





Also this upcoming Yoga Teacher Training will be throughout a Road Trip in Ecuador: Join us for an unforgettable trip through three distinct locations in Ecuador: Otavalo, Riobamba, and the Yunguilla Valley. Our training program features not only comprehensive yoga instruction but also exciting excursions, karma yoga community service, and much more.

You will have the opportunity to immerse yourself in the rich culture of Ecuador and connect with the local community. In Otavalo, we will visit the famous artisan market and explore the surrounding Andean mountains. In Riobamba, we will visit the stunning Chimborazo Volcano and learn about indigenous traditions. And in the Yunguilla Valley, we will practice yoga surrounded by breathtaking views of the Andes and participate in a community service project. Our experienced instructors will guide you through a comprehensive yoga curriculum, including asana, pranayama, meditation, sound healing, humanology and philosophy.

This training program is suitable for all levels of yoga practitioners, whether you are looking to deepen your practice or become a certified yoga teacher. Don't miss out on this incredible opportunity to travel, learn, and grow with us in Ecuador!

### **Taking Responsibility as a Yoga Instructor or Practitioner**

Whether you are a yoga master, teacher, or simply a conscious individual, it is important to acknowledge the responsibility that comes with the practice. In today's world, it is essential to embrace this responsibility in all aspects of our lives.

This yoga training is characterized by a range of qualities, including intensity, eclecticism, empiricism, heart, science, integration, humanity, creativity, and years of experience. In short, it is a well-rounded program that promises to challenge and inspire. If you are interested in taking your practice to the next level, we welcome you to join us.



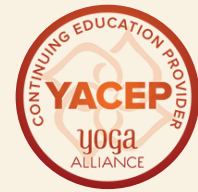
### **Introducing the Instructors**

## LIVE YOGA & HEALTH SCHOOL

Established in 2017, a place for yoga and well-being, Our space was created with the understanding that there is no single recipe for happiness and well-being, and that everyone must discover their own formula. Our methodology emphasizes the emotional and energetic aspects of wellness (through the physical body) and encourages spiritual growth to help individuals achieve a deeper sense of fulfillment.



**Hector Villavicencio**



The Founder and Director of Live Yoga & Health has been dedicated to the practice and teaching of yoga and meditation since 2004. He has pursued various forms of yoga and explored complementary fields such as psychotherapy, Chinese medicine, and alternative therapies. His expertise lies in breathing techniques and Pranayama. He is certified with Yoga Alliance as an E-RYT 500 & YACEP, since 2017.

**Rosa María Cisneros**



The Founder and Director of Live Yoga began practicing yoga in 2000. In 2010, she felt compelled to share her passion with others and began teaching yoga with the intention of promoting healing. She is a certified Kundalini Yoga teacher, Level 1 and 2, accredited by KRI since 2016 and 2023. In addition, she is a Yoga Alliance Certified Teacher, possessing the RYT 500 and YACEP designations since 2021.

.....

## Features of our Yoga Teacher Training Program

Our program offers a range of benefits that are designed to help you advance your yoga practice. These include:

- International certification by Yoga Alliance
- Hands-on training in multiple yoga styles
- Exploring the connection between experiential philosophy and theoretical teaching of yoga
- Daily practice of yoga, meditation, and pranayama
- Small class sizes to ensure personalized attention
- Providing teachers with comprehensive support throughout the entire training process.
- Opportunities to engage in Karma Yoga with local communities in Ecuador
- Excursions to iconic locations
- Three vegetarian meals a day to keep you energized
- Lodging for 36 days
- Road trip transportation

## Levels of Expertise

- Beginners
- Intermediate
- Advanced



Exploring the Program

THE CURRICULUM

## Our Program: A Comprehensive Approach to Yoga Practice

Our program fulfills the requirements of conventional yoga training while also integrating additional elements. These added components are crucial in fostering daily mindfulness and personal practice, promoting a collective consciousness, and cultivating an environment of mutual respect, tolerance, and community integration.

Yoga has transformative potential that extends beyond the individual and can benefit society as a whole. By recognizing this, we have

integrated elements that foster both individual and social development, as well as the connection between the two.

Our curriculum then works with:

## **1) The classical and constituent elements of yoga.**

### **a. Exploring the Philosophy and History of Yoga**

Our study of yoga includes an examination of the philosophies that underlie it, such as Samkhya, Vedanta, and Hinduism. We also delve into the works and teachings of masters who offer guidance on how to perceive and comprehend reality, the BEING, the mind, and more. Additionally, we consider the meaning and evolution of yoga, as well as its representation. To gain a comprehensive understanding of this ancient practice, we also take a historical perspective to examine social movements and the emergence of religious movements.

### **b. Exploring the Physical and Energetic Structures of the Body and Techniques to Achieve Balance**

Our approach involves a comprehensive understanding of the physical structure, including anatomy, biomechanics, and physiology. Furthermore, we delve into the energetic structure of the body, encompassing subtle anatomy based on Vayus, Nadis, Chakras, Koshas, and more. Our program includes the study and practice of various techniques that promote internal and external balance. These techniques include physical postures, purification methods, breathing exercises, mantras, concentration, and meditation techniques.

### **c. Yoga Sikha Sankalpa: A Comprehensive Training**

Our training program is centered around the study of ancient yoga, with a particular emphasis on the Yoga Upanishad. We also explore the benefits of Kriya, breathing, and sound as highly effective methods for purification and energetic activation. Additionally, we encourage the cultivation of a deep connection with a higher intention to achieve optimal results. This is what we refer to as Yoga Sikha Sankalpa.

### **d. The Significance of Ethics and Principles in Yoga Practice**

At our yoga teacher training, we prioritize ethics, principles and the "cultivation of virtue" as the fundamental basis of the practice. Additionally, we recognize the teacher's crucial role in the psycho-emotional development of the students, as well as their improvement and follow-up in the execution of different techniques.

## **2) Understanding Yoga's Potential for Transformation and Healing**

Our curriculum emphasizes various elements of yoga, including the power of "vibration and sound" for personal development. Sound is one of the most potent and effective tools for healing, so we focus on teaching fundamental principles that govern it, its effects, characteristics, and more. Additionally, we introduce participants to the Gong's use as an instrument of healing and personal development during training.

## **3) Understanding the Human Being and Yoga's Influence.**

In our training program, it is essential to acknowledge historical and socio-cultural variations to grasp contemporary yoga and its impact in the West. However, it's even more vital to comprehend the human being, taking into account the various studies and observations that have been made about them over time from different perspectives. This is what we called "Humanology," and it is fundamental to our training.

The Eastern and Western perspectives on Humanology offer a comprehensive view of the human experience. By integrating both, we can gain a deeper understanding of ourselves, our actions, and how we can better navigate our spiritual journey while still embracing our humanity

## **3) Exploring Karma Yoga and Social Action**

Karma Yoga is an essential aspect of yoga that emphasizes the importance of action to purify the mind, cleanse karma and ultimately serve a higher, transcendental God who is behind everything and everyone.

In our yoga training, we place significant importance on social action and bringing yoga to the community. This is not done as a form of imposition, but rather as an "action of sharing" - the idea that sharing what fills you, what heals you, what elevates you, brings greater subtlety, depth and radiance to your purpose.

To do this, it's crucial to live and integrate yoga continuously, with conviction, commitment, and faith. By doing so, you can offer and share "that something" with congruence, sincerity, connection, and bring more light around you.

Social action is a two-way channel where you give and receive, and both feed back into each other. Supporting the community involves not only

transmitting yoga but also projecting your being through yoga. At the same time, you receive from the community in terms of needs, values, culture, and much more. Yoga and you can represent a change in the dynamics of the community and vice versa.

As a requirement of this itinerant training, you will provide support in various routine tasks and selected organizations by giving yoga classes or performing other necessary tasks.



## The Lodgings

THREE ACCOMMODATIONS ON OUR ITINERARY.

## Training Schedule for Quito, Otavalo, Riobamba and Valle de Yunguilla

Our training program commences in Quito on June 18, 2024, with a welcome session. On June 19, 2024, we will embark on a road trip to Otavalo where we will be staying at La Casa de Hacienda until July 1. From there, we will continue our journey to Riobamba, where an adventure awaits us while we stay at Anahatawasi – a glamping site on the Paramo – until July 13. Finally, we will conclude the training program in Valle de Yunguilla, where we will be staying at Inti Kamari Lodge and Convention Center until July 24.

Enjoy a Safe, Comfortable and Relaxing Stay in Our Accommodations  
Our accommodations provide a serene environment where you can unwind, study, and bask in the beauty of nature. We prioritize the quality of our services and teaching. Each room is equipped with furniture, cozy beds, and fresh linen to ensure your comfort during your stay.

Please note that all rooms are shared. Throughout the training program, we will provide three vegetarian meals a day, as well as water and tea.



## What's Included in the Yoga Teacher Training Package?

- 36 nights of comfortable accommodation (From June 18th to July 23rd)
- A welcome dinner to kick off your journey
- Asanas, Pranayamas, and Meditation practices
- Comprehensive theoretical and practical classes
- Mantras and Sound Healings to enrich your experience
- Three delicious vegetarian meals per day, excluding travel days
- A Theoretical Manual to guide you through the course
- Accredited International Certification by Yoga Alliance
- Convenient transportation for any road trips

## What's Not Included in the Yoga Teacher Training Package?

Here's a list of items that are not part of the Yoga Teacher Training package:

- Flights tickets
- Transport at the end of the training, or to any place different at the proposed by the training
- Food expenses during excursions or trips
- Therapies or massages
- Activities on days off
- Personal expenses, souvenirs.
- Tips
- Personal hygiene products or medicines
- Your personal laundry





## "Yoga Sikha Sankalpa & The Art of Being Human"

DON'T WAIT TO MAKE LIFESTYLE CHANGES.

### Yoga Teacher Training Fess

The cost of the Yoga Teacher Training is USD 3,900.00. However, if you pay before April 2024, you can enjoy a discount, and the fee is reduced to USD 3,600.00.