



YOGA RESEARCH FOUNDATION
INTEGRAL YOGA TEACHER
CERTIFICATION

Authorized and Established
by H. H. Swami Jyotirmayananda
Officially Approved and Sanctioned by the Master

Date: September 7 - October 20, 2024

Format: Weekend Intensive Training

Schedule: Saturdays & Sundays

Time: 7:30AM - 6:30PM

Location: 5691 SW 102nd Ave, Miami, FL

YRF-CERTIFIED CURRICULUM & INTERNATIONALLY
REGISTERED YOGA TEACHER TRAINING
CERTIFICATIONS

Yoga Research Foundation is pleased to announce our first-ever official INTEGRAL YOGA TEACHER TRAINING CERTIFICATION with the profound blessings, directive and guidance of [H. H. Swami Jyotirmayananda](#), Jivanmukta (liberated being), Yoga Acharya (master), Vidya Guru (illuminator of knowledge), “Genius of Yoga,” and the last-living direct disciple of [H. H. Swami Sivananda](#); channeled through the leadership of [Sri Sudarshan Jyotirmayananda](#), direct disciple of His Holiness Gurudev Swami Jyotirmayananda (Swamiji), spiritual preceptor and selected Lead Trainer of the Yoga Research Foundation Teacher Training Certification. This mission is to unfold and spread our Guru Sri Swami Jyotirmayanandaji’s inspiration and insight into the vastness of Yoga, and to uphold the highest educational standards for Yoga Teachers worldwide. Over the course of 8 weekends (Saturdays & Sundays), trainees are fully immersed in the most comprehensive and intensive Yoga certification and educational experience ever offered. All sessions of the YRF TTC are held at the brand new Integral Yoga Center in Miami, FL, and include the Darshans, Meditations and Special Festivities at the Ashram. In all three levels of the Yoga Research Foundation Teacher Training Certification, you will become intimately connected and formally initiated into this eternal Parampara, the unbroken lineage of Self-realized and Enlightened masters, and deeply explore the Guru-Shishya relationship, while coming face-to-face with the fundamentals and complexities of this ancient art and spiritual science in its essential, purest and most sacred form. The YRF Integral Yoga Teacher Certification program covers the whole spectrum of Yogic knowledge and practice, and appeals to all aspiring Yogis; from those who are just beginning to those who are seeking to advance their discipline, teaching and understanding of Yoga’s nuances and subtleties. This course is ideal for those wanting to inspire others by teaching Yoga, and for genuine practitioners whose aim is to ascend the heights of Yogic wisdom.

YOGA RESEARCH FOUNDATION TEACHER TRAINING

Yoga Research Foundation carries and embraces the tradition of one, classical and integral Yoga - a holistic practice infused with lucid wisdom that has been passed through the direct relationship from Guru to Disciple, since time immemorial. The Yoga Research Foundation offers an unparalleled breadth and refinement of Yogic education, as well as a direct link to an ancient and living lineage. Presiding over the Yoga Research Foundation, Integral Yoga Center, and all course material for Yoga Teachers-in-training, Swami Jyotirmayananda is the foremost proponent of Yoga Vedanta, an all-encompassing integration of Karma Yoga (action directed into service), Bhakti Yoga (emotion harmonized into devotion), Raja Yoga (will power focused into meditation) and Jnana Yoga (knowledge purified into wisdom) - also known as “Integral Yoga” - the original, integrated essence and expression of Yoga in all aspects. Strengthen your foundations in Yoga, or teach Yoga with knowledge, skill and mastery, with the comprehensive 333-page Yoga Teachers’ Manual, compiled and written by Sri Sudarshan by the blessings of our Gurudev H. H. Sri Swami Jyotirmayananda, serving as the structure of all Yogic pursuits - from ignorance to knowledge, from darkness unto light, from bondage until complete liberation.

The YRF 200hr Yoga Teacher Training Certification (Level 1 + Level2), 300hr Yoga Training Certification (Level 3), totaling 500hr Yoga Certification and beyond, are one continuous initiation into carrying the torch of Yoga for all humankind. The teachings of His Holiness Swami Jyotirmayananda, Sri Sudarshan Jyotirmayananda and the Yoga Research Foundation's Integral Yoga Teacher Training Certifications are here to educate the world and empower sincere Yoga aspirants about the fundamentals of Yoga; promote greater awareness, clarity and integrity; supply immortalizing knowledge of the Self; develop command of the authentic Yoga; create spaces of profound transformation for others; and most importantly, attain the highest goal of every soul, Self-Realization! By the divine grace and enlightened wisdom of our Guru, we extend the choicest blessings for peace, health, long life, prosperity and enlightenment for all of you!

IYTTC LEVEL 1: SADHANA

Integral Yoga Teacher Training Certification

Focus: Hatha Yoga

Develop: Control, Awareness

Key: Asana, Pranayama, Mudra, Bandha

Aspect: Karma [Action]

Layer: Physical [Body]

Obstacle: Mala [Impurity]

Stage: Creation [Discipline]

Aspire for optimum personal health by creating a rhythmic daily sadhana based upon the disciplines and teachings of the enlightened Yoga masters who brought these ancient and secret technologies from India to the world. Create discipline and move into a systematic routine by incorporating an integral and rhythmic daily practice. Suited for aspirants seeking the most comprehensive and complete system of Integral Yoga, the first level (Level 1: Sadhana) of the formal 200-Hours YRF Integral Yoga Teacher Training Certification is offered on weekends in balance with a professional work schedule. Learn the foundational, disciplinary practices and teachings of Yoga Sadhana, and start to incorporate them into your daily life. Attention placement; adaptation and adjustment; variation and modification; practical scientific benefits; get clear and concise instructions on how to apply Yoga today. The Level 1 Sadhana Training is ideal for those who wish to learn Yoga from the authoritative masters and scriptural texts; solidify their understanding of the practical wisdom held within Yoga's original lineages; or simply to encounter the true teachings of the most ancient system of personal development.

Level 1: 75 Hours

Tuition: \$1100

IYTTC LEVEL 2: UPASANA

Integral Yoga Teacher Training Certification

Focus: Kriya Yoga, Kundalini Yoga

Develop: Sharpness, Concentration

Key: Devotion, Meditation, Sankhya

Aspect: Bhakti [Emotion], Raja [Will]

Layer: Astral [Senses, Mind]

Obstacle: Vikshepa [Distraction]

Stage: Evolution [Movement]

Deepen your experience with Yoga and share it with others. Be inspired by the lives and teachings of Yoga Masters prepared to teach Yoga in your own expression. Subtler planes of existence, higher levels of metaphysical knowledge and astral experiences are uncovered. An opportunity to learn psychological facts of life, somatic relaxation, breathing and generating Prana, finally get to the root of balancing your nervous system and calming your mind. You are provided the proper capacity and space to fully comprehend, reflect and integrate the teachings in your unique way. The second level (Level 2: Upasana) completes the official 200-Hours YRF Integral Yoga Teacher Training Certification, and teaches how to evolve your individual practice and share it authentically with a sincere command of the Yogic sciences and the art of devotional meditation. The Level 2 Upasana Training will show you how to sublimate crippling beliefs, reduce fear-reactivity and improve communication. You will learn how to be more clear-minded and honest with yourself and others; efficient and unselfish in your practical duties; imaginative and skillful in dealing with human psychology and the world.

Level 2: 125 Hours

Tuition: \$2200

IYTTC LEVEL 3: MUKTA

Integral Yoga Teacher Training Certification

Focus: Tantra Yoga, Sanyasa Yoga

Develop: Power, Fullness

Key: Japa, Advaita Vedanta, Siddha

Aspect: Jnana [Reason]

Layer: Causal [Intellect, Ego, Soul]

Obstacle: Avarana [Illusion]

Stage: Liberation [Isolation]

A profound journey into the spiritual heart and enlightened mind of Yoga, the infinite sky of consciousness is seen in the light of wisdom. Integrate more advanced and refined skills for

your personal and professional life; develop spiritual teaching and improve your guidance in Yoga-Meditation, health and spirituality; acquire the subtlest insights into the nectarine wisdom of fully-liberated Yoga Gurus, Masters, Sages and Saints; establish, maintain and transform your connection to the Absolute Reality. The third level (Level 3: Mukta) comprises 300 Hours for a total 500-Hours YRF Integral Yoga Teacher Training Certification. It instills the major impressions of physical, mental, emotional, and spiritual wellbeing while building up immensely powerful energy for actualization, transformation and Self-Realization. Your own effort and operation of divine grace will navigate a path to the absolute freedom and infinite expansion of spiritual liberation. The Level 3 Mukta Training provides guidance to move beyond the breath to control the thoughts of the mind for the purpose of transcending both. Above all, trainees become fully present and totally committed to acquiring all of the tools for the soul's mission. Precisely and progressively you enjoy the unique fragrance of the sacred, eternal love emanating from within leading to positive changes in your life.

Level 3: 300 Hours

Tuition: \$3300

INAUGURATION

Commencement on September 7, 2024; Graduation on October 20, 2024.

Weekend-Intensive Schedule on Saturdays & Sundays, 7:30am-6:30pm.

Training Level 1 (Sadhana) combined with Training Level 2 (Upasana).

Internationally Recognized RYS-200/RYT-200 Teachers Training.

All Meals are included during the scheduled Training Hours.

Comprehensive 333-Page Yoga Teachers' Manual included.

All YRF Ashram Festivities and Celebrations included.

200-Hours Yoga Alliance Registered Certification.

Diploma Certificate for a successful completion.

Certified Teachers for new Integral Yoga Center.

Note: Successfully completed Certified Graduates of the YRF TTC are granted the ability to hold a teaching position at the new Center; are provided immediate and priority placement into the studio's Grand Opening and on-going public class schedule; several benefits including antecedence in organizing and leading specialized workshops; discounted admission to select studio events, programs and trainings; and more!

ENROLLMENT

Please click [here](#) to complete your registration.

PAYMENT

Tuition fees are due by September 1, 2024.

1-, 2-, and 3-Installment payment plans are available.