



AWAKE IN THE WILD

800 hour curriculum overview



Loka Yoga || Tina Pashumati James

This program certifies 800 hours of training.

This Shantiseva mentorship is minimum 12 months

April 2023

Weekly group Zoom classes - 1 hour - Teaching and Q & A

All hours with with Tina Pashumati James

Log Book with minimum 4 practices of 1h30 per week.

Daily Loka Life Meditation free to 800 hour students

Self study and homework reports

The online classes give you the opportunity to fulfill mentorship almost anywhere in the world without moving to be close to Tina.

Contact hours, which is over a year long.

The mentorship is to build a deepening understanding of Shantiseva, Ashtanga, Assisting, spirituality within the practice of yoga. Bhakti, Vedic prayers, yoga therapeutics, meditation, your daily Sadhana.

CURRICULUM

4 days a week: Yoga asana practice

Daily meditation practice.

The study of the tradition of yoga.

Teaching skills for yoga therapeutics.

Loka Backcare yoga

Loka Restorative

Loka Yoga trauma and mental health

Loka Chakra balancing.

Loka Heal the brain

The vayus in pranayama for emotional wellbeing.

Yoga, psychology and mind immersion.

Environmental and sustainable practices for yoga teachers.

Karma work in action

Sanskrit with Sabrina 10 hours

Loka Yoga nidra Teach 45 minute classes



1. You need to document at least 60 hours of meditation. Please use the awake in the wild Document to keep track of your daily meditation. It is strongly suggested to meditate for at least 15 minutes every day.

Shantiseva practical 10

Shantiseva PTSD 15 MINS

Shantiseva spinal 35 mins.

Shantiseva 5 vinyasa Classes

Earth - Prithvi

Fire - Agni

Water - Apas

Air - Akasha

Sound - nada

Tadasana Mountain

Salamba Shirshasana Headstand

Salamba Sarvangasana Shoulder Stand

Utthita Trikonasana Triangle

Paschimottanasana Sitting forward bend

Ardha Matsyendrasana Spinal Twist.

Shantiseva Foundations courses week's 60 min

2. You need to document at least 20 hours of partaking in Satsang. These could be official Satsangs retreats, or Kirtan concerts, vedic mantras.

Last month after finishing all the assignments of the mentoring, you will then have a written exam 2 hours in time.

You will teach shantiseva Practical 10

Strict vinyasa 30 minutes

Shantiseva Therapeutics 45 min class

Teach Yoga Nidra in 45 minutes.



REGISTER ONLINE

A genuine love of the environment and sustainability within Yoga

Letter of intention to Tina Pashumati James.

Current professional liability insurance.

Payment of fees.

Distance Learning Course(s) Pre-requisites:

1. Have access to a computer.
2. Have access to a phone or video conferencing.
3. Have an electronic device to view course materials, and an email account.
4. Have the ability to record and email the recordings to Tina pashumati.

READING - Book Reports *4 book reports*

1. Textbook of Yoga Psychology (Patanjali's Yoga Sutra) by Ramamurti, Shri Brahmananda Sarasvati
2. The Yoga Sutras of Patanjali by Sri Swami Satchidananda
3. Sacred Instructions: Indigenous Wisdom for Living Spirit-Based Change by: Sherri Mitchell, Larry Dossey
4. Radiance Sutras by Lorin Roche

Length: one paragraph, no longer than 500 words.

Font: Arial or Times New Roman, 10 point, single-spaced, not bolded.

Title: Print the title of the book immediately above your paragraph commentary for that book.

Language: Please write all commentaries in English

Form: Put ALL commentaries one after the other on one single page. If your texts extend 1 page, use max. 2 pages.

Name: Include your name on the top of the page, or if using two pages then on the top of each page.

***Please retain a copy for your own records.*

Other books to read are not applicable to the course, just extra knowledge:

Yoga As Medicine by Dr. Timothy Mccall

The Yoga Mala by Shri K Pattabhi Jois

The Yoga Sutras of Patanjali by Sri Swami Satchidananda

Hatha Yoga Pradipika by Swami Muktibodhananda of the Bihar School of Yoga

A Garland of Forest Flowers by Swami Nirmalananda

Nada Yoga by Shri Brahmananda Sarasvati

Bhakti Yoga
 The Journey Home by Radhanath Swami
 Loving Wisdom by Shyamdas
 Making Kind Choices by Ingrid Newkirk
 The World Peace Diet by Will Tuttle
 Light on Yoga by B.K.S. Iyengar
 Be Here Now by Ram Dass
 I am That by Sri Nisargadatta Maharaj
 Loving What Is by Byron Katie
 The Yoga Tradition by George Feuerstein
 Arcana V: Music, Magic and Mysticism edited by John Zorn
 An Offering of Leaves by Ruth Lauer-Manenti

MODES OF PAYMENT

- A. Online banking e-transfer to: tinalokayoga@gmail.com
- B. VISA/Mastercard option is available, however there is an additional 3% surcharge to be incurred for each payment
- C. Website Easy and in installments
<http://shantisevainstitute.com/>

TERMS AND CONDITIONS

The program fee must be paid in full within the due dates given, even if the student misses any parts of the training. In such cases, the student must make additional payment arrangements to catch up on missed training hours/sessions.

CANCELLATION POLICY

If a student withdraws from the training any time before commencement of the training, loka life will retain the non-refundable registration fee

If a student withdraws from the training after the start date 2023, the school will be owed the entirety of the training fee of \$6,300 (irrespective of any outstanding balance owing or alternate payment plan arrangements).

Any extenuating circumstances will be attended to on a case-by-case basis.

If a student withdraws from the training during the program, hours will not be granted for the incomplete must be continued for the following year.

SHINE, BE BRIGHT, BE VISIBLE.

ONLINE ONCE A WEEK WEDNESDAYS | 6:00 AM - 8:00 AM PST
