

Swami Atmarupa Saraswati

atmarupa@atmacenter.com

2319 Lee Road, Cleveland Heights, OH 44118

(216)371-9760



Swami Atmarupa Saraswati began studying **SATYANANDA YOGA**® in the early 1980's and is one of 22 emissaries worldwide named in 2004 to represent the yoga teachings of the Bihar School of Yoga in India. She is the Founder and Director of the Atma Center, an award winning **SATYANANDA YOGA**® center established in Cleveland Heights, Ohio in 1997.

Swami Atmarupa has taught internationally in Australia, Colombia, Mexico, and India as well as presenting a weekend program at the Omega Institute in 2010, and presenting at the Yoga Alliance conference in 2011 and 2012.

In 2004, Swami Atmarupa founded the North American Gurukul, a nonprofit, tax-exempt organization promoting the development of Satyananda Yoga in North America. In 2015, NAG and its subsidiary organization the Yoga Academy of North America merged, and she currently serves as the President of the Board of Directors. She is also the Education Director of the Yoga Academy of North America (YANA), one of four Satyananda Yoga academies worldwide. YANA is the sole provider of Yogic Studies and Satyananda Yoga Teacher Training courses in North America.

During her 25-year career as an anesthetist, Swami Atmarupa provided anesthesia for open heart surgery, obstetrics and other major surgeries, and was on the faculty at the Cleveland Clinic for 10 years. She feels that her years in anesthesia prepared her well for understanding and teaching yoga. Both involve the study of varying levels of consciousness and the ability to control them, and to be successful, require the development of intense levels of awareness.

For nearly three decades, she has regularly traveled to India in search of a deep spiritual connection, which she found through her guru, Swami Niranjanananda Saraswati. Swami Niranjanananda Saraswati is the successor to Swami Satyananda Saraswati who founded the Bihar School of Yoga.

Teaching Structure & Fee Information

Swami Atmarupa is willing to work with any sponsor to meet the sponsor's needs in providing a program that will give participants an opportunity to explore the authentic teachings of Satyananda Yoga. Lectures, workshops or courses can be set up to meet the needs of your students addressing topics for those who have little experience to advanced practitioners and

teachers. Some topics lend themselves to being taught from a more introductory approach but can be built upon through an appropriate sequence taking students to a deeper level.

Program booking

- Introductory program – this gives people an idea of what a weekend seminar contains and is useful in establishing a relationship between students and presenter.
- 3 hour program – this allows an introduction to theory and simple practice. Multiples of 3 hour programs will allow for more depth and practice.
- Weekend (one theme) program – Friday evening, two 3 hour programs on Saturday and one or two 3 hour programs on Sunday. This allows for enough time to understand the theory more deeply and to better establish some practices that can be taken home and developed.
- Satsang – after a short introduction to a topic, this is an opportunity for students to have questions answered. This can be useful at the beginning of a weekend program or at the end.
- Havan – this is a fire ceremony with the chanting of mantras. An outdoor location and extra time for set up is required. This is often done in the early morning or evening.
- Weekend seminar – this can include all of the above as well as Satyananda Yoga asana classes.
- Private consultations – these are 90 minute sessions.

Program ideas

Within the Satyananda Yoga® tradition, the emphasis is on awareness and how deepening our practice of awareness can bring us more harmony in life. Most of the program ideas focus on theory and meditation, though they may also utilize pranayama and asanas to assure a balanced approach to practice.

1. Deepening your awareness through Satyananda Yoga®. **Beginners to Intermediate.**

Although many systems of yoga emphasize asana, Satyananda Yoga is designed to take the student from the physical practices to more subtle aspects of his/her being. These techniques help us tap into more subconscious and unconscious layers where we hold patterns that prevent us from living a more harmonious life. This topic will explore different techniques that move our awareness from gross to more subtle, thereby liberating energy and gaining mental strength.

2. Satyananda Yoga Nidra®. **Beginners to Intermediate.**

Relaxation is a lost art in our demanding, multitasking society. True relaxation involves more than resting the body. It includes letting go of the thoughts, emotions and deeply held impressions within the mind. Satyananda Yoga Nidra® is derived from an ancient tantric technique and has been developed over the past 50+ years by teachers around the world. This technique not only helps to release stress, but aids in physical healing and transformation of the personality. As a pratyahara technique it is an excellent practice to prepare for meditation.

3. Introduction to Meditation. **Beginners to Intermediate.**

Satyananda Yoga is a rich tradition with many different forms of meditation and you will have the opportunity to practice a few methods that will assist students in making meditation a part of their yoga practice. In this course, learn more about the theory and practice of meditation and how to move from relaxation to sensory withdrawal (pratyahara) to concentration (dharana).

4. Prana, Pranayama and Prana Vidya. **Beginners to Advanced.**

This topic explores prana, the vital force. Prana is experienced at different levels - supporting the body's physiological systems, supporting the mind and its ability to cope with life, and supporting the spiritual development leading to higher levels of meditation. Depending on the time allotted, this topic may include the theory of prana, prana vayus, nadis, chakras and preparatory practices of prana vidya. Satyananda Yoga pranayama practices will also be explored. This topic can easily cover an entire weekend.

5. The Complete Practice of Surya Namaskara. **Intermediate to Advanced.**

Swami Satyanananda's book **Surya Namaskara** takes the student beyond the physical practice by including both chakra awareness and mantra repetition. Learn more about this practice called "Stress Management in a capsule" – how it balances the endocrine and nervous system. Learn the different surya mantras, bija mantras and the chakra bija mantras to deepen the practice and fully integrate the layers of our being.

6. Move Forward in Life by Overcoming Resistance. **Beginners to Intermediate.**

Most of us know what we *should* do to be healthier and happier, so why don't we do it? This workshop explores the source of resistance and how to take a step by step approach to overcoming it. Theories of antar karana (parts of the mind), samskaras and prana are discussed to give the student more insight and strength to facilitate true change in life.

7. Purification of the Chakras. **Intermediate to Advanced.**

The chakras are energy centers that determine how we live our lives – what we find important and how we react to situations. The theory of the chakras is more than a new age phenomena that can be looked at simplistically. This program can easily extend over a whole weekend (or longer) exploring the relationship of the gunas to the chakras, the elements, the koshas, and the symbolism of the chakras. In addition to theory, asana, pranayama and yoga nidra practices can be done with chakra awareness, as well as practicing chakra shuddhi (purification) as a meditation.

8. Become Your Own Therapist through Antar Mouna. **Beginners to Intermediate.**

Antar Mouna means inner silence and is a step by step approach to deal with the mind both on the meditation cushion and off. By cultivating the drashta, or witness, one begins to distinguish the self from the endless mental chatter. The theory of the antar karana (inner instrument of the mind) and the teachings of Patanjali will bring further understanding of the importance of this useful technique.

9. Mantras. Liberating the Mind from Bondage. **Beginners to Intermediate.**

The practice of mantras is an integral part of Satyananda Yoga. This workshop will discuss the theory of mantra in relationship to the mind and the chakras. Depending on length of time, this program can include mala making, havan, kirtan and practices of nada yoga.

10. The Yoga Sutras in Daily Life – Timeless Teachings of Yoga. **Intermediate.**

Codified by Patanjali, the Yoga Sutras are 196 aphorisms that yield the essence of Raja yoga. This program will focus on the first chapter of the Yoga Sutras and how these teachings can be understood within the context of our daily lives.

11. Yoga as Therapy. **Beginners to Advanced & also a good topic for teachers.**

Although all yoga can be considered as therapy, the system of Satyananda Yoga with its abundance of practices gives teachers many options to address specific health conditions. This can be a series of workshops over a weekend – Yoga for Back Problems, Yoga for Neck and Shoulders, Yoga for Depression, etc. Or this topic can be a part of a teacher training program.

Sannyasi Atmadarshan

atmadarshan@atmacenter.com

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Sannyasi Atmadarshan can provide you with dynamic, engaging presentations in a variety of formats. She has been teaching **SATYANANDA YOGA®** since 2001 and is a senior instructor for the Yoga Academy of North America (YANA), one of four Satyananda Yoga academies worldwide. She teaches at international yoga events, workshops, intensives and retreats. She was an invited lecturer for Yoga Alliance's inaugural convention in 2010 and the key presenter for North American Gurukul's 2015 annual retreat in

Huatulco, Mexico. With her experience and engaging personality, she will add depth and enjoyment to any type of yoga program you may desire.

Sannyasi Atmadarshan is the Assistant Director of the Atma Center, an award winning **SATYANANDA YOGA®** center established in Cleveland Heights, Ohio in 1997 and Course Coordinator and Board Member for YANA, the sole provider of Yogic Studies and Satyananda Yoga Teacher Training courses in North America.

Sannyasi Atmadarshan received her degrees in Biology and Psychology from Case Western Reserve University and worked for several years in the Laboratory of Biological Psychology at University Hospitals of Cleveland. She was second author of a paper on using biological markers to predict medication response in patients with chronic schizophrenia. She taught the martial art of Aikido for over a decade and authored the internationally published book *Aikido for Kids*. Sannyasi Atmadarshan has also worked in the Cleveland Heights-University Heights Public Library system as a story-time leader. She has made multiple visits to India, where she received her initiation into karma sannyasa from Paramahansa Niranjanananda Saraswati, Swami Satyananda's successor, in 2010.

Sannyasi Atmadarshan will work you to develop a program that meets your unique needs. Select a program type and a topic or topics from the options below:

Program types

- Introductory – gives participants an overview of a topic and is useful in establishing a relationship between students and presenter. Can be done alone or at the start of any longer program.
- 2-3 hour session – allows an introduction to theory and simple practice. Multiples of these sessions will allow for more depth and practice.
- Weekend (one theme) – Friday evening, two 3 hour programs on Saturday and one or two 3 hour programs on Sunday. This allows for enough time to understand the theory more deeply and/or to better establish practices that can be taken home and developed.
- Weekend (two themes) program – Divide the weekend programs between two themes to give your students a range of options; the themes can be related (for example, Yoga Psychology and Yoga for Depression) or unrelated.
- Weekend seminar – this can include all of the above as well as Satyananda Yoga asana classes.
- Week-long retreat – includes morning asana/pranayama/meditation classes, morning lecture, optional lunchtime meditation, afternoon lecture, and evening program.
- Private consultations – 1 hour or 2 hour long appointments give students the opportunity to receive individualized attention, investigate any topic of choice, discuss personal matters and/or receive a specific set of practices to do at home. Follow-ups can be done via Skype.

Topics

Within the Satyananda Yoga® tradition, the overall emphasis is on deepening awareness to bring more harmony to all aspects of life. Specific topics can focus on theory and meditation and can utilize pranayama and asanas to deliver a more balanced approach.

Four different types of topics, with many options within these categories, are available:

- **Yoga Basics** – perfect for general audiences or newer students of Satyananda Yoga
- **Yoga Psychology** – broadly appealing to yoga students, health care professionals and the general public
- **Yoga Philosophy** – for those who want deeper explorations of specialized topics
- **Application of Yogic Principles** – for anyone wanting to learn more holistic, centered and calm methods of daily living and professional interaction

Yoga Basics

12. Deepening Your Awareness through Satyananda Yoga®. **Beginners to Intermediates.**

Although many systems of yoga emphasize asana, Satyananda Yoga is designed to take the student from the physical practices to more subtle aspects of his/her being. These techniques help us tap into more subconscious and unconscious layers where we hold patterns that prevent us from living a more harmonious life. This topic will explore different techniques that move our awareness from gross to more subtle, thereby liberating energy and gaining mental strength.

13. Satyananda Yoga Nidra®. **Beginners to Intermediates.**

Relaxation is a lost art in our demanding, multitasking society. True relaxation involves more than resting the body. It includes letting go of the thoughts, emotions and deeply held impressions within the mind. Satyananda Yoga Nidra® is derived from an ancient Tantric technique and has been developed over the past 50+ years by teachers around the world. This technique not only helps to release stress but aids in physical healing and transformation of the personality. As a pratyahara technique, it is an excellent practice to prepare for meditation.

14. Introduction to Meditation. **Beginners to Intermediates.**

Satyananda Yoga is a rich tradition with many different forms of meditation and you will have the opportunity to practice a few methods that will assist students in making meditation a part of their yoga practice. In this course, learn more about the theory and practice of meditation and how to move from relaxation to sensory withdrawal (pratyahara) to concentration (dharana).

15. The Complete Practice of Surya Namaskara. **Intermediates to Advanced.**

Swami Satyanananda's book **Surya Namaskara** takes the student beyond the physical practice by including both chakra awareness and mantra repetition. Learn more about this practice called "Stress Management in a capsule" – how it balances the endocrine and nervous system. Learn the different surya mantras, bija mantras and the chakra bija mantras to deepen the practice and fully integrate the layers of our being.

Yoga Psychology

16. Yoga Psychology. **Beginners to Intermediates.**

Understand yourself and others better with key concepts of Western and Yogic psychology and application of yogic techniques for specific mental health concerns. Can include lecture only or application of poses, breathing, meditations, mudras and more.

17. Yoga Psychology of Personality. **Beginners to Advanced.**

Get a basic introduction to Eastern and Western views of psychology and personality, then choose an area of focus: learning a comprehensive model of personality by understanding the interplay of gunas and chakras, using different branches of yoga to support different personality aspects, or transforming personality with specific yoga techniques. Presentation time can range from 2-3 hours to a weekend seminar to a retreat of several days.

18. Yoga for Depression. **Beginners to Intermediates.**

A 2007 study noted that yoga practices are effective in relieving the symptoms of depression. This topic can be presented to teachers or health care professionals, giving them specific tips, techniques and lesson plans to assist their students with depressive conditions. It can also be geared to give yoga students theory and practice to start addressing depression in their personal lives.

Yoga Philosophy

19. The Mahabharata and Bhagavad Gita. **Beginners to Advanced.**

10 times longer than the Bible, the Mahabharata is packed with fascinating tales and can be read as a romantic war story, a guide to moral conduct, or a map to spiritual enlightenment. It includes one of the key texts of yoga, the Bhagavad Gita, which likewise can be understood at many levels. Basic presentations provide an overview of the Gita, the Mahabharata or Eastern literature in general. More in-depth workshops include an exploration of the characters of the Gita and their psychological symbolism; how the Gita can be applied to daily, modern life; and/or how the structure of the Gita supports and explains individual spiritual development. Programs ranging from an hour-long introduction to a week-long retreat can also include asana, pranayama, and meditation practices based on these works.

20. Purification of the Chakras. **Intermediates to Advanced.**

The chakras are energy centers that determine how we live our lives – what we find important and how we react to situations. The theory of the chakras is more than a new age phenomenon that can be looked at simplistically – it encompasses physiological & neurological structures, emotional & psychological components and spiritual wisdom. This program can easily extend over a weekend (or longer), exploring the relationship of the gunas, elements and koshas to chakras. More advanced students can delve more deeply into Kundalini, symbolism and Tantric philosophy associated with chakras. In addition to theory, asana, pranayama and yoga nidra practices can be done with chakra

awareness, as well as meditations that specifically access these centers, such as ajapa japa and chakra shuddhi (purification).

21. Yoga and Death. **All Levels.**

What is death and what happens to us after we die? Yoga philosophy not only addresses these questions but gives us tools to deal with this ultimate transformation. This workshop or weekend retreat will reference the Kathopanishad and the Bhagavad Gita; it can also include asana, pranayama, and meditation.

Application of Yogic Principles

22. What is Yoga Therapy? **All Levels.**

Yoga students and health care practitioners can explore yoga's holistic approach to addressing specific health concerns by learning basic techniques of yoga therapy, how a yoga therapy appointment is conducted and what training is necessary to become a competent yoga therapist. Individual yoga therapy appointments may also be scheduled for those seeking personalized guidance.

23. Student Support Skills for Yoga Teachers. **For Yoga Instructors.**

Learn how to apply basic counseling skills and yoga psychology principles to maintain boundaries and keep yourself and your students feeling safe and grounded even in challenging situations. Includes theory, paired practice and group practice. Best presented over a weekend or several days. Can be part of a Teacher Training program.

24. Mantras: Liberating the Mind from Bondage. **Beginners to Advanced.**

The practice of mantras is an integral part of Satyananda Yoga. This workshop will discuss the theory and application of mantra in yoga practice and/or daily life.

Compensation

- 70%/30% split of gross revenues from all programs & consultations (fess will support our nonprofit organization, the Yoga Academy of North America)
- Minimum guarantee of \$150 per day plus travel expenses and accommodations
- Minimum can be modified for one day programs within the greater Cleveland area
- Program fees can be set in consultation with Swami Atmarupa