



Yoga Life Society

Triaxial Yoga Therapeutics

Post Graduate Yoga Teacher Certification Program

Explore Yoga from an entirely new perspective.

Learn how to apply principles from Oriental Medicine to traditional Yoga techniques and practices.

Discover how to recognize, access, and utilize the deepest level of the energetic functioning of the body and mind.

Learn how to help students re-balance their systems through a unique understanding and application of:

- Meridians: with emphasis on the primary Extraordinary Vessels. These are first meridians to be formed in the womb. Many imbalances, even those that may have begun in the womb, can be helped.
- The application of powerful acupoints - many little known in the West - before or during asana to help bring balance and healing.
- The Five Element principle, which offers a deep and practical understanding of the subtle energetic relationship of the internal organs and their correspondences to many natural factors, including the hours of the day, emotions, seasons, and diet.
- How the spirit and energy of Heart Center plays the vital role in attaining and maintaining good health, well-being, healthy relationships, and Self-realization.

The Three Fundamental Axes of Energy

Heaven – Earth – Human

This is the axis of the creation of the universe – of all objects and beings. A human being is the intersecting point of Heaven (Spirit) and Earth (matter). The practices of Yoga are ideal for ensuring a proper relationship of these most fundamental of all energies.

Ren Mai – Du Mai – Dai Mai

The three Extraordinary Meridians on which the entire body is built. These three meridians form an octahedron, which not only determine our body's structure and function, but act as a powerful antenna, transmitting and receiving subtle energy and cues from the environment.

Heart – Spleen - Kidneys

The Heart rules over the body's functioning, is the home of the clear mind and compassion, the receiver of insight, the source of yang-fire energy in the body, the receptacle for subtle universal prana, and the mover of vital fluids. The Kidneys are the home of the will, the giver of our unique pre-birth physical and mental potentials, the mother of all other organs, the controller of birth and maturation, the storehouse of the most subtle physical essences, and the source of yin-water energy in the body. The Spleen is the home of intent and the ability to focus, the prime source of digestive power, and along with the Lung, the source of the prana we generate after birth. When the Heart, Kidneys, and Spleen are healthy and balanced, our intent and will function to bring about a clear, peaceful, loving mind. Our hereditary physical potential and the prana we generate in this life work together to bring good health. Innate joy, focus, and courage flourish.

Program Information

Instructors

Principle Instructor, Reverend Jaganath Carrera

Founder and spiritual head of the Yoga Life Society and is the instructor for this program. He was a principle teacher of Hatha and Raja Yoga for the Integral Yoga Teacher Training Programs for over twenty years and co-wrote the training manual used for those courses. He developed the Integral Yoga Meditation and Raja Yoga Teacher Training programs. Rev. Jaganath holds a Master's Degree in Acupuncture and supervised the student clinic at the Eastern School of Acupuncture where he also served as its Academic Dean.

Co-instructors: Madhuri DeJesus, 500RYT and Reverend Shanti Lemaire, 500RYT

Course Location and Dates

The course is 56 hours long. Classes meet at the Yoga Life Center, in Woodland Park, NJ, the Second weekend of each month for four months.

2016 – 2017 Triaxial Yoga Therapeutics Schedule

Saturdays 9:30am -5:30pm

November 12th
December 10th
January 14th
February 11th

Sundays 9am-5pm

November 13th
December 11th
January 15th
February 12th

Tuition Fee

- **\$725** Includes tuition for the course, teacher training manual, and other instructional materials
- **\$625** Early Bird Discount: Register by 1 October
- **\$150** Deposit: Reserves your place, if you are not able to pay the course in full.

Refunds

If you withdraw before the course begins you will receive your deposit or payment back minus a \$50 administration fee. **There are no refunds once the course begins.**



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Post Graduate Yoga Teacher Certification Program

Program Application

To Apply: This course is for Yoga Teachers who have been certified at the 200 hour level or above.

Last Name First Name Yoga Name Date of Birth

Street Address City State Zip Code

Occupation

- ☐ Home Phone ☐ Cell Phone: _____
- ☐ Work Phone: _____ / Ext. _____
- ☐ Email Address: _____

Please answer the following:

1. Are you currently teaching yoga? Yes / No Where are you teaching? _____
2. How did you hear about the Triaxial program? _____
3. Where you referred from a particular Yoga Studio? If so, which one? _____
4. Do you have any physical or other limitations that could affect your participation and attendance in this program? If so, please specify _____

Please check all that apply:

- ☐ I graduated from a 200-hour teacher training program. _____

Name of Program or School Graduation Date
- ☐ I graduated from a 500-hour teacher training program. _____

Name of Program or School Graduation Date

Application Instructions

1. Application Submission

Complete and email your application to Shanti at **shanti@yogalifesociety.com** or send to:

Yoga Life Society
Triaxial Yoga TT
1244 McBride Ave.
Woodland Park, NJ 07424

2. Deposits and Payments

Deposits and payments can be made online, at **yogalifecenter.org** or **yogalifesociety.com**
OR you can send your payment along with your application to:

Yoga Life Society
Triaxial Yoga TT
1244 McBride Ave.
Woodland Park, NJ 07424

3. Question or Concerns,

Contact shanti@yogalifesociety.com