

YOGA

CALENDAR OF VEDIC YOGA TEACHER TRAINING DOLOMITES, ITALY

The program of 600 hours of the Science of Vedic Yoga teacher training course will be held during 4 years (2012., 2013., 2014., 2015). At the end of every year students will have examination and receive diploma for that level of graduation.

Graduation System

Recognized by World Movement for Yoga and Ayurveda, World Community of Indian Culture and Traditional Disciplines, European Yoga Federation, International Yoga Confederation, Associations and National Federations.

- 1° Yoga Monitor: **Yoga Pravesh** (1 years course - 150 hours) qualified as teacher assistant
- 2° Yoga Instructor: **Yoga Parichaya** (2 years course - 300 hours)
- 3° Yoga Technician: **Yoga Shikshaka** (3 years course -450 hours)
- 4° Yoga Teacher: **Yoga Siromani** (4 years course -600 hours)

One year education includes 150 hours of study. This is organized through two residence courses on Science of Vedic Yoga – 100 hours (each course is lasting 7 days – 50 hours) and three weekend residence courses (each weekend course is 15 hours).

Calendar of seminars during 2012

1. One week residence course from 23 to 30 June 2012
2. Weekend residence course from 7 to 9 September 2012
3. One week residence course from 6 to 13 October 2012
4. Weekend residence course from 2 to 4 November 2012
5. Weekend residence course from Nov 23 – Nov 25, 2012

Schedule of one week residence course (50 hours)

Saturday:
20.00 – 21.30 – lecture

Sunday, Monday, Tuesday, Wednesday, Thursday, Friday:
9.00 – 10.30 – practice
10.30 – 12.00 – lecture + practice
14.00 – 16.00 – lecture

16.00 – 17.00 – practice
20.00 – 21.30 – lecture

Saturday:
9.00 – 10.30 – practice
10.30 – 12.30 – lecture + practice

Schedule of weekend residence course (15 hours)

Friday:
20.00 – 22.00 – lecture

Saturday:
9.00 – 10.30 – practice
10.30 – 12.00 – lecture + practice
14.00 – 16.00 – lecture
16.00 – 17.00 – practice
20.00 – 21.30 – lecture

Sunday:
9.00 – 10.30 – practice
10.30 – 12.00 – lecture + practice
14.00 – 16.30 – lecture + practice

During 2012 education of 150 hours will include following themes:

Yoga Philosophy, Yoga Psychology, Lifestyle and Ethics for Yoga Teachers: 20 hours
Anatomy and Physiology – 40 hours
Sukshma Vyayanam, Asanas, Bandhas: 40 hours
Pranayama: 15 hours
Yoga therapy: 10 hours
Yoga Nidra, Meditation: 10 hours
Ayurveda: 10 hours
Consideration of different Yoga systems: 10 hours;
Methodology of assisting and teaching: 10 hours
Practicum of assisting: 10 hours

Theme of the lectures and practice during first one week residence course

Learning vedic recitation – peace chant
Maharishi Patanjali Yoga Sutras – sutras I. 1 – 4; II. 1 – 10
Vedic and Yogic psychology
Sankalpa – resolution
Samvahan – massage
Anatomy of spine; classification and biomechanics of yoga asanas, Exercises (sukshma vyayanam) for the spine
Basic principles of asana and pranayama: theory and practice
Science of Vedic Yoga - basic and first advanced sequence of yoga asana practice

Pranayama: Ujjayi; Anuloma-Ujjayi; Viloma-Ujjayi; Anuloma-Ujjayi; Nadi Shodana; Shitali; Bhastrika; Kapalabhati

After each seminar students will have homework and they will also receive detailed program of the next seminar.

Application procedure:

Study starts 23 June 2012 with the first one week residence course. Application period is from 11.11.2011 to 26.05.2012. Basic requirement to apply for study is to practice yoga for at least one year. Please send application to e-mail: bettina.beinvogl@gmail.com
Acceptance for study will be confirmed to students within two weeks after receiving the application.

Course fee:

Course fee for one week residence course is 500,00 Euro.
Course fee for weekend residence course is 150,00 Euro.
Course fee does not include accommodation expenses (board and lodging)
Course fee covers expenses for course materials: printed materials; CD and DVD; personal yoga program; examination and diploma.
Course fee is paid at course location.

Organizer of Science of Vedic Yoga Teacher Training Course, Dolomites – Italy

Organizer of the study is Wellness Residence Ciasa Antersies S.A.S in collaboration with following organizations:

1. Društvo za športsku rekreacijo „SUNCE“
2. European Yoga Federation
3. Deutsche Gesellschaft für Ayurveda

Study location

Family Residence Ciasa Antersies***, Str. Soplà 21, 39030 San Cassiano in Badia, Italy
www.ciasaanTERSIES.it

Science of Vedic Yoga Teacher Training Course Dolomites - Italy

600-hour standard in accord with European Yoga Federation and World Movement for Yoga and Ayurveda

Vedic Yoga is based on the ancient and traditional knowledge brought by the Rishis and Maharishis and most recent findings from the modern science. Vedic Yoga is establishing unity in all fields of life. Uniqueness of Vedic Yoga is that body is experienced as expression of consciousness. Because of that every movement of the body, every asana starts from the movement of the unbounded consciousness in the direction that name of the asana suggests and that movement of consciousness initiates movement of vital energy and breathing which move the spine and body in specific direction or position. Practicing yoga asana and pranayama in that way we achieve unity of consciousness, breath and the body and the practicing of yoga asanas becomes moving meditation and within itself at once contains all the 8 limbs of Maharishi Patanjali Yoga.

On successful completion of this course, students will have a comprehensive knowledge of the theory and practice of yoga asanas, pranayama and meditation and the ability to observe and identify special needs or conditions of the persons and to teach yoga classes in a safe, effective and confident manner in the following areas: recreative yoga – 3 stages (beginning, middle and advanced practice); exercises for more flexible and strong bio-mechanical system; yoga exercises for strengthening of neuromuscular integration and for the normalization of the functioning of metabolism, endocrine, immune and nervous system; special yoga exercises for the health of spine, and correction of spine disorders; yoga exercises for reducing weight and removing obesity; yoga exercises for pregnancy, menopause and menstruation problems; therapeutic yoga – individual approach of Yoga and Ayurveda for regaining individual health; yoga breathing exercises – exercises of neuro-respiratory integration; special yoga exercises and yoga breathing techniques to enhance immune system; relaxation techniques for removing fatigue, tension, stress and for the development of the full potential of mind and body; procedures for cleansing all the impurities from body; courses for the healthier living based on the ancient science of life of Yoga and Ayurveda; courses for healthy nutrition and cooking; yoga for fitness and sport; procedure for enlivening self healing inner intelligence of body; weekend residential courses for total recovering of mind and body from everyday stress and enhancing life capabilities; yoga for children, etc.

Yoga Teacher Training Course is structured in the following way:

1. Yoga Philosophy, Yoga Psychology, Lifestyle and Ethics for Yoga Teachers – 70 hours

The meaning of the word Yoga comes from the sanskrit root YUJ which means to unite, unity. The similar word is yoke. People used to put yoke on bulls to unite their strenght. Without yoke each bull would pull to his side and there would be no useful effect. By uniting the diferences we create unity of differences. In unity there abides the strenght for realization of our endavours. The most picturesque exposition of yoga would be the universe - a unity of diversity. We all live in the universe in unity of diversity, in yoga. Vedic Yoga is universal and it surpasses all cultural, traditional, religious and space-time limitations.

Teaching of Vedic Yoga is based on the cognition of ancient seers, rishis about the nature of life. Those ancient cognitions today have been getting confirmation of modern science, Quantum physics in the light of the discovery of the Unified field. Unified field represents the state of yoga in which all diversity of the whole universe is expressed. In Unified field all differences are potentially present in completely unified state of infinite correlation. This is the state of yoga in unmanifest field of life in the source of life. Manifested universe also represents the state of yoga because all that is manifested lives in unity. This is the state of yoga in expressed field of life. Recognition that the Unified field is omnipresent and that it can be located in every point of the expressed universe tells us about the final meaning of yoga as the most natural state of life in which we live fullness of life, unity of extreme differences of infinite silence and infinite dynamism. Through everyday practise of yoga we develope our full potential of mind and body and we become normal human beings created after the image of God.

Vedic Yoga is the ancient science of natural living. It provides us technology of the normalization of life in all its segments. For that purpose the great seer Maharishi Patanjali, author of the Yoga Sutras, divided the whole field of life into eight fields - Maharishi Patandali Ashtanga Yoga, eight limbs of Yoga of Maharishi Patandali. Outer one which extends to the far reaching fields of universe and the inner one which reaches our Self.

Outer limbs of yoga - bahiranga yoga are:

Yama-ettics, moral codes of behaviour, life in accord with the laws of nature, moral code is the purpose of our existence and because of that, our most important duty in life. Five moral codes are: nonviolence, truth, noncovetousness, celibacy-living purity of life and nonattachment, nonpossessivness. Niyama principles, in contrast to those of Yama, are more personal and they teach us about the responsibility towards all aspects of our own life. By living the principles of Niyama we are an example and support to our family and society. The five principles of healthy living – Niyama are: purity, contenment, austerity, study and having cosmic intelgence as only suport in our life. Asana and Pranayama represent excersises of yoga postures and yoga breathing. Pratyahara is turning the attention from the outer to the inner field of life, towards mind itself and its source.

The inner limbs of yoga – antaranga yoga are:

Dharana, dhyana and samadhi. They are all contained in meditation. Dharana is steadiness of attention in its inward march. Dhyana is a process of reduction of mental activity. Samadhi is the state of pure consciousness, Self.

- Veda and Vedic literature, Vedic recitation
- Vedic literature on Yoga (Yoga sutras of Maharishi Patanjali; Bhagavad Gita; Hatha Yoga-Pradipika, Gheranda Samhita; Shiva Samhita; etc.).
- Sanskrit Terminology – a familiarization with key words and concepts to facilitate and retain authenticity in the teaching.
- Ethics for yoga teachers

2. Anatomy and Physiology – 40 hours

To have understanding of how the relevant body-systems work, and how various yoga asanas impact on these systems.

- Anatomy and Physiology (bodily systems, organs, etc.)
- Veda in the Human Physiology
- Vedic anatomy and physiology (chakras, nadis, etc.)
- Practical application of Vedic anatomy and physiology to yoga practice (benefits, contraindications, healthy movement patterns, etc.)

3. Asanas, Kriyas, Bandhas, Mudras and other traditional yoga Techniques – 120 hours

Moving and exercising are important for health of body and the mind. It is the nature of life. Lack of movement suffocates life. Those that exercise are healthier than those who do not. Our body consists mainly of liquids. Poor circulation of bodily liquids is like a still pool which gives rise to growth of all kinds of microorganisms which pollute our body and cause different illnesses. Good circulation of bodily liquids is like the mountain stream which is pure and rich in oxygen and nutritious ingredients. Exercising is important for stimulating the circulation of bodily liquids. Exercising must not be too strenuous, it should not cause tension, stress and exhaustion. Yoga contains the knowledge of the intelligent way of body exercising. Ancient yogis were in possession of the knowledge of anatomy, physiology, neurology, as well as the mental aspects of human life. On that basis they developed proper sequence of yoga exercises so that the body can be healthy and the mind could use its full potential.

Many scientific researches confirm the effectiveness of yoga exercises for the health of mind and body. Yoga exercises strengthen the bio-mechanical system as well as bone marrow, keep the healthy condition of spine, balance metabolism, and also immune and nervous system. Furthermore they improve circulation of all bodily liquids, they strengthen breathing as well as digestion and reproduction, neutralize fatigue, tension and stress and improve overall mental health. With regular exercising of yoga body becomes younger, beautiful, symmetric, flexible and strong. With yoga we make our body very balanced and

ensure proper position of the internal organs so that they can function normally, which is very important for health. Mind becomes calm, full of enthusiasm and determination. Yoga exercises awaken the life energy and make life more lively.

According to Hatha Yoga Pradipika, classical text on Yoga, the presence of Yoga is indicated by a happy face, glow in the eyes and healthy body. Ideal programme for health and recreation should contain all these benefits. When we look at the anatomical structure of the body, and its bio-mechanical system, we can see great possibilities of body for performing many different positions. Properly chosen and put in a proper sequence, yoga exercises stretch, loosen, enliven and relax every part of the body. If we do not move enough, we activate only a small part of the possibilities of the muscle-skeletal system which causes different problems in the form of pain, stiffness and poor mobility of joints, deformation of the spine and degeneration of lung tissue which causes hindrance in metabolic processes connected with oxygen and finally causes atrophy of endocrine glands and the deficiency of immune system. Yoga exercises enliven natural abilities of body.

Children naturally feel need for different movements and put their body in different positions so that they can investigate and use all possibilities of movement which were given naturally. They instinctively do yoga. Parents very often suppress children's need for the investigation of different possibilities of moving their body. They are afraid that they could get hurt and they want them to be more static so that they can more easily control them. That way they restrict their natural need for movement and the consequence is that during life this natural ability of body mobility of the becomes reduced to a minimum. Yoga teaches us to remain children all our life, to continue to put our body in different positions the way children do. By using this natural moving possibilities of body we will retain children's flexibility, health and vitality throughout our life.

- Biomechanics of asanas and their classification
- Five fundamentals of progress in the practice of yoga asanas
- Who, when, and how to practice yoga
- Samhita approach to practicing asanas, linking consciousness, breath and movement into one wholeness on the move.
- Main principles of the correct practice of asanas; training into principles and practicing them in asana
- Methods of maximizing the benefit of movement and breathing in asanas
- The techniques of observation. Observing the body, breath and mind before doing the asana, moving into the asana, staying in the asana, moving out of the asana, and after doing the asana.
- Sun salutation - Suryanamaskaram.
- Practicing asanas in water – Aqua yoga.
- Developing strength, flexibility and structural alignment through practice of the different series of asanas.
- Asanas for the spine.
- Learning and practicing: bandhas, mudras and kriyas.
- Learning and practicing: shatkarma, shankhprakhshalana.
- Personalizing the practice of asanas. Techniques of personalization.
- The concept of Brmhana and Langhana in Yoga and Ayurveda.
- Structuring the series of asanas for different needs, designing proper sequence of asana practice.

4. Pranayama – 60 hours

Pranayama is a Vedic breathing technique, which stimulates and increases the vital energy, ultimately bringing about perfection and evenness of the soft flow of prana within the whole physiology. Prana is the vital force which pervades the whole universe. Prana is the link that connects consciousness and matter, Atma (individual Self) and the body. Pranayama bestows greater vitality and long life.

- Asana-Pranayama link
- Prana and kundalini
- Types of prana
- Agni (fire of life)
- Principles of the proper practice of pranayama
- Practice of pranayama (position for pranayama, techniques of pranayama, modifications of pranayama).
- Sound in pranayama.

5. Therapeutic Approach of Asana and Pranayama – 60 hours

Yoga therapy is the art and science of healing according to yogic principles. Good health is a state of integration. The World Health Organization defines health similarly, as a state of physical, mental, and social well-being, and not merely the absence of disease. Yoga of Maharishi Patanjali is the principal basis for yoga therapy, or the healing of all aspects of one's being. Yoga therapy operates according to the same individualized approach that characterizes all yogic practice. Each therapeutic program considers the patient's current condition, using that as a starting point, and structures the program from that point so as to be safe, feasible, and effective in each individual case. Yoga therapy is considering six factors that we can use to affect and maintain our health. They are: diet, environment, lifestyle, exercise, breathing techniques and mental techniques.

- Asana, pranayama and relaxation procedures for structural and functional problems
- Scientific research on asana and pranayama

6. Meditation – 20 hours

During meditation stress and tensions are released. State of deep relaxation is achieved effortlessly and in a systematic way. Meditation is experienced as very useful, pleasant and refreshing. It strengthens us mentally and physically. It develops full mental potential and brings more stability and success to our life in all our endeavours.

- Theory of meditation

- Transcendental meditation
- Scientific research about benefits of Transcendental meditation

7. Ayurveda – 40 hours

Ayurveda is the science of life. It consists of various therapeutic approaches relating to the human physiology. Each of these approaches ranging from the simple lifestyle recommendations to directly focused treatment interventions should be individually tailored to address the unique makeup of imbalances in a person's psychophysiology. According to Ayurveda, every human being is a unique phenomenon of cosmic consciousness. Vata (ether plus air), pitta (fire plus water) and kapha (water plus earth) are called the tridosha, meaning the three humors or the three organizations of the body, which are also derived from consciousness. The balance of vata, pitta and kapha is the natural order, thus when this doshic balance is disturbed, it creates imbalance, which is disorder. Health is order and disease is disorder. Within the body there is a constant interaction between order and disorder, thus once one understands the nature and structure of disorder, one can re-establish order. The principal means of assessing an individual's unique dosha proportions and current state of dosha imbalance is nadi vigyan, or pulse diagnosis. The pulse provides a channel through which one can learn not only about the state of the bodily organs, but also about the interaction and balance of the energies in the mind-body complex. For prevention of disease we must help the body to eliminate the toxins. For that Ayurveda suggests putting the person on a proper diet with appropriate lifestyle, habits and exercise of asana, pranayama, meditation, and administering a proper cleansing program such as panchakarma.

- Yoga and Ayurveda
- Basic principles of Ayurveda
- Asana and pranayama in Ayurveda
- Ayurvedic remedies for common ailments
- Ayurvedic recommendations for routine and diet

8. Teaching Methodology – 30 hours

For the teaching to be authentic and useful teacher should live in accord what he teaches. Science of Vedic Yoga Teacher Training Course will give to all course participants this quality which will make them authentic and efficient teachers of the ancient science of Vedic Yoga.

- Principles of demonstration, observation, personalization, sequencing for individual needs, assisting/correcting, instruction, teaching styles
- Qualities of a teacher and the student's process of learning.
- Establishing a personal practice with guidance.
- Conducting classes for small and for larger groups.
- Professional and business aspects of teaching yoga.

9. Consideration of different Systems of Yoga – 20 hours

Considering the theory and practice of the most prominent yoga teachers.

- Different styles of asana, pranayama and meditation practice
- Raja yoga, hatha yoga, kundalini yoga (laya yoga), mantra yoga, kriya yoga, bhakti yoga, ashtanga yoga, surya yoga, vini yoga, vinyasa yoga, etc.

10. Practical part – 40 hours

- Includes practice teaching, receiving feedback, observing others teaching and hearing/giving feedback. Also includes assisting students while someone else is teaching.

Teacher of the Science of Vedic Yoga Teacher Training Course:

ing. Jadranko Miklec- President of Association for sport and recreation „SUN“ (Društvo za športsku rekreaciju „SUNCE“), Mikleci 25, 10040 Zagreb, Croatia; tel: 00385 (0)1 2980663; mobitel: 00385 (0)95 9147314; e-mail: jadranko@vedic-yoga.org; www.vedic-yoga.org

Jadranko Miklec is born on 20.05.1957 in Rijeka, Croatia. He started practicing yoga and martial arts from childhood. 1978 he finished Colledge for telecommunications and gained title: Engineer of telecommunications. Already then he started to teach yoga and martial arts (master of karate). Jadranko Miklec is autor of five books and DVD on yoga. Title of first book is Yama, second - Niyama, third - Asana and Pranayama, fourth - Yoga for the spine and beauty of body, fifth - Return to health – Transcendental Meditation - with reference to Pratyahara, Dharana, Dhyana and Samadhi. Books and DVD are accepted by library of Morarji Desai National Institute of Yoga, India (An autonomus organisation under Deptt. of AYUSH, Ministry of Health & Health &F.W., Govt of India). 2005 Jadranko Miklec was delegated as representative of Yoga in the Department of Ministry of Justice of Croatia for regulation of application of nonconventional medicine. He practices and teaches Yoga in Europe and other continents (India) already for 30 years. 1982 in Maharishi Academy in Sant Hilari de Sacalm, Spain Jadranko become teacher of Transcendental Meditation and 1991 teacher of Maharishi Vedic Science and member of the Faculty of Maharishi's Vedic Science at the Maharishi University of Natural Law, Mentmore, England. 1988 and 1989 Jadranko was working in Maharishi European Research University in Seelisberg, Switzerland. 1992 Maharishi Mahesh Yogi appointed Jadranko to be National Leader for TM in Croatia. Jadranko was organizing and conducting many courses, conferences and International World Peace Assemblies in Croatia. Also for few years Jadranko was president of Natural Law Party of Croatia. Knowledge about Yoga Jadranko gained from Maharishi Mahesh Yogi, A.G. Mohan – direct disciple of Shri T. Krishnamacharya, Maharishi Swami Dev Murti, other Yogacharyas and his

own insights which he gained through the long practice and discovering deeper understanding of Yoga. Jadranko has also experience with the application of Yoga and Ayurveda to sport (tenis). Also Jadranko was teaching yoga to companies in Croatia like IBM and Ericsson Nikola Tesla. For teaching yoga Jadranko is cooperating with Maharishi Akademie Für Vedische Wissenschaft; Deutsche Gesellschaft für Ayurveda; Institut für Sportwissenschaft der Universität Tübingen in Germany; Morarji Desai National Institute of Yoga, India; European Yoga Federation and World Movement for Yoga and Ayurveda. Jadranko Miklec is International Secretary General of the World Academy of Ayurved, India. From this organisation Jadranko received the noble prestigious award and title of Vanaushadhi Bhashagacharya (Herbal Scientist).

Cooperating Teachers of the Science of Vedic Yoga Teacher Training Course – Dolomites, Italy:

Dr.med. Ernst Schrott – Leiter Akademie der Deutschen Gesellschaft für Ayurveda

CURRICULUM VITAE

Dr. med. Ernst Schrott
Arzt für Naturheilverfahren
Vorstand Deutsche Gesellschaft für Ayurveda
Leiter Deutsche Ayurveda Akademie
Steyrerweg 11 Tel.: 0049-941-25040
D-93049 Regensburg Fax: 0049-941-22294
www.vedamed.de
dr.schrott@gmx.de

EDUCATION

STUDY

Ludwig-Maximilians-Universität, München 1972-1978

DOCTOR OF MEDICINE 1979

Ludwig-Maximilians-Universität, München

MEDICAL RESIDENCY

Orthopaedics and Rheumatology 1980-1982

Orthopädische Klinik I des Rheumazentrums

Bad Abbach (Prof. Wessinghage)

Anaesthesia 1982

Orthopädische Klinik I des Rheumazentrums

Bad Abbach (Dr. Lutz)

Natural Medicine and General Medicine 1982- 1984

Joint Practice Dr. Ulf Evertz, Bad Abbach

Natural Medicine 1984

Akutklinik für Innere Medizin, Augsburg-Deuringen (Dr. M. Stübler,

Dr. Kleindienst)

ADDITIONAL MEDICAL EDUCATION 1984-1990

Akupunktur, Homöopathie, Chirotherapy, Balneotherapy

Authorization for doctors training in natural medicine

administered by Bayerische Landesärztekammer (Official Chamber of MedicalDoctors)

VEDIC MEDICINE

Veda in Physiology: Practical experience by Intensive training courses in the system of Yoga including Maharishi Mahesh Yogis Transcendental Meditation and TM-Siddhis-Programme 1972 - 1979

Ayurveda – Postgraduate Study at Maharishi Vedic University, Holland
1984- 1998

With specific doctors Training courses

o Seelisberg (Switzerland), Como (Italy), Valkenburg, Surya (Netherlands),

o Schleddehausen (Germany)

o Maharishi Ayurveda Arogyadham Hospital, Delhi

Pancha Karma Training Course, Surya (Netherlands) 1993

TEACHERS

Dr. Ramanuja Raju, Delhi/Hyderabad; Dr. Dev Triguna, Delhi;

Prof. Ranga Rao, Hyderabad; Asthavaidya Narayanan Mooss (MVU, Holland);

Dr. Kasture (Panchakarma)

PRATICE OF AYURVEDA

Medical director Maharishi Ayurveda Panchakarma Centre 1993-1998

Regensburg

Application of Ayurveda in daily practice 1984-Present

SCIENTIFIC RESEARCH and PUBLICATIONS

PAPERS

Clinical study on Meralgia paraesthetica in patients with coxarthrosis

Orthopaedic Clinic I, Bad Abbach (Prof. Dr. D. Wessinghage) 1981

EEG, Consciousness and Transcendental Meditation 1982-1983

Different Publications about subjects in the field of Natural Medicine,

Ayurveda, Meditation 1990-2000

BOOKS

Several Books on Ayurveda, Meditation, Gandharva Veda 1995- 2005

Editor (Schrott/Schachinger) of “Handbuch Ayurveda”, Thieme-Verlag, 2005, 2005

A Handbook on Ayurveda for doctors and medical professions, with preface

of the Indian Health Minister, Mrs. Panabaka Lakshmi

Editor (Schrott /Prof. Ammon) of “Ayurvedische Heilpflanzen Indiens und 2007

Europas- ein Vergleich“ (Wissenschaftliche Verlagsgesellschaft Stuttgart)

(in preparation)

AYURVEDA HERBAL MEDICINE

“Heilpflanzen und Präparate der ayurvedischen Medizin. Lexikon für Ärzte und Apotheker.” Dr. Schrott /Dr. James Duke.

Software on 500 ayurvedic herbs and related ayurvedic preparations 2006

STATUS

Co-founder of the German Association of Ayurveda 1987

(Deutsche Gesellschaft für Ayurveda), the German Ayurveda

Doctors Association

Vice-president German Association of Ayurveda 2005-Present

Founder and Director German Ayurveda Akademie 2002-Present

AWARDS

“Ambassador of Ayurveda 2005-2006”, 2006
Peediyakkal Medical and Charitable Trust, Kerala, India

2. Amadio Bianchi

(Mahamandaleshwar Swami Suryananda Saraswati)

President

World Movement for Yoga
European Yoga Federation
Scuola Internazionale di Yoga e Ayurveda C.Y.Surya

Vice President

International Yog Confederation Delhi

General Coordinator

World Movement for Ayurveda
Official Italian Confederation of Yoga

Ambassador

The World Community of Indian Culture and Traditional Disciplines

Founder Member: European Ayurveda Association

3. Bettina Beinvogl

Raised in „yogic family“, daughter of teachers of the Transcendental Meditation Technique Practices TM since early childhood, yoga since 15 years
Born in Munich (Germany) and raised partly in the USA
Mother of a baby girl

EDUCATION

Rudolf Steiner elementary school	(Munich, Germany)
Middle and High school	(Millbrook NY, USA)
2000 - European Baccalaureat European School Munich	
2001 – Maharishi Vedic Science core courses at Maharishi University of Management (USA)	
2001 – 2004 certified translator (German, Spanish, Italian)	(University Munich)
2004 – 2005 various internships and work programs	(Spain, Chile, Italy)
2005 – 2009 Bachelor of education	(Austria)

PROFESSIONAL EXPERIENCE

Translator and interpreter (Chile, Spain, Italy)
2005 – 2008 flight attendant with Austrian Airlines
Elementary school teacher, Kindergarten teacher
Founder of Ski kindergarten, San Cassiano
Founder of Dolomites Kids Yoga Adventure (Alta Badia, Italy)
Currently manages Hotel/Residence in San Cassiano, Italy

COURSES

2006 Yoga Teacher Training at Sivananda Yoga Vedanta Ashram (Kerala, India)
Various children’s yoga workshops and trainings (Germany, USA)

Ski instructor diploma

LANGUAGES

German, English, Italian, Spanish, Ladino

Recommended literature for the Course

1. A.G. Mohan: Yoga for Body, Breath and Mind. Shambhala, 2002.
2. A.G. Mohan and Indra Mohan: Yoga therapy, Shambhala, 2004.
3. Dr. med. Ernst Schrott: Ayurveda, 2005, Wilhelm Goldmann, Verlag, München
4. Dr. med. Ernst Schrott, Dr. med. Wolfgang Schachinger: Handbuch Ayurveda, 2005
Karl F. Haugh Verlag in MVS Medizin-verlage Stuttgart GmbH & Co. KG.,
5. Jadranko Miklec: Yama – moralna načela, Zagreb, 2002
6. Jadranko Miklec: Niyama – životna načela, Zagreb, 2004
7. Jadranko Miklec: Asana – yoga položaji Pranayama – yoga disanje, Zagreb, 2005
8. Jadranko Miklec: Yoga za kralježnicu i ljepotu tijela, Zagreb, 2006
9. Jadranko Miklec: Povratak zdravlju - Transcendentalna meditacija, Zagreb, 2007
10. Mel Robin: A Physiological Handbook for Teachers of Yogasana, Fenestra Books, 2002.
11. H. David Coulter: Anatomy of Hatha Yoga. Body and Breath, Inc., 2001.
12. Dr. David Frawley, Sandra Summerfield, M. S. Kozak: Yoga for Your Type. An Ayurvedic Approach to Your Asana Practice. Lotus Press, 2001.
13. B.K.S. Iyengar: Light on Yoga. George Allen and Unwin, London, 1986.
14. B.K.S. Iyengar: Light on Pranayama. George Allen and Unwin, London, 1981.
15. B.K.S. Iyengar: Yoga The Path to Holistic Health. Dorling Kindersley Limited, 2001.
16. Shri K. Pattabhi Jois: Yoga Mala. North Point Press, 2000.
17. T.K.V. Desikachar: Religiousness in Yoga. University Press of America, 1980.
18. Gary Kraftsow: Yoga for transformation. Penguin Compass, 2002.
19. Gary Kraftsow: Yoga for Wellness. Penguin Putnam Inc., 1999.
- 20.
21. Srivatsa Ramaswami: The complete book of Vinyasa Yoga, New York, 2005.
22. Pancham Sinh: The Hatha Yoga Pradipika. Munshiram Manoharlal, 1992.
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