

## Welcome to Pralaya Teacher Training

The Pralaya Teacher training is a unique process of development. The insights you gain about the origins of yoga will be supplemented by the most current Western knowledge, enabling you to work towards an understanding of the scope of true yoga.

Understanding yoga begins with its originators: the Himalayan masters who survive in the hostile conditions of the high Himalayas with little food and clothing, with caves as shelter from harsh cold, and the months-long traverse across steep, rocky cliffs. Armed only with a fearless trust and advanced yoga practices, these Himalayan yogis survive the danger and isolation of the path.

The path is one to meditate, memorize, extract, develop and hold ancient wisdom from which all yoga arises. The program begins here, with this knowledge of high Himalayan yoga, and then is supplemented with today's best insights across western explorations of yoga and medical research, as well as the teachings of Asian cultures as they relate to energetics, human development and nutrition.

Pralaya Teacher Training contact hours and content far exceed Yoga Alliance requirements. With these additional hours to build foundational skills in yoga, the practice is based NOT only on textbook knowledge, but also rather on essential self-development and deeper mechanical skills. Informed by 40+ years of experience in therapeutics by the Master Instructor, this ensures your safety and the safety of those you teach for a lifetime.

The teaching methodology of the program is a mix of both east and west, both linear and non-linear. The non-linear traditional method of training and learning is the chosen method of the great Himalayan monks. This method creates a dynamic, almost innate organization of the knowledge and nonverbal content, ensuring that the insights learned are readily accessible, firmly held within you for your benefit and those you teach, and will continue to develop internally as you practice.

For the sincere seeker of the range spanning "true ancient knowledge" and modern discovery, the Pralaya Teacher Training program gives a platform from which to build on your personal exploration of a yoga practice while cultivating effective, high-level teaching skills.

The level of mastery is a function of your dedication during the program, of course, but especially the many decades following. We welcome you to a dedicated journey into the deeper realms of yoga, on an adventure, which promises the first steps into the undiscovered realms of life.



Robert Boustany