

The logo for MANU School of Yoga features the word "MANU" in a gold, sans-serif font. The letter "A" is replaced by a blue triangle filled with diagonal white stripes. Below the word "MANU" is the text "School of Yoga • Precision & Flow" in a blue, sans-serif font.

MANU
School of Yoga • Precision & Flow

A series of thick, grey diagonal stripes that fan out from the top right towards the bottom left, creating a sense of movement and depth behind the central text.

IMMERSION + TEACHER TRAINING

200 hours

WITH MANEL RODRIGUES

PORTUGAL - 2024

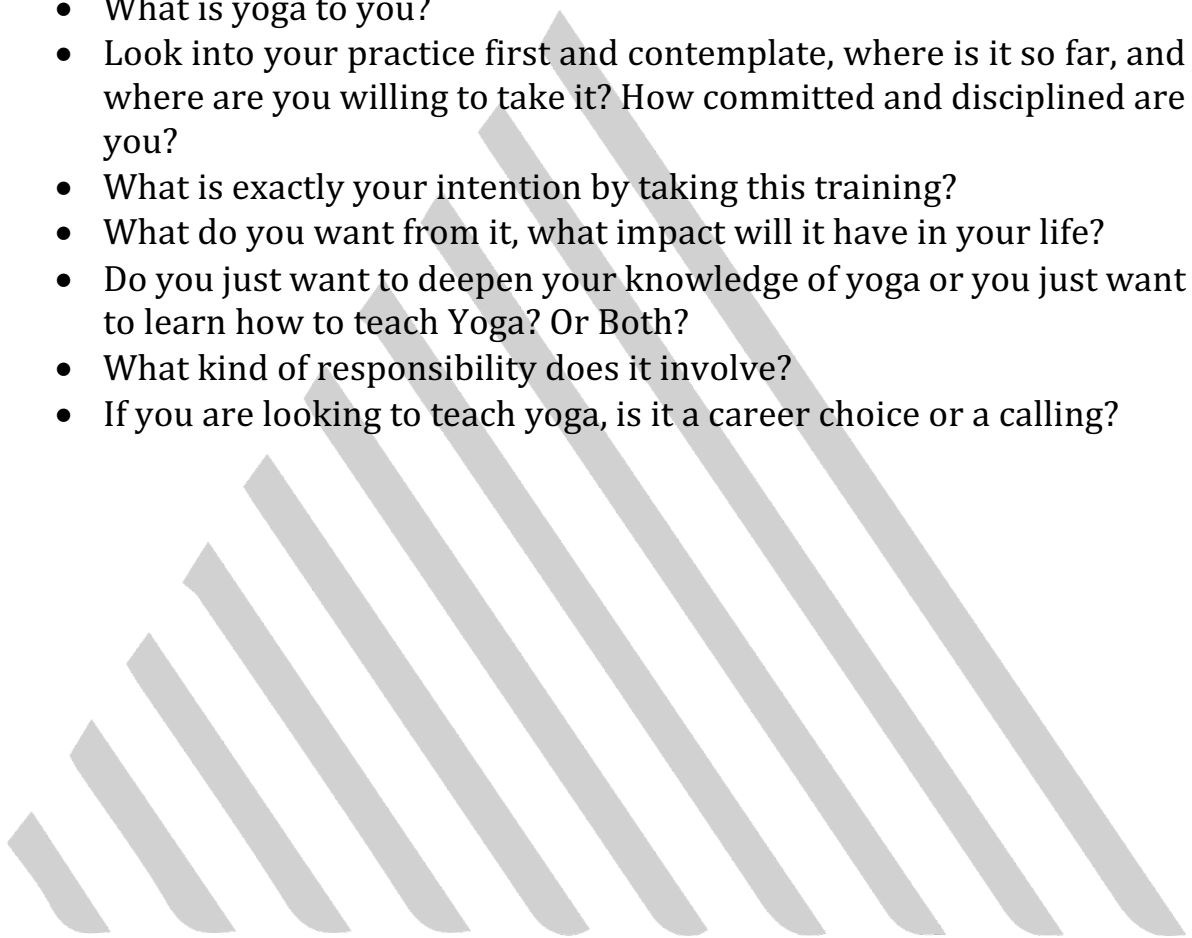
Immersion - 6th to 14th April
1st Module - 10th to 15nd September
2nd Module - 26nd November to 1st December

POINTS TO CONSIDER

Before immersing your self in the education of yoga, just sit quietly, take a breath and settle in. Allow sincerity, clarity and wisdom to guide your choices by understanding your SANKALPA (root intention).

Contemplate:

- What is yoga to you?
- Look into your practice first and contemplate, where is it so far, and where are you willing to take it? How committed and disciplined are you?
- What is exactly your intention by taking this training?
- What do you want from it, what impact will it have in your life?
- Do you just want to deepen your knowledge of yoga or you just want to learn how to teach Yoga? Or Both?
- What kind of responsibility does it involve?
- If you are looking to teach yoga, is it a career choice or a calling?



IMMERSION AND TEACHER TRAINING OUTLINE

Immersion:

An Immersion is a key step to start shaping a path that can change not only your Yoga practice, but also change your lifestyle, values and the way you see life. Yoga is a powerful tool that we can use anywhere at anytime. To immerse deeply into Yoga can be transformational in the physical, energetic, mind and spiritual realm. The wide variety of tools that Yoga offers, are extremely useful in in so many ways. Therefore know that an immersion can be truly intense and powerful.

Immersion Pre-requisites:

6 moths to 1 year of yoga practice minimum. We recommend that you take a class with Manel Rodrigues to understand his method and get to know him. Immersion is required for Teacher Training completion.

Teacher Training:

After the immersion, the next step to deepen the knowledge of yoga is the teacher training. This Segment of the training can have two ends: one is to simply learn more deeply yoga; second, is to become a yoga teacher. Either way, the main propose of this training should always be to study Yoga, to savor and drink all the knowledge and information its being passed, to have a greater practice and tools to keep diving in, and going deeper. Eventually to be a teacher should be a calling that happens naturally and not a career choice. It's a profession that evolves a lot of responsibility and dedication since the impact in students is huge.

Teacher Training pre-requisites:

1-2 years of yoga practice minimum. We recommend that you take class with Manel Rodrigues and if any doubts don't hesitate to ask. Immersion is required for Teacher Training completion.

ABOUT MANEL

Why take this immersion/training with Manel Rodrigues?

Manel Rodrigues is a very experienced teacher. He has been teaching yoga intensively since 2005 and been practicing since 1998. He studied Yoga fiercely in Unites Sates of America and created a strong career as a yoga teacher. Manel has studied with numerous world top teachers. He was in the right place, in the right time always, giving him a unique opportunity to be close to his teachers from the yoga practice level, to the personal level. Manel has 10 yoga teacher trainings, 7 as a student and 3 as an assistant and innumerous workshop. Also has a deep experience of assisting his teachers in different settings. Manel Lives in Portugal now where he teaches various public classes, workshops and trainings. Also he travels to different places in Europe and beyond to teach mainly workshops, trainings and specific classes.

Manel's genuine dedication and love to this practice is expressed in his passionate and intense teachings. His fire takes people to their edge but always with a great sense of security and integration. Manel is a very technical asana teacher, although he uses this wisdom to hold space for something much deeper and bigger. He believes that everyone has unique abilities and authentic power. And because people are unique, and to uplift that uniqueness, he holds space so people feel comfortable and secure. With that said, expect a demanding training, because to get empowered, work needs to be done, nothing is conquered easily, but with personal and group effort and union, a lot is possible. Therefore our higher potential, is the spirit...

What is Manel Rodrigues lineage?

Manel started yoga in the style of Sivananda when he was younger. However Ashtanga Yoga was very influential to his love and dedication of the practice. Later on he dove deep into Anusara yoga and at the same time Acroyoga. Although Manel always liked to explore difference styles of Yoga, Anusara was definitely the most influential in his teachings. The most

influential teachers were: Sianna Sherman, Jonh Friend, Michael Fukumura, Jason Nemmer among many others.

Guest Teachers:

Andrea Boni – Meditation and Philosophy

Andrea Boni is an Anusara®Yoga Certified teacher.

A dedicated meditator for over thirty years, he passionately teaches meditation throughout Italy and internationally to people of all levels.

Through his intimate contact with the internal realm he engages with his students and the world powerfully, effectively and with great love.

Additionally, Andrea has extensive knowledge of both sacred scriptures and the human body allowing him to guide students into an experience of meditation that is accessible, dynamic and profound.

www.andreaboni.it

David Ferreira - Ayurveda

Came back from Japan in 2008, where he lived for three and half years and where he also studied Japanese therapies with Vedic origin. He took several ayurvedic courses in India (where he spent near two years) and in Portugal (Ayurvedic therapies, Panchakarma, massage, etc.). In Thailand he studied Thai massage. In Mexico he took the first steps in Mayan medicine, that shares Ayurveda's principles. At present he works as an Ayurveda consultant and certified trainer with comprehensive courses, participates in several events related to Ayurveda and creates therapeutic programs based on this millenary medicine.

<http://www.terapiayurveda.com>

OVERVIEW OF THE PROGRAM IMMERSION+TEACHER TRAINING

General elements:

- Asana
- Pranayama
- Anatomy
- Tantric Philosophy
- Mudras
- Mantra
- Meditation
- Adjustments
- Self-Inquiry
- Life Style
- Yoga Therapeutics
- Teaching Methodology
- Sanskrit
- Chakra awareness
- Yoga Business
- Teaching
- Ayurveda
- Your Practice

Asana:

This is a typical starting point in Yoga, and what you will primarily learn and teach. Asanas are physical forms that have the power to build strength, flexibility and opening in our bodies. As a consequence it creates also openings in the channels of energy, in the mind, spiritual and emotional bodies. Furthermore, Asana rearranges the nervous system, detoxifies the body's organs, and are healing and transformative tools to calibrate one self.

A model of 108 Asana will be our guideline. This 108 poses will be studied in depth. We will explore areas such as the name in Sanskrit and English/Portuguese of the poses, the general form of a pose, variations, adaptations and props that can be used. Moreover we will cover the pitfalls of each pose, common mistakes and tendencies, benefits and counter indications, biomechanics and optimal alignment of the physical and energetic bodies. The main intention behind all we will learn in this Asana section, will be to awaken the potential of every Asana and person.

All types of Asanas are covered: Standing, balancing, forward bends, back bends, twists, inversions, sited, supine and restorative.

Pranayama:

Prana means “vital energy”, Yama means “extension”. This subtle practice know as breath work is a deep and powerful tool that has tremendous effects in the nervous system and in the mind. The breath is one of the most important links in our practice, therefore learning how to extend our knowledge and ability to breath is essential.

We will dive deep into a few main and more important pranayamas for our practice, having everyday a time slot to experience this practice.

Anatomy:

Anatomy and physiology are two key aspects that a yogi must understand and know to practice yoga in a safe way. During this time we will go methodically thought the relationship of the body with the yoga practice. This information will be delivered in a practical and functional way, creating priorities in the knowledge that is being shared.

Tantric Philosophy:

With Andrea Boni and Manel Rodrigues. The tantric philosophy will be the main platform of this training, although classical yoga philosophy will be shared and explained generally. Understanding certain key aspects of the yoga philosophy is very important to amplify the value of this practice, as well as sustaining yoga in a healthy, well guided and meaningful way. The

tantric philosophy is a more modern, accessible, and useful philosophy that allows everyone to identify with the concepts and being able to apply in our day to day.

Mudras:

Mudra means “gestures” or “seals” and are usually done with the hands. Mudras help to seal and organize the energy in the body and create a flow of Prana. In this training we will go over a few mudras, their name in Sanskrit, the meanings and the benefits.

Mantra:

Mantra is a sacred sound usually or traditionally in Sanskrit. Mantra awakens the energy and creation power inside of us. We will cover a few main mantras that have a meaning to all the work and practices in this training.

Meditation:

Andrea Boni and Manel Rodrigues. Meditation is a practice that can be done in movement or still. Another way to see meditation is a concentration practice or a practice of consciousness and awareness that sharpen and calms the mind. We will practice meditation dally and use technics that can be of easy access and understanding. Andrea Bonni will be a guest teacher, a world recognized mediation and philosophy teacher that will honor this training with is presence and wisdom.

Adjustments:

We will learn 6 types of adjustments: Voice Adj, Direction Adj, stability Adj, Hands on Adj, Depth Adj, Presence Adj

Self-Inquiry:

To contemplate, cheek in constantly is so important to support the growth and transformation that this practice evolves. In group setting or individual

setting, we will create everyday self-inquiries so that we can refine our sense of evolution and recognition for all the process in play.

Yoga Life style:

Yoga has a life style associated with it. It is really born out of consciousness that we grow as we practice yoga. This consciousness brings us to connect deeper with nature, to eat certain foods and live with awareness overall. Also as yogis, we look for balance, therefore nothing should be implicit or radical, rather conscious and feel good in our hearths.

Yoga Therapeutics

Yoga can be extremely therapeutic and healing in various levels. Expect to cover the main Therapeutic aspects and poses of yoga. We will look into some ways to treat general and typical injuries and condition that are most common in people.

Teaching Methodology (Teachers training material)

To teach with clarity and efficiency takes a lot of refinement and skill. From understanding where to be in a room, to create language that can reach everyone, even know how to deal with certain situations, is key to be prepared to deliver a class with harmony and clarity. Expect to study a class setting from all angels and perspectives.

Sanskrit

Ancient language from India where a lot of the yoga tradition and philosophy comes from. Expect to cover the most important words and phrases that can be relevant to understand the roots of yoga and that can be used in class context and studies.

Chakras Awareness

Chakras are energetic fields in the body. We will cover the 7 main chakras, their quality, name, color, sound and function.

Yoga Business (Teachers training material)

For those who teach yoga or are looking to teach, main ideas and concepts for a career building will be shared and discussed within the group.

Ayurveda

David Ferreira will introduce Ayurveda in a few workshops during this program. Ayurveda is the sister medicine of yoga, and has tremendous results together with the yoga practice. In this section we will have a clear understanding of the fundamentals of this medicine as well as some tools to work with.

Teaching Yoga (Teachers training material)

Teaching yoga should always be a calling. When we hear that calling we also understand the great responsibility and gift of a teacher. We will discuss main teaching aspects that can be useful to take this sit of a teacher the best and most powerful way possible.

Your Practice:

This is one of the most important points of this program, is to guide people into their practice, how to go deeper and to be able to create a self-practice habit. This is really where all starts, the dedication to experience fully the yoga practice and even as a teacher you should always look to have a very experienced dally practice pattern and a deep sense of commitment and passion for yoga.

Testimonials

"I couldn't recommend Manel's immersion highly enough. When you commit to a teachers training there's a lot of unknowns -It's a big investment personally and financially and you want to ensure you find the right teacher. We are all very lucky to have found Manel. He has been a wonderful mentor - inspiring, encouraging, meticulous and also a lot of fun." **Lucy Crook**

"Manel teaches from his heart with amazing patient & love. I felt really comfortable in each lesson and my body got nourish inside & outside. Thank you for this enriching time." **Patricia Wittwer**

"The course was really above any expectations that I might have had. Loved the stories and the way the classes evolved and flowed. The rhythm and energy were always on the right amount." **Catarina Alves Lopes**

"I've had a lot of expectations before this Immersion. I didn't get what I expected...I got a lot more." **Marlene Gloser**

"Being part of this Immersion was unique and also very emotional experience for me. I learned a lot, especially thanks to the "Morning practice" and the "Overall Teachings" Lessons of Manel who was excellent, knowledgeable, well prepared and thorough teacher." **Sara del Corso**

"Do this experience no matter what, this was very especial, for sure you will grow and learn more about you. Everything was on the right place at the right time.

The teachings were power, full of strong technique/alignement and everything was very well grounded with very good energy.

For me was a real immersion, an amazing long moment, an upgrade for life." **Francisco Fezas Vital**

"I really enjoyed and appreciated the Immersion. It was such a beautiful time you made possible. I like the way you teach and interact with the students. Your authentic, funny and honest way of teaching made me feel very comfortable. Rinha and you, you both are so loveable. I really don't

have anything to complain. Just keep on doing this good stuff! I'm so happy that I was a part of this wonderful group. It was beautiful just the way it was." **Nora Schuler**

"I loved every second of the immersion with Manel and would do it again straightaway. Manel is a great and inspiring personality and teacher. He learned me a lot about my body by showing the right alignment in yoga. Moreover, I got new insights in the yoga philosophy by listening to his beautiful and easily understandable stories of all the yoga gods. I went back home to Switzerland with a lot of inspiration for my yoga practice, priceless experience and heart touching moments." **Stephanie Albert**

"If you have the chance to do an Immersion with Manel and Rinha School don't hesitate, if you aren't that lucky now try again in the future." **Javier Lopes**

"A super week with wonderful people, a fantastic Kula! One week where I could look inside me and find out more about me, learn yoga and about the philosophy and still smile a lot!" **Susana Alexandre**

"This training provided invaluable training on the methodology of teaching itself--deep insights valuable not just for yoga but for teachers of any kind. Even as an experienced teacher, I learned things I had never even considered before." **Zach Mainen**

"Manu Yoga School teacher's training was a great experience and the best tool you can have if you want to teach yoga or go deep in yoga studies. Manu is an experienced teacher with a lot to share. I recommend this TT to everyone who wants to teach yoga." **Bruno Cruz**

DATES AND HOURS

IMMERSION - 72 HOURS

6th April - 14th April

TEACHERS TRAINING - 108 HOURS

- 1^o Module - 54 hours - 10th September - 15th September

- 2^o Module - 54 hours - 26th November - 1st December

NON-CONTACT - 20 HOURS

Daily Schedule* (model):

*This daily schedule is only informative and can suffer slight changes. In the first day of immersion the exact program for the week will be handled.

8:00h to 10:00h - Yoga Practice w/ Manuel

10:00h to 11:00h - Pause/Breakfast

11:00h to 14:00h - Theory and practical

14:00h to 15:30h - Pause/lunch

15:30h to 19:30h - Theory and practical

Location:

Casa Holstein - Rua/Travessa São Sebastião, 3, 2710-592 Sintra

***This venue may change depending on the number of participants.**

CERTIFICATION

Yoga Alliance Accreditation

Yoga Alliance it is the most known governing organization to oversee and approve the yoga programs around the world. When Finalizing this training with all the hours and requirements, a certification of 200h Yoga Alliance will be obtained.

What is the certification process? (Teachers training material)

Students have to be present all the mandatory hours. Also the final exam completed and approved. The final exam will be oral, practical and written.

Can I use this 200h training to add into a 300h so I can apply for 500h Certification in Yoga Alliance?

Yes you can.

FAQ

What style will be taught in this training?

Hatha Yoga with a strong alignment and biomechanics Foundation with a balanced flow. The Tantric philosophy will be the main philosophy that will be implemented in the teachings. Also a modern and cutting edge approach of all the techniques to honor the main tendencies of the western society that cause imbalance. Moreover a strong comprehension of teaching skills that are pedagogic, voicing that is clear and accessible, and intelligent sequencing and structure. All this will allow teaching to be not only effective, but also efficient.

If the intention is to become a teacher, what will I be ready to teach?

This training is designed to prepare you to teach level 1-2 hatha Yoga class.

Everyone has a different process and ability to teach. The training is a great platform to start the process as a teacher, but every student has the responsibility to keep studying and developing their practice skills as well as teaching skills.

Can I take the immersion and use the credits furthermore to use in another training?

Yes, you have one year if you wish to take the credits of the immersion to complete the teacher training. Note that this will be only within this program and not to other school of yoga unless there is a special agreement.

PRICES, PAYMENTS AND CONDITIONS

Prices and payment plans:

Immersion + Teachers Training:

REGULAR PRICE - 2200€ (Pay 100% until 4th of March)

EARLY BIRD – 1950€ (Pay 100% until 5th of January)

Payment Plan:

1^a Pay – 900€ until 4th of March

2^a Pay – 750€ until 31st of July

3^o Pay – 750€ until 10th of October

Immersion:

REGULAR PRICE - 890€ (Pay 100% until 4th of March)

EARLY BIRD – 790€ (Pay 100% until 5th of January)

Payment Plan:

1^a Pay – 475€ until 5th February

2^a Pay – 475€ until 4th of March

Teachers Training:

REGULAR PRICE - 1410€ (Pay 100% until 1 of September)

Payment Plan:

1^a Pay – 800€ until 31st of July

2^o Pay – 675€ until 10th of October

Payment Policy

- If you have been accepted into the course, you will receive from us a confirmation, and payment information will be send so you can finalize your registration.
- Your place will be confirmed as soon as you initiate the payment plan of your choice.

Cancellation Policy

- If you cancel between 60 to 90 days before the course starts 40% is non-refundable.
- If you cancel between 30 to 59 days before the course starts 50% is non-refundable.
- If you cancel between 7 to 29 days before the course starts 75% is non-refundable.
- If you cancel between 1 to 6 days before the course starts 90% is non-refundable.
- If you cancel after the course has started, then the full program cost 100% is non-refundable.

It is not our preference to implement timelines or policies but we have found it necessary to have a commitment and responsibility encouragement as well as clear agreement between students and the school. We are aware that certain cases are unavoidable. We will always aim to work with the sincere student in that respect. It is not about holding on to one's money but rather to completely discourage anything that can affect the flow of this training. This is what yoga is about and leads to the most positive growth and grounded power.



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