



SANTOSHA YOGA INSTITUTE

CERTIFIED ONLINE AYURVEDA 50 HOUR



GET STARTED ON YOUR JOURNEY

COURSE INFO + FAQs



CONTENT

PAGE 1		WELCOME TO SANTOSHA
PAGE 2		ABOUT SANTOSHA YOGA INSTITUTE
PAGE 3-4		AYURVEDA - 50 HOURS
PAGE 5		WHY STUDY AYURVEDA?
PAGE 6		AYURVEDA - CONTENT
PAGE 7		YOUR AYURVEDA TEACHERS
PAGE 8-9		WHAT OUR ONLINE GRADS SAY
PAGE 10-11		QUESTIONS OR CONCERNS? WE GOT YOU COVERED!
PAGE 12		READY TO JOIN US?



WELCOME TO SANTOSHA



I'M SUNNY, FOUNDER OF SANTOSHA YOGA INSTITUTE. I AM HONOURED YOU HAVE ARRIVED HERE SEEKING AUTHENTIC YOGA AND ARE TAKING A COURAGEOUS STEP TOWARDS ATTAINING THE LIFE YOU DESERVE: A LIFE FILLED WITH PEACE, HAPPINESS AND ABUNDANCE!

"Sunny! I have to thank you so deeply and with so much love for creating such an incredible space for everyone to exist in. I cannot actually put in to words how I feel as I feel it on a much deeper and sensorial level... I feel so much of your love shining through" - Marlo Benjamin, Santosha Grad

Welcome to Santosha. Where our goal is the same as yours - to transform your life and take your teaching to the next level.

Whether you desire a fresh perspective, deeper significance, to shift the path you're on or remove the blocks in front of you to reap the benefits of your rewarding career in yoga teaching, this could be the start of that change.

Santosha's Online Short Teacher Training are an inspiring journey of continued learning and self-discovery.

Physically, mentally and spiritually rewarding, Santosha Training certifications are among the most comprehensive yoga teacher trainings in the world.

Thousands of yoga students from around the world have changed their lives forever with Santosha's one-of-a-kind yoga teacher trainings.

Learning from passionate and knowledgeable Master Teachers who are specialists in their field as you take your teaching to the next level.

Gain highly desirable specialised skills as you develop your Yoga teaching CV with knowledge to enhance your wisdom and value as a Yoga teacher on our Santosha Online Short Courses.

SANTOSHA YOGA INSTITUTE



**SANTOSHA HAS BEEN
RUNNING TRAININGS AND
RETREATS SINCE 2007 -
CELEBRATING 15 AMAZING
YEARS OF HELPING OVER
16,000 STUDENTS
TRANSFORM THEIR LIVES
AND STEP INTO THEIR
STRENGTH!**

**Santosha means contentment and gratitude for
all that was, all that is, and all that will be.**

Our goal is that all those who join us gain an experience of this - and then share this back into the world through teaching and sharing.

We are happy when our students and graduates are happy - leading joyful and fulfilled lives, sharing their passion, living with integrity and in peace. Our greatest pride is being part of your journey.

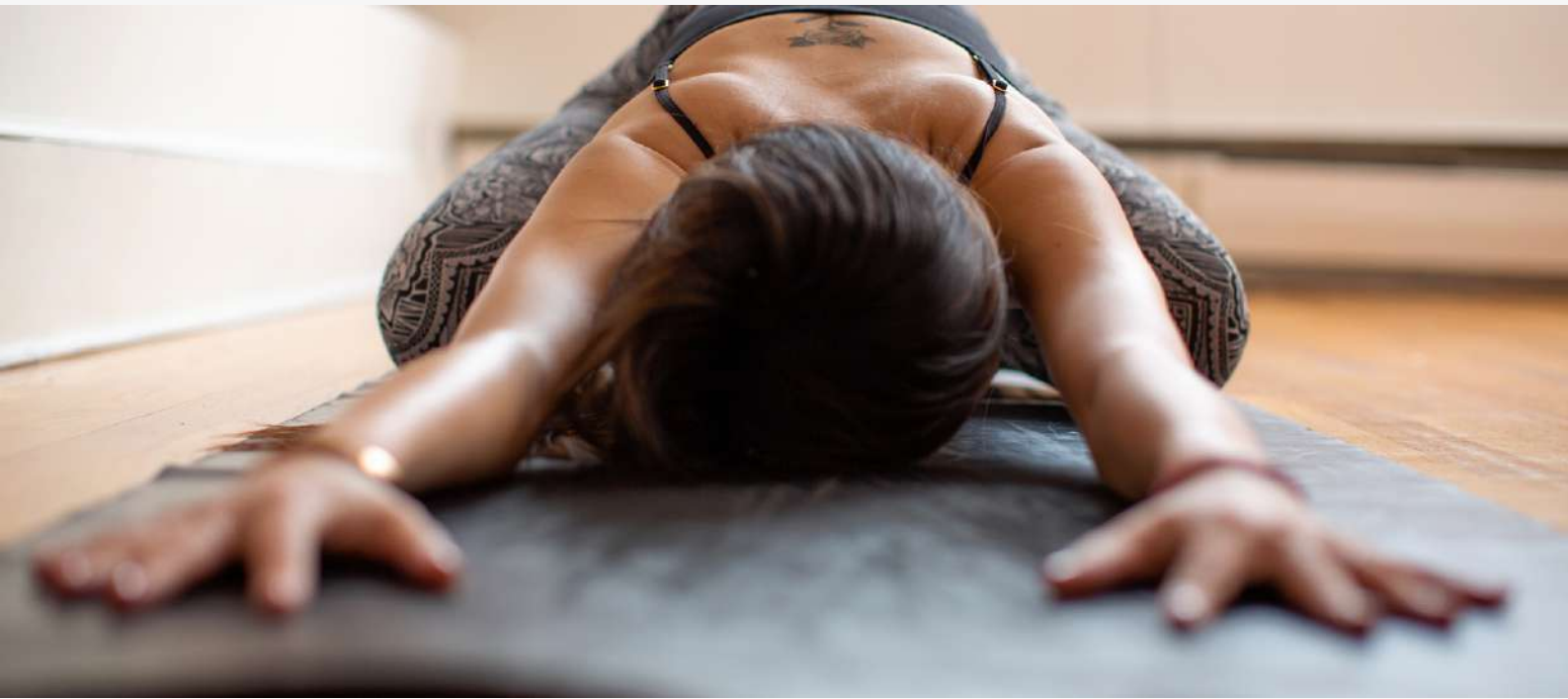
Sunny has gathered an incredible team of teachers who have the same passion for sharing the benefits of yoga and have a sincere desire to help others live their best, most fulfilled and openhearted life.

They can't wait to meet you and support you to continue on your unique yoga teaching path.



AYURVEDA - 50 HOURS

AYURVEDA - 50 HOURS



Learn to implement Ayurveda into your daily life and share your wisdom

The word “Ayurveda” is Sanskrit, meaning knowledge of life and longevity.

Beginning from the moment you wake up to when you go to bed at night, the core Ayurvedic principles will help you take care of your body, mind, and spirit so you can maintain optimum health and prevent disease.

Ayurvedic Diet and Lifestyle

It is true that you are what you eat. Used for over 5,000 years, the Ayurvedic Diet empowers you as a person and offers you a powerful tool for optimal health and healing.

On this 50 Hour Ayurveda course you will learn:

- The foundational principles of Ayurveda and how they apply to each stage of life
- The art of listening to the inner intelligence of the body
- Physical constitutions, imbalances and holistic well-being
- Ayurveda and states of mind, the role of meditation in health and healing
- Diet, digestion and lifestyle practices for ultimate health and wellbeing for all Doshas
- How to apply knowledge of Ayurveda in your planning and sequencing of yoga classes

WHY STUDY AYURVEDA?



The study of Ayurveda as a 'sister science' to Yoga adds a whole new dimension to your knowledge of mind, body and spirit as a yogi and teacher and allows you to embark on a healing journey through diet, meditation and daily practices.

This course takes you through not only the physical improvements a knowledge of Ayurveda brings, but also the mental and emotional improvements that can be seen when implementing this ancient wisdom and practices in your daily life.

As teachers and yoga practitioners we are well aware of the benefits of yoga to any person whether in a class setting or in personal practice, but application of Doshas and Ayurvedic knowledge can take your practice - and that of your students - to the next level of healing and balance.

The course also contributes 50 hours or Continuing Education Units for Yoga Alliance registered teachers

AYURVEDA - CONTENT



YOUR COMPREHENSIVE AYURVEDA ONLINE TRAINING COURSE CONTENT:

• INTRO TO AYURVEDA

Learn about the ancient Indian roots of Ayurveda, a health system which has been around for thousands of years. Gain important foundational knowledge of the definition, history, principles and philosophy of Ayurveda.

• DOSHAS AND PRAKRUTI

Gain a true understanding of Ayurvedic constitution types; and their Influence on health, digestion, mental health and wellbeing. Delve into Prakruti/Vikruti Axis, and learn about imbalances and how to address them.

• THE MIND

Explore the Maha Gunas – universal attributes that exist in all matter – and their effect on the mind. Learn about detoxifying the mind and the importance of meditation practices in Ayurveda for health and wellbeing.

• FOOD + LIFESTYLE

Learn the vital role of digestive fire, food combining and nutrition; the principles of an Ayurvedic diet for ultimate health and longevity, including the Six Tastes. Gain practical knowledge of Ayurveda and Yoga lifestyle with daily rituals for physical, mental and spiritual wellbeing.

• INNER WISDOM

Learn to listen to your inner wisdom and balance your Doshas through lifestyle changes and actions. Gain knowledge of the appropriate times and seasons for certain activities, how to relax and recharge and how to counterbalance the Doshas for ultimate wellbeing.

• AYURVEDA + YOGA

Gain an understanding of how Ayurveda & Yoga come together. Implement Ayurveda and Yoga postures and sequences for balancing the Doshas – for personal & professional use. Create holistic Ayurveda informed Asana, Pranayama and Meditation sequences to share and teach.

YOUR AYURVEDA TEACHERS



John Riccio – Ayurvedic Practitioner and Yoga Teacher

John is an Ayurvedic Practitioner, Consultant & Health Counsellor, along with being a 500-hour certified yoga teacher. Receiving his first teaching certificate from Evolution Yoga in August 2015 was a monumental point in John's life, which came nearly 13 years after taking his first yoga class in San Diego, California while serving in the U.S. Navy.

In 2016, he took an offer to teach classes & be part of the teacher-trainer team during a teacher training in Tampa Bay, Florida. During this time, he started to expand his perspective on Hatha Yoga, including what yoga is as a science and what it meant to his life and life in the cosmic sense. This experience kickstarted a twenty-month/nine-country tour across four continents teaching, living and learning from healers and yogis.

John eventually returned to Albuquerque, New Mexico where he began extensive study in the ancient Vedic life-science, Ayurveda. The Ayurvedic Institute, founded by Dr. Vasant Lad, BA.Ms. (1984), served John with the divine wisdom, knowledge and clinical application experience of the ancient holistic sciences including yoga, kaya chikitsa, panchakarma, herbology, marma, pranayama, meditation, the art of pulse reading and more.



Piera Maria Fromm – Yoga and Meditation Teacher

Piera Maria graduated in 2009 as Exercise Educator and in early 2012 opened a Dance Studio in New Zealand, sharing her passion with the vision of welcoming any form of movement, self-expression and self-explorative styles.

Piera completed her RYT-500 Certificate with Santosha, and has continued her study in trainings on Mindfulness as well as training and working as a Reiki and Massage Therapist.

Since graduating, Piera has been teaching Yoga and furthering her studies in the healing arts and Ayurveda.

For Piera it is most rewarding to guide people into their depth and support them into their own healing capacity through yoga, movement and stillness, leading them towards their own alignment and potential.

WHAT OUR ONLINE GRADS SAY

"GROWTH AND TRANSFORMATION ON EVERY LEVEL"

- HAYLEY JURD, AUSTRALIA

"Completing my yoga teacher training with Santosha has been a life changing experience. Any self-doubt or fear quickly melts away when surrendering to the process and allowing the magic of Santosha's teachings to unfold. Everything comes together so harmoniously! The teachers and team at Santosha are incredibly knowledgeable, generous with their time and wisdom and helpful beyond words. The content is delivered clearly and with conviction and the true meaning of practicing and teaching yoga quickly emerges, inspiring growth and transformation on every level. I could not recommend this course more for those looking to deepen their knowledge and understanding of these ancient teachings."

"ONLINE MATERIAL WAS SO THOROUGH AND INFORMATIVE"

- ELISA SANTAMARIA, SOUTH AFRICA

"My experience with the online Yoga Teacher Training course with Santosha was amazing! I was still skeptical about an online course, but I took a leap of faith and enrolled. The community of teachers, administrators, and students was so helpful and encouraging. It made me feel like I had made the right choice for myself. The online material was so thorough and informative that I never felt I was lost or missing something. Learning via online was easy with Santosha because their online platform was well organized with Podia and Google Classroom. The teachers were also amazing! Sunny is a very well trained and knowledgeable yogini. She is so hands on and always there whenever you need her. That care and intellect carries on with the teachers of Santosha. They are there to help whenever we need it."

"SO GRATEFUL FOR THIS OPPORTUNITY TO LEARN FROM THE BEST!"

- KELLY MCGREGOR

"Every teacher, lecturer, presenter, recording & online material was seamless! Exactly what you need for an online course. Staff are extremely knowledgeable & helpful to assist you on your Santosha experience. I can not fault their service & professionalism! So grateful for this opportunity to learn from the best!"

WHAT OUR ONLINE GRADS SAY

"EXPERTISE AND SUPPORT"

- NOEMI MENDEZ

"I was blown away by the quality of the program, the expertise and support from the teachers and administration staff, and the level of familiarity and sense of community I felt from my own home shala with the other students around the world. It was a life changing event for me... under the mentoring and light of head teacher and founder Sunny Richards. Your humility and sincere teachings from the heart will be with me always.

"WONDERFUL, ENGAGING AND POWERFUL"

- MAEVE CURTIN

"Thank you for providing the most wonderful, engaging and powerful yoga certification online. I have enjoyed every moment of the process and learned so much. I am looking forward to continuing my education with you over the next year."

"AN AMAZING EXPERIENCE"

- SANDRA KAYE

"What an amazing experience! I was a little worried in the beginning when I saw how much work there was to do but once I got my self into it, I found it quite easy to navigate. I can't thank the team enough for all the help and support. A special thank you to Andrea and Sunny who were there through the whole process and any questions we had were answered and explained."

"TEACHINGS ARE ABSOLUTELY AUTHENTIC"

- EMMA CARTWRIGHT

"Thank you so much to all of the wonderful teachers at Santosha! What an amazing, rich experience this course has been. I didn't want it to end! Even being online, I felt so deeply held by all. The teachings are absolutely authentic and so thorough. And how wonderful that I have met some beautiful fellow yogi's all over the world."

[SEE MORE REVIEWS](#)

QUESTIONS OR CONCERNS? WE GOT YOU COVERED!

CAN I JOIN FROM ANYWHERE?

Yes, you can join our Online Ayurveda Training from anywhere - at anytime. As this is an online course location is no obstacle and you can begin your journey when best suits you. If you have access to a device with internet ability then you are ready to join!

WHAT IS THE COST OF THE ONLINE AYURVEDA TEACHER TRAINING?

Save \$110 with our Launch Rate! Our Certified Online Ayurveda Training course cost at our Launch Rate is **\$575 Australian Dollars** if you pay in full.

We also offer **payment plans** that can be made in 3 x monthly instalments.

Please copy + paste the handy link below to see how much this will cost in your currency (enter your currency from the options once on the conversion site):

<https://www.xe.com/currencyconverter/convert/?Amount=575&From=AUD&To=AUD>

WHAT IS THE COST OF THE ONLINE AYURVEDA TEACHER TRAINING IN USD?

Our Ayurveda Online Yoga Teacher Training course cost at our Launch Rate is \$575 Australian Dollars - approximately \$399 USD (depending on the daily exchange rate). Please click the link below to see the most up-to-date conversion rate to USD:

<https://www.xe.com/currencyconverter/convert/?Amount=575&From=AUD&To=USD>

CAN I GAIN CEU - CONTINUING EDUCATION CREDITS?

Yes, for Yoga Alliance RYT Registered Teachers, this course is 50 hours CEU. Yoga Alliance Australia or Yoga Alliance International registered Teachers - this certification is eligible to be registered as 50 training hours towards your training pathway.

WHAT KIND OF TECHNOLOGY DO I NEED?

We have designed this Online Yoga Teacher Training course to be accessible to EVERYONE - with no complicated tech requirements to join. As long as you have access to a laptop, phone or device with wifi or Mobile data enabled to access our easy-to-use learning portal you are ready to go!

WHEN CAN I START?

You can start our Online Yoga Teacher Training today! You will be sent a log-in to begin as soon as you sign up so you can begin your studies right away.

WHAT BOOKS DO I NEED?

We provide all the materials and manuals needed to complete the course. The class content is video based with an accompanying downloadable course slides PDF for reading. These comprehensive slides have all the information you need to complete the course.

QUESTIONS OR CONCERNS? WE GOT YOU COVERED!

HOW LONG DOES IT TAKE?

The Santosha Ayurveda Training can be completed in 10 intensive days – or take as long as need for those who require the option of studying on a more part-time basis.

DO I NEED TO BE A YOGA TEACHER?

No, not at all. We welcome all who have an interest in this subject or will benefit from these empowering teachings to join us. It will be further education to anyone interested in enriching their own practice, knowledge and experience of Ayurveda.

IF I HAVE ANY TROUBLES DURING THE ONLINE COURSE WILL I HAVE SUPPORT?

100 % yes! Santosha prides ourselves on the support we offer all our students. During your online Ayurveda studies you will have access to your dedicated Ayurveda online teachers as well as Santosha's Online Student Support team.

HOW LONG WILL I HAVE ACCESS TO THE ONLINE COURSE CONTENT?

You will gain life-long access to our Online Ayurveda modules through our online learning portal, meaning you can take as long as you need to complete your online Ayurveda studies with Santosha.

WHAT'S THE LONGEST I CAN TAKE TO COMPLETE THE COURSE?

The course is designed to be flexible so you can as long as you need to complete each course module.

WHAT IF I FALL BEHIND?

There is no "falling behind"! We have designed the Online Ayurveda Training so that everyone can gain their certification at the pace that suits them. You have lifetime access to all course materials.

CAN I TAKE AS LONG AS I NEED?

Yes! The course is fully self-paced, meaning that you set your own pace through the course to fit around your life and work situation taking as long as you need. We will be alongside you every step of the way until you complete your studies with no timelimit! We have created this online course to be as flexible as possible and to enable you to fit this around your work, life and family commitments.

WILL I RECEIVE A CERTIFICATE?

Yes, at the end of your Online course studies you will receive a printable PDF '50 Hour Ayurveda Teacher Training' Certificate from Santosha Yoga Institute certified by Yoga Alliance.

04



FOLLOW YOUR HEART

Need some further questions answered? We'd love to talk yoga with you! Contact us anytime through Phone, WhatsApp and Signal:

Jennie - for inquiries, Australia, NZ and Asia: +61 402 087 633

Sunny - our Founder: +61 428 190 029

Sophie - for inquiries, Europe and Americas: +44 774 708 5144

Or email our helpful team:

info@santoshayogainstitute.edu.au

I'M READY TO JOIN!

Congratulations on making the incredible decision to step into an exciting new future! We are so looking forward to walking alongside you on this transformational journey.

To book your place simply click the button below to visit our webpage - or visit:

<https://santoshayogainstitute.edu.au/online-yoga-training/ayurveda-online-yoga-teacher-training/>

BOOK YOUR PLACE

From there we will be in touch to welcome you to assist you in getting started on this exciting new journey - and begin you on your studies straight away!

We are so honoured to be walking this path with you and cannot wait to connect personally very soon!

Oceans of love,

Sunny



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www.santoshayogainstitute.edu.au



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