

Why take Intermediate Teacher Training?

The Level I TT is the beginning of our training as Yoga teachers. If we are genuinely interested in developing as teachers and serving our students fully, it is vital that we keep learning, evolving, and progressing in our own practice and in our understanding of Yoga. As Integral Yoga teachers, we recognize that we are on a lifelong journey of continually improving and unfolding our potential. It is our thirst to keep evolving that inspires our students to explore the path of Yoga more and more deeply.

One of the main purposes of the Intermediate Teacher Training program is to propel you further on this yogic path—you will complete the training an even better yogi, and thus an even better Yoga teacher.

Some of the benefits you will derive from the ITT are:

- You will find your own practice of asana and pranayama becoming more subtle, deep, and rewarding.
- It will prepare you to lead your students to a more profound experience in their practice. You will be able to take them deeper into the fundamentals, while also allowing them to safely explore new practices and asana sequences.
- Besides the lead trainers, all the trainees have a wealth of teaching experience and lessons to share with each other.
- You will be more attuned to the Inner Teacher and the creative force that will guide your teaching from the wisdom within.
- It will provide a tangible improvement to your meditation practice and a quickening of your spiritual unfoldment through support for your daily practices, study of the Bhagavad Gita, and being part of a soul-inspiring sangha.

For your own growth and professional development, you owe it to yourself to continue in your training.

I look forward to sharing with you at the next ITT.

With love and best wishes,
Swami Asokananda