

# Spiritual Training Courses

## Training in self-realization, service and leadership

Yoga Teacher Training 05. Aug. – 28. August 2018

LFT Training 05. August – 25. October 2018

Ananda Ashram, Germany

If you want to realize the divine blissful consciousness within you,  
if you want to unfold your true potential,  
if you want to serve the people, animals and planet effectively,  
we invite you to our Yoga Teacher Training.



### What you can learn in this training:

- **Inner peace and oneness.** To be truly at one and at peace with yourself
- **Self-realization.** To realize your innermost self, the limitless blissful consciousness within you
- **Self-development.** To unfold your true potential - the unlimited awareness, love, will-power, intelligence and creativity within you.
- **Self-control.** To act out of your awareness, conscience, love and joy. To direct your thoughts, words and deeds towards your and others' welfare
- **Rational Thinking.** Clear, coherent, correct, deep, comprehensive and benevolent thinking
- **Benevolent Communication.** True, compassionate and effective communication
- **Wisdom.** Acquiring and applying profound knowledge
- **Courage.** To face and overcome challenges
- **Success.** To act effectively and attain your desired results
- **Selfless, competent leadership.** Abiding in your soul, serving and leading others to the best of your capacity

## How you can develop these skills and attain these goals:

You can attain them through the sadhana (spiritual practice) and specific methods you will learn in this training.

Shrii Shrii Anandamurti has given the practices and principles to unfold your leadership qualities. You will learn these methods throughout the training. Some of the training workshops are:

- The 3 yogic methods to free yourself from suffering
- The 4 steps of Benevolent Communication
- The power of rational thinking. Learn the 8 parts and 8 universal criteria of rational thinking (Viveka)
- The 3 steps of developing good discernment and conscience - a necessary skill for serving humanity
- Understanding 8 fundamental concepts of PROUT (and being able to teach them)
- The components and phases of Meditation – the direct path to your innermost self
- The 3 yoga methods to attain self-control and lasting happiness
- The unique benefits of yoga postures for your health, mental strength and spiritual development
- Shiva's 7 secrets of success
- Mastering the 3 qualities of a sadvipras (spiritual leader)



### Trainers

Dada Madhuvidyananda and Dada Dharmavratanaanda will give the training.

### Certification

If you would like a certification as a yoga teacher, you take an exam. After passing the exam you receive a certificate.

**The fee** (incl. accommodation, meals, exam and certification) is 1.330 €. Reductions and payment by installments are possible.

### LFT Training

The LFT Training includes the yoga teacher training. Additionally you learn deeper aspects of the spiritual and social practices and philosophy. You prepare yourself for the blissful, radiant life of an LFT.

### Your next step

If you have questions or want to apply for the training, contact one of the trainers or our volunteers. Or write us at [dada@menshlichewelt.de](mailto:dada@menshlichewelt.de).

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