

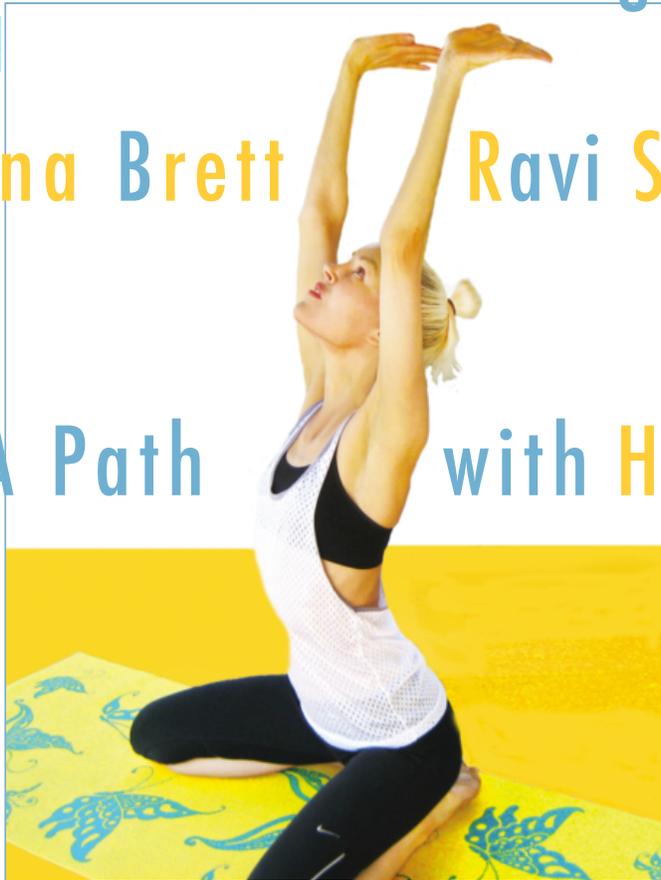


Kundalini Yoga Teacher Training

Ana Brett

Ravi Singh

A Path with Heart



The Universe is looking for dedicated people to heal, uplift, and inspire. Let this sacred technology give you the tools to heal yourself and heal the world!

Learn to be a premier instructor of the ultimate body, mind, soul fitness form! Ana and Ravi are internationally recognized Teachers and Authors of 24 DVD's and a forthcoming book. These NY/LA yogis have (combined) 45+ years teaching experience.

200/300 hr. (Yoga Alliance) Teacher Training

(& Soul Training for Committed Yogis)

@ Raven's Wing Yoga / Branford, CT

Begins July 17th 2015 (1 weekend per month skipping August)

Info/Reg: Sally Noel • 203.488.9642 • ravenwingyoga@icloud.com



Kundalini Yoga

200/300 hr. Teacher Training

with Ana Brett & Ravi Singh

Kundalini Yoga, is a powerful tool for excellence and self-growth. It offers an accessible means whereby people can transform personal suffering into blessings and positive attributes to contend victoriously in life as we know it. The Path of a Spiritual Teacher is a meritorious and noble endeavor. Through the practice and presentation of the ancient science of Kundalini Yoga, you will be a facilitator for the forward evolution of many souls, and help to make the world a better place.

This Training has been designed to create Self-Mastery and the capacity to heal, uplift, and inspire. Through honest participation you'll cultivate personal greatness. Previously, doctors, lawyers, and CPAs were the honored professions. Now Teachers of Spirit will be respected, and revered. The Universe is looking for motivated people who are willing to walk in radiance and share these ancient treasures in powerful and creative ways.

Ana and Ravi are dedicated to helping you discover and express your gifts in your teaching, and your life. This 200 hr. certification is recognized by the Yoga Alliance, an International Organization for Teacher Training Programs. Sessions will be 75% experiential and 25% lecture. Each of these six weekends will include at least 25 "contact" hrs. (of the 150 required for certification) with Ana & Ravi. **By completing this 200/300 hr. Training you will be able to register with Yoga Alliance as a 200/500 hr. certified Teacher.**

Homework for this Training will include various lifestyle considerations and a personal Sadhana (Spiritual Practice) which we will ask that you practice each day.

Individual modules are also open to yogis who wish to deepen their practice.

"The heart of a Teacher has four chambers. One pumps out Wisdom. One blessings. One absorbs negativity. One elevates it." --Yogi Bhajan

"The Highest Path is to use your gifts to make a difference. Rocket and rock it!"
--Ravi Singh



With 45+ years combined teaching experience, internationally recognized Yoga Teachers, Ana Brett & Ravi Singh, remain fresh in their quest to keep innovating with new methods, approaches, depth and insight. Ana Brett and Ravi Singh have authored 24 DVD's and a soon-to-be published book. They've trained over 300 practicing Kundalini Yoga Teachers. Their clients have included Olympic Athletes, and people from all walks of life. They travel extensively teaching workshops, conferences and retreats worldwide.

Their approach is powerful, inspiring, moving, and fun!

Our primary objective," say Ana & Ravi, "Is to create a team of dedicated professional Teachers who maintain themselves in Elevated Spirit and who are motivated to share this amazing system of inspired fitness, meditation, and conscious living to help people to live healthy, happy, more peaceful lives."

These accomplished Teachers are known for their ability in helping students make consistent and dramatic breakthroughs in their lives. More info: www.raviana.com

In an Ana & Ravi Teacher Training you will: • Experience comprehensive Kundalini Yoga & Meditation Workouts • Cultivate a teaching style and repertoire which will simultaneously accommodate students in fitness mode, self healing mode, and Spiritual growth mode • Learn the purpose of each technique on every level: body, mind and spirit. • Share in Ana & Ravi's in-depth knowledge of physical and metaphysical anatomy • Learn how to modify exercises to accommodate students at every level • Participate in uplifting chants and group meditations • Discover your personal teaching style and creative gifts you were meant to use to heal, uplift, and inspire • Learn the special applications of Kundalini Yoga for a wide range of health concerns and life issues • Gain in-depth understanding of the cornerstones of yoga philosophy • Gain necessary tools and inspiration to become a professional Teacher of Kundalini Yoga!" **Attendees will each receive a 350+ page Training Manual!** Here is a general synopsis of our curriculum.

Module One - Self-Initiation - July 17 - 19

The Golden Chain • The Art and Science of Spirit Rising • The Myths and Mysteries of Kundalini • Lineage and Kundalini Concepts • Organizing Your Warm-Up Repertoire • Quick Set to Raise the Kundalini • The Stages of Self Growth • Mantra 101 • The Bhandas 101 • Do's & Don't's for the Practice of Kundalini Yoga • Laya Yoga • More!

No Session In August

Module Two - Self-Empowerment - September 18 - 20

The Science of Sequence • How Kundalini Yoga Works • Organizing Your Teaching Repertoire • Templates for A Effective Kundalini Yoga Classes • Body Mechanics • Align to be Divine • Breath Secrets • Ethical Standards for Masters in the Making • The Five Principles of Alignment • Navel Power • Three Pyramids of Perfection: Sadhana. Simran, Seva. Aradhana: Form, Fearlessness, Fire. Prabhupati: Commitment, Creativity. Consciousness • More!

Module Three - Divine Alignment - October 17 - 19

The Five Principles of Alignment • Mudra 101 • Warrior Workout • Love Your Liver • Yoga Philosophy 101 • History of Kundalini Yoga • Yoga Anatomy • The Eyes Have It • Top Ten Meditations in Kundalini Yoga • Kundalini Yoga Sun Salutation Sets • Conscious Corrections • Teaching Special Groups: Seniors, Athletes, Dancers, Singers, etc. • Anatomy and Physiology • The Yoga Body • Alignment Checklist • Camel Pose and the Five Principles • Foot

Module Four - The Healing Path - November 14 - 16

The Healing Path: Thoughts on Healing • Beginners Cleansing Kriya • Sitali Pranayam • Kundalini Yoga Meditation to Heal All Sickness • Preparing for Healing • Breath Meditation to Heal with Your Hands • Our Wireless Anatomy, • Pranic Body Breathing Exercise • Warm-Ups with a Health Focus • Pran Arti Pranayam • Chow Pad Arti Pranayam • Ultimate Pre-Natal Set • Breath and Rib Release, Rejuvenation Technique • Ghost Kriya • Pranayam to Stay Young • Digestive System Tune Up • Meditation to Heal at a Distance • Healing Circle • Immune Boost Breathing

Module Five - Maps of Consciousness - December 12 - 14

Chakras: Wheels of Life • Keywords for the Chakras • Breath Meditation to Bring Heaven and Earth into Balance, • Sex and Sixth Sense • Love & Will • Kundalini Yoga Super Set to Open the Chakras Part 1 • Kriya for Pelvic Balance • Kriya for Generating Navel Tapa • Journey thru the Chakras Superset Part 2 • Heart of Gold • Green Energy of the Heart Meditation, Chakra 5: The Great Voice • Kantha Padma Kriya for the Lotus of the Throat • Venus Kriya for Communication • Sky Blue Meditation for the Throat Chakra • The Divine Laws of Inspired Communication, Set to Keep the Chakras Open, The Sixth Chakra: Vision Quest • Initiation into Intuition • Tantric Numerology • The Meridian System • Set to Open the Meridians and Heal the Heart

Module Six - Methods of the Masters - January 15 - 17

A Journey thru the Psyche • Rebirthing Kriyas • Teaching Practicum • Teaching Tips • Shine Like the Star You Are • Short Sets to Enhance Your Repertoire • Yoga for Seniors • Couples Exercises • "Secret" Meditations • More Kundalini Yoga Supersets • Healing Circle • Teaching Practicum • Empowering Yourself as a Teacher • V for Victory Meditation • Akasha Dhristi Meditation • Vibrate Your Soul • "Last" Meditation • Meditation to Understand the Power of Your Attachment • Shushuma Nadi Activation • Yogi Bhajan on Being a Teacher of Kundalini Yoga • Meditation to Develop the Mature Elevated Caliber of a Spiritual Teacher • Meditation for Prosperity, Inner Peace, World Peace and Positive Mindset.

Assisting in the Training will be Sally Noel and Sal Annunziato

SALLY MURPHY-NOEL / FOUNDER OF RAVENS WING YOGA



Raven's Wing Yoga was birthed in June of 2004 as a place of wholistic intention and dedication to Yoga or Union. Steeped in the lessons her Native Grandmother taught her, Wisdom is to be shared and is intended to evolve and grow with time. Sally began her yoga studies in 1992 and began teaching in 1998. Her deep learning of Yoga came from living and studying at Kripalu, practicing biodynamic farming in New Mexico & California, living & studying at the Heartwood Institute for Massage & Healing and finally studying and receiving certification from the Rocky Mountain Institute for Yoga and Ayurveda where she studied both Yoga Therapy & Ayurveda. Sally continues to study with many other teachers that continue to fill her path.



SAL "NUNZ" Annunziato

Sal is a 2007 Graduate of the YogaSpirit Studios Iyengar Hatha based 200 Hour Certification program. Being a principal in a Software Company, Singer/songwriter, Musician, Father of 4 amazing children, Sal believes that anything is possible when one is working towards finding ones true self. His blend of Kundalini, Hatha, Svaroopaa, and Vinyasa as well as an eclectic scope of music moves one to open up in ways that are new and enlightening. Be prepared to open your heart,

Total Cost for the first six modules of the 200/300 hr. Training: \$2950 (includes 350 page manual!)

- If you pre-pay for the entire training by July 1st 2015 the cost will be \$2950.
- From July 2nd to July 15th the cost for a one time payment will be \$3050.
- If you pre-pay for the entire training in two installments the total cost will be \$3150, the first payment of \$1575 will be processed by on or before July 15th and the second by December 12th, 2015.
- If paid in four \$815 installments the cost of the training will be \$3280. The first deposit is due by July 1st, 2015. Subsequent installments will be processed by Oct. 15th, Dec. 1st, and January 15th
- If paid in six \$625 installments the cost of the training will be \$3400. The first deposit is due by July. 1st, 2015. Subsequent installments of \$625 are will be processed before each of the remaining five modules begins.

Credit cards and paypal accepted. Please make checks payable to New York Center for Art & Awareness
Mail Checks to: Sally Noel c/o Ravens Wing / 19 South Main Street, Branford, CT 06405

Partial scholarships / extended payment plans may be available for sincere seekers under financial pressure.

Please note that payment for this training is non-refundable. If you need to miss a weekend you can make it up at a future Ana & Ravi training or event, but we regret that we cannot offer a reduction (unless you let us know which modules you will be missing before July. 10th) of fee or refund. Also, we cannot be responsible for losses due to inclement weather, travel delays, or other forms of force majeure. Please consult www.travelguard.com for further protection options.

Registrations or questions re: travel, accommodations, logistics, etc. please contact Sally: ravenswingyoga@icloud.com

Location for the Training: Ravens Wing Yoga 19 South Main Street, Branford, CT 06405

Sessions will be Fridays 2 - 7 p.m., Saturdays, 8 a.m. - 7 p.m., Sundays 6 a.m. - 2 p.m.

Ana and Ravi info: ravianayoga@aol.com / 1.800.243.9642 / www.raviana.com

If you are attending to accrue hours towards a 300 hr. certification the dates for the additional 200 hrs. needed for a 300 hr. certification will be announced. If you sign up for a 300 hr. certification your schedule will definitely be accomodated.