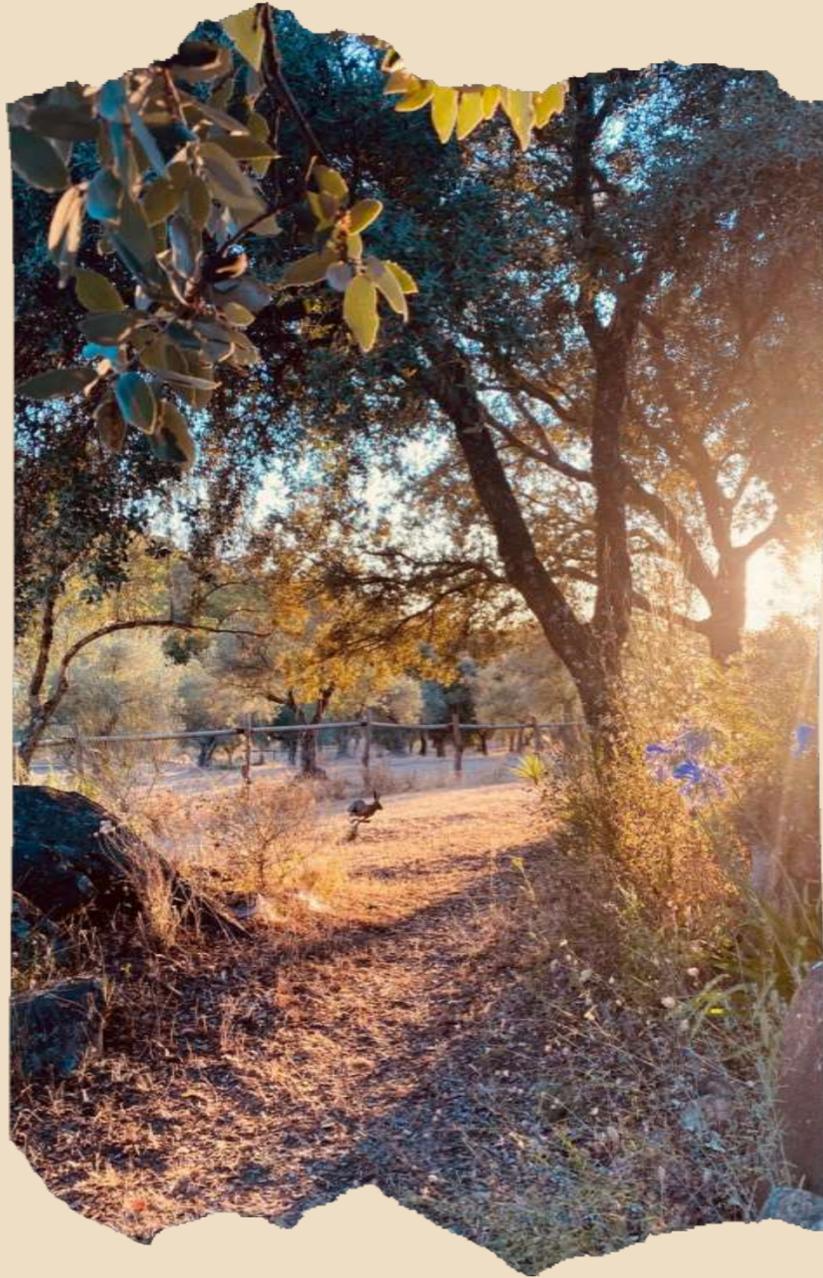
At Finca el Moro we grow **organic fruit and vegetables** and use them to create delicious, healthy, vegetarian meals.



A **balanced and conscious diet** is essential to nourish your body and mind during the course.

# The Shala

A beautiful space hidden in the trees where you can dive deep into Yogic knowledge.



The **daily practice** of asana, pranayama and meditation will take place in the Shala, the **heart centre of the training.**

# Dates and Pricing

19 August 2023

- 10 September 2023

## Early Bird

REGISTRATION BEFORE 31/10/22

200€

## Later Bird

REGISTRATION ENDS 30/11/22

300€

Subject occupancy: 400€

# Who can register and How?

If you have a **deep desire to learn** more about the yogic tradition and how you can **incorporate it into your daily life**, this course is for you. The intensive format and the **seclusion of the Farm** will allow you to **rediscover yourself in order to better serve others**.

Contact us via

[artdivineyoga@gmail.com](mailto:artdivineyoga@gmail.com)

[dvineyog@gmail.com](mailto:dvineyog@gmail.com)

*and let the transformation begin!*

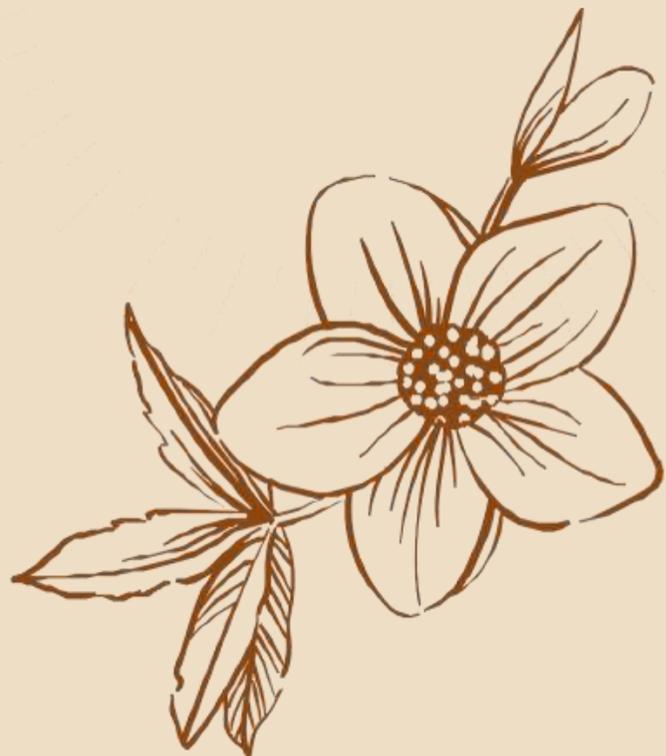
We are here to accompany you.



“

I immediately felt Swamiji's purity and was eager to join his class. I connected so much with him and the nature of the course. If you are lucky to have the chance to be in his presence, don't let it slip away.

Allison Potler - USA



## Testimonials

I felt so fortunate to be able to study with Swami Sachidanand in Rishikesh. It was a wonderful opportunity to dive deeper into the breath, prana and subtle body through beautiful practices and with such an inspiring teacher. His program is unique and gives valuable knowledge not only about breathing techniques, but also about exercises and asanas you need to practice in order to reach your maximum efforts. I was able to increase my physical and emotional well-being. I definitely recommend it to everyone.

Jennifer Flynn - UK



It was a life-changing experience with Swami Sachidanand. Such a patient humble, and knowledgeable person. I am changed physically, mentally and emotionally.

Snehal Corpe- India

”



A very and interesting training. We learned everything to be a good teacher and practitioner of yoga. Philosophy, Breathing technique, Asana, Anatomy, Ayurveda, Meditation, and more. I completely fell in love with Ayurveda. The teachers are very patient. Of course, there is a need to practice to improve. To be a yogi is a work of every day and this training is the first step. In the training, we can ask questions and take

**-AURELIE FRANCE**  
(300hrs YTTC)

## Testimonials

I can feel the authenticity of this training. You can probably agree, that even in the yogic world, there is a lot of ego to find. I can actually see and feel that you love what you teach. That is pure and beautiful. I am very grateful that the universe guided me to you. Namaste.

**-MONICA TIWAN**  
(200hrsYTTC)



My dearest Swami Ji, Namasté. Just to say that yesterday was my first official workshop. 1 h speech & 1.30 h techniques and meditation. I am so deeply grateful. Grateful is a small word to express I feel. Especially grateful for you. Because of you, I finished the TTC. I did not believe in myself, but you made it possible. Thank you a million times for being an example, for being a light. When I have fears I always remember you and withdraw energy from your calmness. I cannot explain how that works miraculously.

**-NADICA NORTH GREECE**  
(500hrs YTTC)



Transformation happens right  
now, in this moment.  
19.08.23 - 10.09.23 we see us on the mat.

