

200-Hours Yoga Teacher Training



**Progress in your practice, cultivate strength,
flexibility & mind-body connection.**



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BEIRUT YOGA CENTER

Beirut's premier destination for holistic well being – Beirut Yoga Center is a haven where the ancient wisdom of yoga converges with the demands of modern life. A space that embraces you with warmth and familiarity from the moment you arrive. Our aim is to create an environment that feels like an extension of your own sanctuary.

Table of Content



Life Changing Experience.....	02
Our Mission Statement.....	02
Requirement.....	03
The Practice.....	04
The Spirit.....	05
What to expect.....	05
Daily Schedule in the 6 Days Residential.....	06
The Food.....	06
The Family.....	07
Our Instructors.....	07
BYC Antelais Branch & AFDC Ramlieh.....	09
Compelction	10
How To Book.....	11

Life Changing Experience

Welcome to our Yoga Teacher Training Course! We are delighted to embark on this transformative journey with you as you delve into the profound world of yoga and deepen your practice. Throughout this training, our primary goal is to equip you with the knowledge and skills needed to become a confident and compassionate yoga teacher. Whether you aspire to teach professionally or simply wish to enhance your personal practice, this course will offer valuable insights, guidance, and hands-on experience.

Are you willing to join a transforming, life changing Yoga Experience? Do you want to improve your yoga practice and take it to the highest level and teach yoga all over the world!

Are you ready to be a part of our loving ,ever-growing yoga family?



Our Mission Statement

Our mission is to increase the awareness of the mind-body connection, create a nurturing and transformative space where individuals of all backgrounds and abilities can bridge the gap between health and inner peace and embark on a journey of self-discovery, growth, and well-being. We are dedicated to cultivating a community that embraces the principles of yoga and mindfulness, fostering a sense of harmony, balance, and inner peace.

Requirements



A sincere desire to learn, an open mind and heart to the teachings of yoga and a high degree of self motivation is required for all aspects of the course.

This course will be taught in English, therefore it is recommended that you are proficient in the language.

To ensure the success of the program, participants are required to attend all activities, lectures (zoom & live) and classes.

These are important attributes that will add to your learning experience during the course and also to the learning experience of your fellow yogis.

Course Snapshot

- Group Size: 20
- Yoga Style: Hatha
- Course Length: 2 Months
- Food: Organic and Locally sourced
- Skill Level: Beginner - Intermediate
- Certification: Yoga Alliance 200 hr RYT
- Location: BYC Antleias & AFDC Ramlieh

What's Included?

- Weekend Classes with snacks
- 6 Days Residential with 2 meals a day & snacks
- Tuition Fees
- Course Material
- Yoga Alliance Diploma





The Practice

The course is spread on 2 months, where we meet on Saturdays and Sundays (exact dates to be mentioned) at our Antelias branch, to share knowledge; it'll be practice focused as well. We will analyze, break down, learn how to perform, adjust, and teach various asanas and there's a big space for creativity and building up sequences!

You will learn and practice a wide variety of yoga asanas, including standing poses, seated poses, inversions, backbends, twists, and more. The focus is on understanding the alignment, benefits, modifications, and contraindications of each pose.

The anatomy section will go along with the postures you are learning, as you will understand the movement patterns, how to practically apply them in your practice and the effect of asana on the joints, bones, muscles, and tissues. We'll also tackle the connection of the mind to our body parts through the nervous system.

Understanding the human body's anatomy is crucial for teaching yoga safely and effectively. Our YTT courses often include anatomy lessons, highlighting the musculoskeletal system and its relevance to various yoga poses.

This will continue in the 6 days residential at the end of the course.



The Spirit

The Spiritual aspects of our Yoga Teacher Training course will include:

Philosophy: Studying the foundational texts of yoga, such as the Yoga Sutras of Patanjali the Bhagavad Gita, to understand the philosophical principles that underpin the practice of yoga.

Meditation and Mindfulness: Learning and practicing various meditation and mindfulness techniques to cultivate inner peace, self-awareness, and spiritual growth.

Self-Inquiry: Encouraging students to explore their inner selves, beliefs, and values to enhance personal development and authenticity as yoga teachers.

Pranayama: Exploring different breathing techniques to harmonize the body and mind and access higher states of consciousness.

Ethics and Yamas/Niyamas: Understanding the ethical principles and moral guidelines outlined in yoga philosophy that help practitioners lead a more compassionate and mindful life.

Chakras and Energy: Learning about the chakra system and the concept of energy centers within the body to promote overall well-being and spiritual balance.

Mantras and Chanting: Exploring the power of sacred sounds and chanting to deepen the spiritual experience.

What To Expect

Mornings will begin with pranayama, meditation and mantra chanting, followed by Asana Practice.

We'll be focused on deep learning of asanas with an emphasis on alignment, adjustments & teaching methodology. You will dive into the theoretical part, studying Yoga Philosophy or Anatomy.

You'll be introduced to different styles of yoga like kids and prenatal and specialized workshops.

You'll have breaks to bond, chat, study, discuss, and off course have yummy snacks!

Above all we will not forget to enjoy ourselves and have fun in the process!. The ultimate goal is self realization and happiness and creating an experience that we will remember for the rest of our lives.



Daily Schedule in the 6 days residential (minor changes can occur):



6:00	Meditation & Pranayama
7:00	Herbal Drinks, dried fruits & Nuts
7:30	Asana Practice/ Teaching
10:00	Brunch
12:00	Philosophy Class
13:30	Fruits/ Desserts, Herbal drinks
14:00	Philosophy Class
16:00	Asana Practice
18:00	Dinner

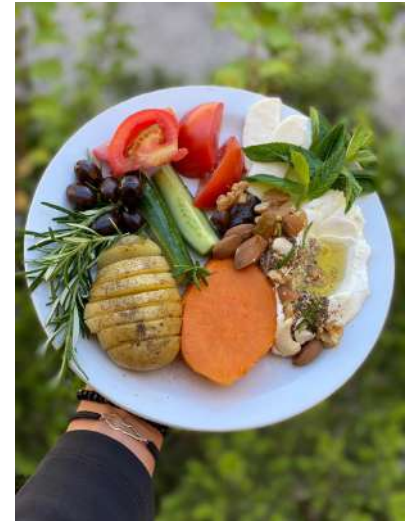
The Food

Organic and locally sourced food catering to different diets (Vegetarian options, protein based, gluten free, dairy free etc... (N.B: Please inform us if you have any dietary restriction)

We use the best quality ingredients as extra virgin olive oil and extra virgin coconut oil, sea salt, himalayan salt, coconut sugar Cedar honey, dates, nuts etc...

All our food is free from:

- Hydrogenated oils
- Commercial Iodized salt
- Additives
- Canned vegetables/fruits
- Commercial Sugar



The Family

Through the time spent together, we will be training and learning together but above all we'll be supporting and helping one another through good and bad.

During the course your teachers will always be there to support and guide you through this journey. You'll bond and connect on deep levels with your fellow yogis; you'll be asked to group up sometimes, expects loads of laughs, some crying, embracing hugs, be open, unlearn, and learn!

In the 6 days residential at AFDC- Ramlieh you'll live a magical experience in the middle of a beautiful pine forest and go for hikes to explore the neighborhood.



Our Instructors

Mani Raman

Mani Raman is a dynamic, inspirational teacher of Yoga and meditation from India. He started his yoga practice at the age of 12 and has devoted himself full-time to yoga since 1996.

For two decades, Mani has been studying and teaching in the tradition of Swami Sivananda and Swami Vishnudevanda, guiding thousands of graduates in India and over the world.

Mani teaches Hatha Yoga and meditation, and gives inspiring discourses on Vedanta philosophy and the Bhagavad Gita. Mani has a M.Sc. in Western Psychology, and have studied many systems of Eastern philosophy, meditation and Ayurveda. In 2016, he founded Yoga Vana, a growing Yoga learning community in India, and still teaches around the world.



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He will be with us personally in the residential and via zoom on Fridays, sharing his knowledge, answering questions, and guiding you through your yoga journey.

Aaed Ghanem

Founder of Beirut Yoga Center, Aaed is a yogi and a Healer. He began practicing yoga in 1996 at the age of 15. He visited countries like India, Nepal, Thailand and many others, for the purpose of exploring yoga traditions, he practiced many techniques including transcendental meditation by Maharishi, Silent retreats as Vipasana Meditation, Breathing with the Art of Living and The Knowledge techniques by Maharaji. Aaed studied and practiced Buddhist meditation techniques with professor Dan Brown, from Harvard university, including Mahamudra, dzogchen and emptiness practices of the Bon tradition. He also studied Thai Massage, Thai Yoga, 200 hrs Sivananda Yoga India, and Later he was certified by Bikram yoga. He is as well and E-RYT 500 hrs with the International Yoga Alliance. He provides precise instructions, based on the 20 years of experience, study and practice of different healing and movement modalities. He facilitates healing sessions, massage, yoga workshops and retreats, Satsangs and chanting as well as guided meditations.



Mayssam Ghanem

Functional Medicine Health Coach & Experienced Yoga Teacher, with over 15 years of experience in yoga, Mayssam enjoys bringing awareness to the areas of health & wellness. She rejoices in teaching ways to integrate health and the mind-body connection into daily life. Her dedication to yoga as a practice shines through in her teaching style and she is Certified in Hatha, Ashtanga Vinyasa, Aerial, Prenatal and Kids yoga.

As a Functional Medicine Health coach she aspires to help people create healthier lifestyles as many chronic illnesses are manageable and even preventable through lifestyle changes such as diet, exercise, sleep and stress management.

Her role as Mom lead her as well to certify as Mindful Birthing Coach and Holistic Childbirth Educator, in order to support women in their prenatal & birth experience.

She is passionate about creating a safe and supportive space for women to honor their needs, own their power, and speak their truth.

BYC Studio Antelias & AFDC- Ramlieh

Dr Ziad Tannous (Guest Teacher)

Dr Ziad is an Orthopedic surgeon and a yoga practitioner, he will be joining our training to share information on the skeletal system & muscular system.

About Dr. Ziad:

After having acquired his general medicine diploma from the Lebanese University, he enrolled in the University of Balamand orthopedics residency program (5 yrs); he received the orthopedic surgery and Traumatology Diploma from the university of Balamand in 2008. He did 2 yrs of fellowship in the Université Libre de Bruxelles, where he perfected his skills in Traumatology, Hip and knee replacement surgery, as well as sports medicine and degenerative Spine surgery.

He also joined Spine Fellowship – University of Crete – Greece.

Dr Tannous started his practice in Lebanon early 2012



In our studio at Demco Towers Antelias, you will enjoy a peaceful teaching with a wonderful sea view. You'll spend your weekends there, learning and bonding with your fellow yogis and teachers.

In the residential at AFDC- Ramlieh you'll be able to experience oneness with nature, and connect to the source. You'll spend the final 6 days there, living the true yogic life from morning meditation, to healthy food, teaching, learning, and creating beautiful memories that you'll hold with you throughout your life.





Completion

Teaching

As part of your final examination, you'll be required to deliver a 1 hour class to your fellow yogis and end with a 2 hr written test focused on asanas analysis, philosophy and anatomy .



Diploma

Successful graduates of the course will receive double certification: An internationally recognized certification from “yoga academy of India” by the worldwide Yoga Alliance for the 200 hours standard for Registered Yoga Schools (RYS). This will allow you to register at the Yoga Alliance to become a Registered Yoga Teacher (RYT), and start teaching yoga all over the world in any country you visit.

A Certification from BEIRUT YOGA CENTER, for the completion of the 200hrs training.

We believe that whether one decides to teach or not after the training is of little importance.

This Experience will allow you to grow on all levels, it will be a journey inwards!

How to book your spot

For more inquiries and booking contact us on the following number **+961-3-029734** or at **beirutyogacenter@gmail.com**

Don't hesitate to reach out at anytime via Phone Call, WhatsApp Message, &/or Email.

