

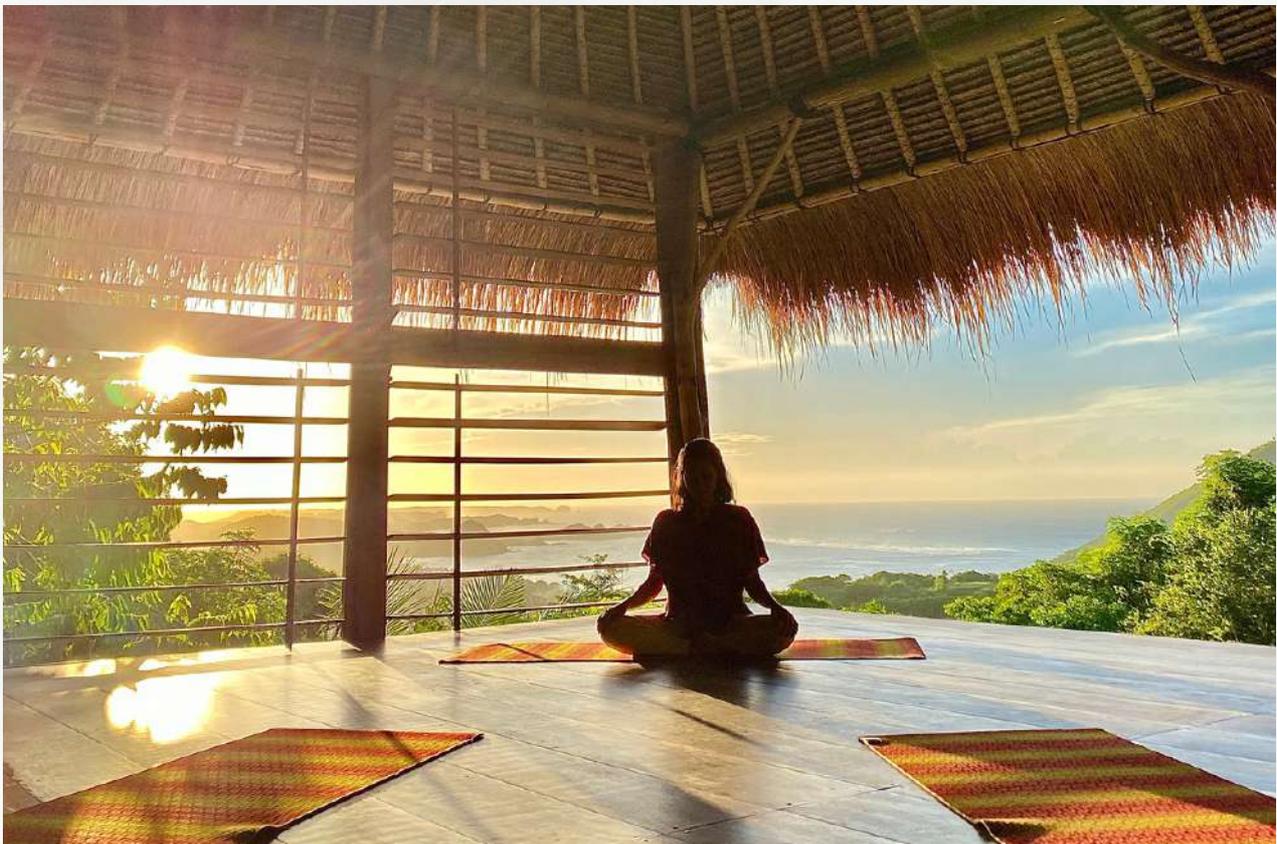


YOGA TEACHER TRAINING 200-HOUR HATHA-VINYASA

With Almitra Putri Lestari ERYT500, YACEP

Saturday, October 1st - 31st 2022

 Kuta Mandalika, Lombok Island, Indonesia



*Aspire to inspire,
May you become a light that illuminates others*



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FOREWORD





LIFE-CHANGING EXPERIENCE

Your life-changing experience will start here at Ashtari Yoga in the heart of surfers paradise with breathtaking ocean views surrounded by a forestry area and a sweet-smelling garden. Our passionate teachers are ready to inspire you to transform into a fitter, healthier, and happier you.

Unwind with daily yoga practice, nourishing food (vegetarian & vegan friendly, locally resourced, with no preservatives), a healthy environment, beautiful ocean views, loving teachers, new lifetime friendships, and an opportunity for a new career path.

Dive deep into this program learning yoga in all its forms from daily practice, pranayama, meditation, poses, anatomy, alignment, sequencing, philosophy, teaching essentials, ethics, professional development, Ayurveda, Acroyoga, Sacred Sound, and so much more.

EVERYBODY IS WELCOME

This course is ideal for you who are interested in deepening your yoga knowledge and practice. Suitable for you who are curious about the healing arts to assist self-healing or helping others. And perfect for you who are interested in pursuing the credentials to teach yoga.

INDULGE WITH US!

Live life fully every day in beautiful Lombok! Vibrantly alive in paradise :)



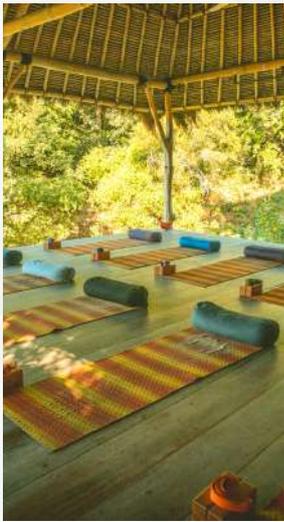
SURF & YOGA DESTINATION

As the hot-new yoga surf destination, Kuta Mandalika Lombok offers a lot of unique things like cultural ceremonies, virgin pristine beaches, waterfalls, and hidden surf spots. The locals are very welcoming and have shared their customs with visitors for many years, including the importance of spirituality and wellness.

10 REASONS THAT MAKE YOU FALL IN LOVE WITH OUR ISLAND

1. Spectacular surf spots on the South Lombok Coast
2. World-Class Yoga Retreats and hotels
3. Stunning scenery and pristine empty beaches
4. Immerse culture & history and artful shopping = major fun!
5. Locally engaged sustainable tourism opportunities (and a little more shopping)
6. A local's guide to the best sunsets, hiking, and waterfalls (no crowd here!)
7. Healthy Delicious indoor and outdoor dining options
8. Affordable rooms and all the luxury you need
9. Only need one direct flight from Jakarta International Airport
10. Close to the Lombok International Airport and 15 minutes flight from Bali Island





THE OLDEST YOGA CENTRE IN SOUTH LOMBOK

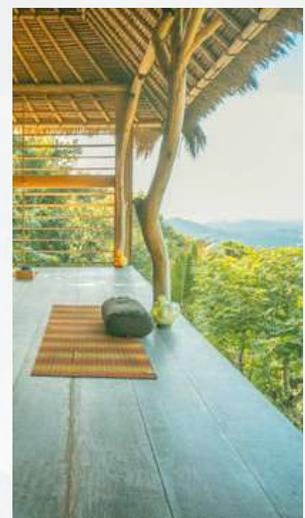
Ashtari Yoga is the first Yoga Centre in South Lombok. Our teachers are extraordinary with a good reputation. We have hosted more than 10.000 international yogis since 2015. Our clients love our teaching and are astonished by the yoga studio vibe. Our humble wooden yoga platform is surrounded by a forestry area, looking over the Indian Ocean. You will be spoilt by the sweet-smelling garden & birds chirping.

OUR VALUES

We sincerely value the wisdom that the yoga tradition has to offer us. We bring wisdom into our everyday life so the ancient teaching becomes alive. It has touched our hearts and lives and has become who we are.

We are truly in debt for what yoga has benefited us, a sense of joy, peace, love, and compassion that has flowered in all of us. As we are thankful and grateful for the benefit that yoga brings to our life, we would love to give back to share our love and deep-rooted experience of yoga with those who are inspired to do the same. We want to contribute to humanity as it is part of our dharma or responsibilities in life.

Aspire to inspire, May you become a light that illuminates others





ALMITRA PUTRI LESTARI

MEET YOUR LEAD TEACHER, SMILEY ALMITRA!

She will be with you guiding and assisting in the whole training. Ready to pass the ancient wisdom, yoga practice, and teaching experience to you. She is happy to share her beliefs with you which can help you in maintaining a healthy body, a strong mind, and a free spirit. Through a holistic approach, she will bring you balanced awareness between body, breath, mind, and spirit. You will discover technical asanas, breathing patterns, philosophy, meditation, diet advice, and more.

A decade on her yoga journey she developed varied practices and teaching experiences. Handled thousands of different bodies from different backgrounds & nations. She is been teaching a mix of group and private classes, pieces of training, workshops, and events. Now she is looking forward to sharing this valuable experience with you.

BIO GRAPHY

- Born in 1993 & raised in Bandung, Indonesia.
- Almitra's very first teacher who taught her how to teach and lead the class is an Indonesian teacher who was the student of Bryan Kest (founder of power yoga), Paul and Suzee Grilley (an internationally-renowned and celebrated master yoga teacher, specializing in the method of Yin Yoga), Paulie Zink (Yin Yoga).
- Later on, she studied Vinyasa Flow Yoga with a successful 200YTT in Power Of Now Oasis Bali, led by 5 teachers from America, Africa, Australia, and India.
- She developed the Ashtanga Primary Series practice with several Ashtanga teachers authorized by KPJAYI.
- Keeping her life fun & playful, she loves to practice acro yoga and finally joined acro yoga teacher training with Hanuman Acrobatic Yoga.
- Deepening the practice, Almitra took YTT300 with Neo Yoga India Yoga school. Here she deepen her understanding of Traditional Hatha Yoga and Ayurveda led by Indian teachers and Ayurvedic Doctors.
- She is a sports enthusiast. Almitra was a hockey field athlete. And this interest made her take Yoga For Athletes Teacher Training with Yoga Medicine, led by Tiffany Cruikshank (founder of Yoga Medicine). Here she learned how to best utilize yoga practices to enhance athletic performance & support recovery and injury prevention. She knows how to support athletes in optimizing function and minimizing the risk of injury.



KRISNA DEWI

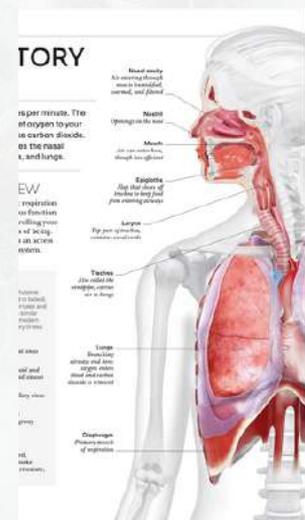
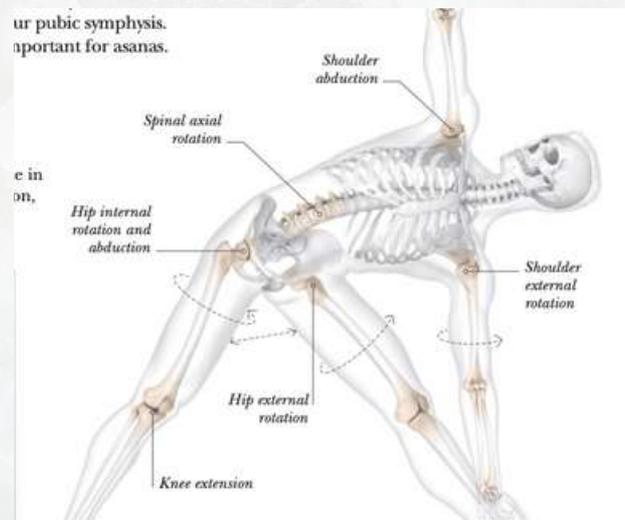
MEET YOUR SACRED SOUND TEACHER!

She will guide 5 hours class on Sacred Sound. Using the power of vibration, she does healing and meditation sessions with Himalayan singing bowls, gongs, Koshi, chimes, and other instruments. She will definitely melt your heart in 2 hours of Yin Sound Healing Class. And through 3 hours workshop, she will inspire you to add a singing bowl to your teaching.

You will learn from her to use singing bowls for healing yourself, your family, and others. You will be able to choose, handle and play with singing bowls, sticks, and mallet. She will also give you the opportunity to work with Himalayan singing bowls in different sizes and other instruments such as tingsha bell, shakers, shamanic drum, ocean drum, koshi chimes, bamboo flute, wind gong, and tongue drum.

BIOGRAPHY

Dewi has been raised in the most traditional Hindu culture in Bali. Respecting all the Gods and keeping body and mind in line with local culture is a natural way of life. Naturally gifted with beautiful body movement our shy little Dewi has grown her self-confidence to become a marvelous and elegant teacher. After many rich experiences in renowned studios in Bali, she has settled in Lombok and is ready to share her experience with you.



GEMURUH PUTRA AKBAR, MD.

MEET YOUR YOGA ANATOMY & PHYSIOLOGY TEACHER!

He will guide 30 hours of Yoga Anatomy & Physiology in this training. He will be teaching you anatomy, physiology, and biomechanics related to yoga practice. He will show you how yoga brings benefits to your body, mind, and soul from a medical point of view. With this knowledge, you will get a better understanding of the concept and can implement it in practice. He believes a better understanding of anatomy, physiology, and biomechanics can lead to a better understanding of body, breath, and mind connection.

BIOGRAPHY

A self-development Enthusiast, dr.Gemuruh Putra Akbar is a Medical Doctor and also a yogi. He believes that yoga can bring physical health and also mental health. As brother of Almitra, he helps her in reviewing the yoga class designed for her private clients to be safe. He is interested in sports physiology, personal development, and nutrition. He's done many-body training programs, diets, and meditation in his life. He was a runner, weight lifter, calisthenic, and always a yogi. He explored many types of diets such as the Mediterranean diet, vegetarian diet, keto diet, Muslim fasting, intermittent fasting, etc. He never stops learning and he loves sharing. He is looking forward to being in touch with you, to connecting & sharing his valuable experience.



Staying at The Bunk Bed Room



Staying at The Twin Bed Room



Staying at the Single Bed Room



DIET IS A PART OF THE 5 POINTS OF YOGA

Experience a **sattvic diet for a month!** We will inspire you with a proper diet during this training. Ashtari (slow-food restaurant) and Terra (plant-based restaurant) will supply you with vegetarian & vegan foods that increase purity, strength, health, and joy. All meals & snacks are freshly made. Each meal includes whole grains, fresh vegetables, ripe, fresh fruits, nuts, seeds, legumes, spices, and natural sweeteners. No preservative is added. We make sure the ingredients are chosen wisely. Shop organic, and locally, we avoid supermarket produce that has been prepackaged and imported.

ASHTARI (SLOW-FOOD RESTAURANT)

Not only serve you healthy nourishing food, but Ashtari is also taking you to be a part of the slow food revolution movement! *We want you to enjoy the real food that is good for you, good for those who grow it locally, and sustainable for the planet.* Ingredients are sourced locally to help our community in many ways as well as mitigate environmental damage since items do not have to travel as long from our local farms to our table. The menu features many things picked right from the garden. It grows better thanks to the compost from their kitchen. You will enjoy their menu which is rich in local ingredients, explore different Asian cuisines from Indonesia to India, and more.

TERRA (PLANT-BASED FOOD RESTAURANT)

We will take you on a journey in nourishing your body with plant-based food, while you won't be hungry. Terra is an innovative, inspiring, and 100% plant-based restaurant in the heart of Kuta Lombok. All food is vegan and gluten-free (50% Raw & 50% cooked). Their fusion of ingredients, spices, and flavors, according to the principles of Ayurveda, mean every dish is not only tasty but also easy to digest. Their talented plant-based chefs bring passion and joy to their cooking. The executive chef is a yogi and has years of experience with vegetarian and vegan food in a variety of settings around the world.

LET'S ENJOY THE FOOD THAT BRINGS YOU ENERGY AND JOY.

PROGRAM DETAILS





THIS PROGRAM IS BASED UPON THE EIGHT LIMBS OF YOGA AS DEFINED BY PATANJALI IN HIS YOGA SUTRAS & THE 5 POINTS OF YOGA.

The practice is designed to help one achieve moksha or inner peace.

THERE ARE 8 STEPS IN ORDER TO ATTAIN INNER PEACE:

1. Yama (restraints)
2. Niyama (observances)
3. Asana (postures)
4. Pranayama (breathing techniques)
5. Pratyahara (sense withdrawal / turning attention inward)
6. Dharana (concentration)
7. Dhyana (meditation)
8. Samadhi (enlightenment, peace, bliss)

We teach you how to design your own unique yoga class from this concept. A well-balanced yoga class mixing asana (yoga postures), pranayama (breathing techniques), and meditation in one session. We also add the Ayurveda concept in this training so you can maintain the 5 points of yoga.

THERE ARE 5 POINTS OF YOGA :

1. Proper exercise,
2. Proper breathing,
3. Proper diet,
4. Proper relaxation
5. Positive thinking & meditation

These 5 points of yoga help you to transform into a new you!

We encourage you to make a new pattern of living, to provide a long, healthy, and happy life.



SATURDAY, 01 OCTOBER - MONDAY 31 OCTOBER 2022

Every Monday to Saturday, Sunday Off

8 hours study per day, 2 hours brunch, 0,5-hour afternoon break

6.30am - 630pm

ENTRY REQUIREMENTS

Before registering, make sure you meet the following prerequisites:

- At Least 12 months of regular yoga practice.
- You must have basic English knowledge because the reading material and assignment are in English.
- We recommend you get familiar with the following books before jumping into the training :
 1. The heart of yoga developing personal practice by T. K. V. by Desikachar
 2. Yoga Anatomy-2nd Edition by Leslie Kaminoff, Amy Matthews
 3. The Yoga Sutras of Patanjali_ Commentary o - Swami Satchidananda

SUCCESSFUL COMPLETION & ASSESSMENTS

- Attendance: We require 100% attendance to graduate and receive a certificate of completion from our program. Class attendance will be taken throughout the training.
- Assessments: You will need to pass the practical exam and the theory exam.
- Completion of All Homework Assignments And Submitting Them On Time.
- Completion of Written Exam At The End Of The Training. The Passing Grade Is 75%.
- Teaching Hatha Vinyasa Class as an exam class.
- Practice teaching at least one Full Hatha Vinyasa Class.



CORE CURRICULUM

SUBJECT	TIME (HOURS)
Techniques, Training, Practice	75
Anatomy & Physiology	30
Yoga Humanities	30
Professional Essentials	50
Free topics	15
TOTAL	200

SAMPLE OF DAILY SCHEDULE

ACTIVITY	TIME (HOURS)
Morning Yoga	2
Brunch	2
Morning Theory	2
Afternoon Theory	2
Break	0,5
Afternoon Yoga	2
TOTAL	10,5

CORE MODULE - CORE COMPETENCIES

TECHNIQUES, TRAINING, PRACTICE (75 HOURS)

Asana

- Historical context
- Yoga Poses
- Complete sequencing (asana, pranayama, meditation) to achieve a particular effect safely
- Anatomical and alignment principles plus contraindications

Pranayama & Subtle Body

- Historical context
- Effects of pranayama on anatomy and subtle body
- Complete sequencing of pranayama safely, including alternatives and adaptations
- Ujjayi, Nadi Shodhana, Kapalabhati, etc.,
- Koshas, kleshas, chakras, nadis, and prana vayus

Meditation

- Key meditation terms Meditation methods
- Ability to practice the school's chosen meditation practice
- Chanting, mantras, and mudras

ANATOMY & PHYSIOLOGY (30 HOURS)

Anatomy

- Skeletal system, incl.:
- Major bones
- Types of joints
- Major muscles involved in asana
- Types of muscle contraction

Physiology

- The nervous system, incl. 'fight, flight, freeze stress response, vagal theory, overall mind-body connection
- Cardiovascular/circulatory, endocrine, and digestive systems as they relate to yoga practice
- Respiratory system, incl. muscles that affect breathing, involuntary vs voluntary breath, how air enters and leaves the body

Biomechanics

- Types of joint movements
- Joint stabilization
- Safe movement as it pertains to balancing, stretching, awareness, and physical limitations
- Contraindications, misalignments, adaptations

YOGA HUMANITIES (30 HOURS)**History**

- Term 'yoga'
- Hatha Yoga & Vinyasa Yoga methodology
- Dates and key ideas such as the Vedas, Vedanta, Hatha, Colonial, Modern

Philosophy

- Definition of yoga and key terms
- Relationship between asana, pranayama, meditation
- Familiarity w/ major yogic texts (i.e., Yoga Sutras, Bhagavad Gita, Upanishads, Hatha Yoga Pradipika)
- Self-reflection on how philosophy relates to the practice

Ethics

- Awareness of Yoga Sutras or similar yogic ethical precepts
- Relationship to Yoga Alliance Ethical Commitment including Scope of Practice, Code of Conduct, and Equity Position Statement
- Comprehension of and responsibility to increase equity in yoga
- Accountability measures
- Self-reflection on how yoga ethics relate to practice and teaching

PROFESSIONAL ESSENTIALS (50 HOURS)**Teaching Methodology**

- Sequencing
- Pace
- Environment
- Cueing (verbal, visual, physical)
- Class management

Professional Development

- Yoga-related professional organizations, including the Yoga Alliance credentialing process
- Ethical Commitment, including Scope of Practice, Code of Conduct, and Equity Position Statement
- A lifetime of learning and continuing education
- General professionalism, including timeliness, consistency, cleanliness
- Marketing and promotion
- Liability insurance, waivers, invoicing

Practicum (Practice Teaching)

- Knowledge, skills, and experience across 12 key competencies
- Mentorship component, incl. apprenticeship, feedback

ELECTIVE HOURS (15 HOURS)**Ayurveda**

- History, Philosophy, & key terms in Ayurveda

Acroyoga

- Acroyoga experience
- Techniques, Training, and Practice

Sacred Sound

- Sound Healing Journey
- Techniques, Training, and Practice



YTT FEE

Rp.25.000.000 / Nett

Staying at
Bunk Bed Room

Rp. 32.250.000 / Nett

Staying at
Twin Bed Room

Rp.39.500.000 / Nett

Staying at
Single Bed Room

EARLY BIRD

10% OFF

By August 31st

YTT INCLUDES

- One month of training, yoga facilities & equipment, supervisions, examinations
- Yoga Teacher Training Manual Book, All Course Notes, Slides, Supplementary Materials
- Ashtari Yoga School Graduates discount rate on further training, workshops, yoga classes, and memberships once you have completed your studies.
- Accommodation during your stay :
Check-in on 1st October at 2 pm & Check-out on 31st October at 12 pm
- 27 healthy brunches, 26 healthy snacks
- Goodie Bag
- Ashtari Yoga School T-Shirt
- Shuttle during the stay (from the accommodation to the yoga studio)
shuttle for the morning class, brunch time, and after the afternoon class

YTT DOESN'T INCLUDE

- Cost of textbooks: (Yoga Sutras Patanjali, The Heart Of Yoga by T.K.V. Desikachar, Yoga Anatomy by Leslie Kaminoff)
- Personal costs and necessities
- Dinner
- Airport Shuttle & Transportation

APPLICATION PROCESS



3 STEPS TO APPLY:

1. Complete this application and the questionnaire found at the end of this document
2. Please email it to contact@ashtari.yoga
3. We will contact you and advise if your application is successful

REGISTRATION, DEFERMENT, WITHDRAWAL, REFUND POLICY

Registration

- A 50% deposit is essential to register
- The deposit needs to be paid prior to course commencement
- The deposit is non-refundable but it can be transferred to another person or transferred to the next training
- Full payment needs to be paid prior to course commencement no later than the day before

Deferment, Withdrawal, Refund policy

- There are no deferrals allowed for this program. If a student ceases attendance during the intensive it shall be treated as a withdrawal from the course. The program will not give any refunds or credits after the training starts.
- If the applicant withdraws from the program after acceptance, but before the program starts, the applicant's deposit amount will be retained by the program. However, such an amount can be applied to a future training program.
- The program reserves the right to cancel any training before it begins. In that case, any payments applicants have made will be refunded in full.

PAYMENT METHOD

- All payments are to be made by bank transfers to the following bank details :

CIMB Ashtari Yoga:

PT. BANK CIMB NIAGA

BANK CODE: 022

BRANCH CODE: 42006

SWIFT CODE: BNIAIDJA

CLEARING CODE: 0221957

HEAD OFFICE: JAKARTA

BRANCH ADDRESS: KCS CIMB NIAGA JL. PARIWISATA NO. 80 KUTA BATURITI LOMBOK TENGAH

ACCOUNT NAME: SASAK SPORT CENTER

BANK ACCOUNT : (IDR) 762486795100

BANK ACCOUNT : (USD) 860010477340

- Please transfer the amount above to the following bank account net of fees.
- Keep in mind that bank holidays may delay your payment too.



APPLY NOW!

1. PLEASE FIND AND COMPLETE THIS APPLICATION FORM

1. Preferred Name :
2. Date Of Birth :
3. Blood Type :
4. Occupation :
5. Passport Number
6. Address:
7. Phone / Whatsapp number:
8. Email :
9. Instagram :
10. Facebook :
11. Emergency Contact :
12. Emergency contact phone / WhatsApp number :
13. Please Attach Your Payment Receipt :
14. Please Attach Your Questionnaire :

2. PLEASE FIND AND COMPLETE THIS QUESTIONNAIRE BELOW:

Once you've done, please send the application form and the questionnaire to :
contact@ashtari.yoga

3. WE WILL CONTACT YOU AND ADVISE IF YOUR APPLICATION IS SUCCESSFUL

If you need more information please contact us to :

Email : contact@ashtari.yoga / WA: +62 823-4053-9445 / www.ashtari.yoga

ABOUT YOGA EXPERIENCE

1. How Long Have you been practicing yoga?
2. How frequently? how many hours per week on average
3. What yoga style have you practiced? What is your main style?
4. Have you been to Ashtari Yoga classes? Whose classes have you attended?
5. Do you have any other qualifications or have studied in other areas that would assist you in studying yoga? eg. meditation, other forms of body-work, anatomy, physiology, personal development, etc.
6. How would you like to use your qualification in yoga teacher training once you are qualified?
7. Do you have any challenges or mental health challenges that we need to know about that may impact you in studying yoga teacher training?
8. Please detail any injuries you have:
9. How long have you been practicing yoga?
10. What styles have you studied?
11. What are your favorite poses?
12. What are your least favorite poses?
13. Have you studied yoga sutras?
14. Have you studied anatomy?
15. Do you have a meditation practice? If so, what techniques do you practice? How long?
16. Do you want to become a yoga teacher?
17. What are the main things you want out of the Ashtari Yoga program?
18. Please tell us how you heard about Ashtari Yoga YTT200?

ABOUT TRAVEL

1. Have you traveled outside your home country before? If so, where?
2. Have you been to Lombok before?
3. Can you ride a scooter?

DIETARY PREFERENCES

- I am: (please make bold your answer):
- vegetarian
- vegan
- eat everything
- eat fish
- eat chicken
- Do you have any allergies to the following? Please make bold your answer.
- milk/dairy
- soy
- eggs
- wheat
- nuts. Please specify :
- shellfish
- other. Please specify :
- Are there foods (fruits, specific Lombok / Indonesia dishes, etc.) That you wish to try? If so, what?
- Any additional comments you'd like to make:



THANK YOU FOR YOUR INTEREST IN THIS POWERFUL, LIFE-CHANGING EXPERIENCE!

Once in a lifetime, through this one-month intensive YTT 200 Hatha Vinyasa with Ashtari Yoga, you will get inspired and motivated by understanding the ancient scriptures and the modern spiritual teaching of yoga. You will be able to :

- Learning while traveling
- Joining the food revolution
- Building your self-practice based on your personal needs.
- Transform to a fitter, healthier, happier you.
- Bring this yoga teaching journey as a full-time career and be financially stable.
- Joining the world-recognized yoga community
- Most important you can inspire others, and contribute to humanity by passing this valuable knowledge to help others

We are ready and looking forward to welcoming you here in Lombok Paradise.
See you soon!

Light & Love,
Ashtari Yoga Team



ASPIRE
TO
INSPIRE

MAY YOU
BECOME A
A LIGHT
THAT
ILLUMINATES
OTHERS

Ashtari Yoga

www.ashtari.yoga

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