

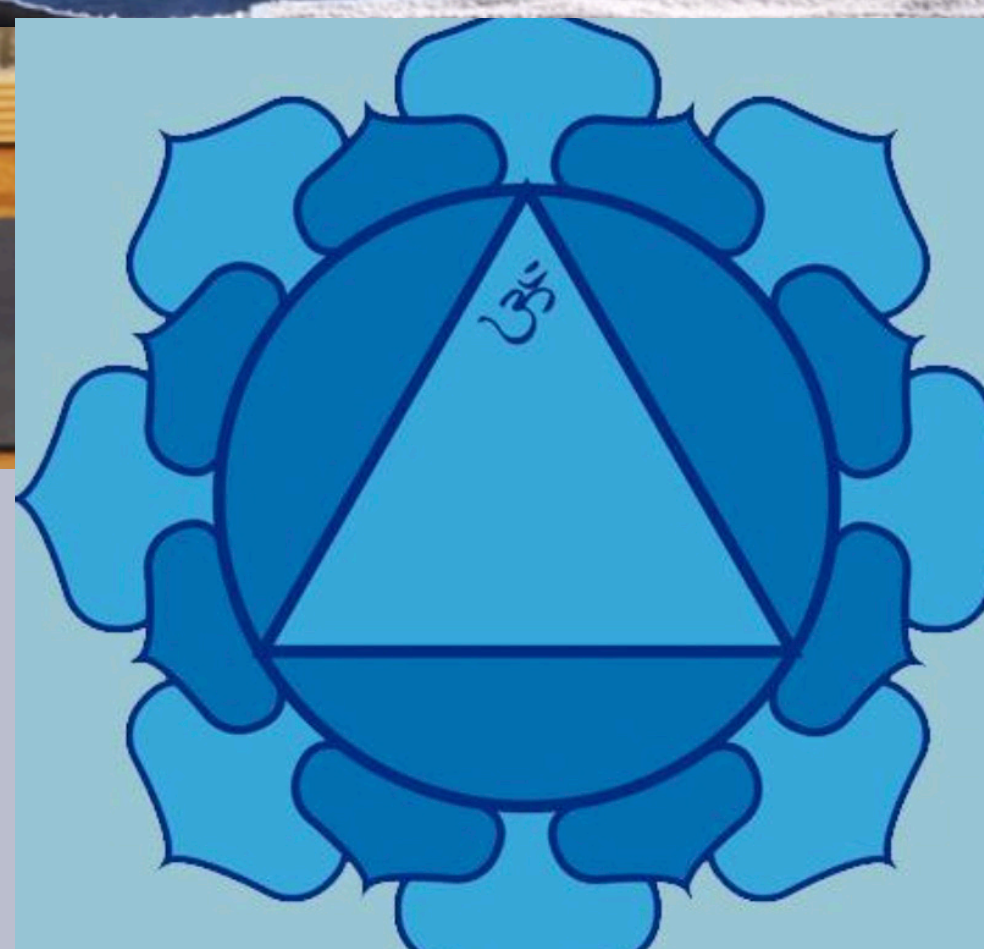
MARK KAN • GAIA BERGAMASCHI

ATMA VIDYA 200 HOUR YOGA TEACHER TRAINING

OCTOBER 2023 - JUNE 2024

STUDIO JYOTIR

MILAN



Hatha Raja Vinyasa Yoga The Path to Self Knowledge

Welcome to the Atma Vidya 200-hour Yoga Teacher Training Programme – where self-discovery and yogic wisdom converge to illuminate your path.

The programme starts in October 2023 and concludes in June 2024 and will be held for two days each month over nine consecutive months.

The Atma Vidya 200-hour Yoga Teacher Training Programme will take you on an inward journey of self-discovery where you will uncover the many layers of your being, deepen your knowledge of yoga and be guided towards a deeper understanding of your true self, cultivating a harmonious connection between mind, body, and spirit.

This 200 hour Hatha Raja Vinyasa Yoga Training Programme combines the experience of Mark Kan and Gaia Bergamaschi, two of Milan's leading yoga teachers who share more than 30 years teaching experience.

Atma Vidya is a Sanskrit term meaning Knowledge of the Self. It refers to the understanding of our true nature or inner self according to Indian philosophy. It is the knowledge of the ultimate reality that goes beyond the material world and the ego.

Through a carefully curated programme that includes the study and practice of asana, pranayama, meditation, yoga history and philosophy, anatomy, and teaching methodology, the Atma Vidya 200- hour Yoga Teacher Training Programme will provide you with a comprehensive yoga education.

Many of the practices taught on the programme are rooted in the Dharma Yoga lineage, the teachings from Sri Dharma Mittra. A classical system of Hatha Raja Yoga. Both Gaia and Mark are certified Dharma Yoga teachers and Studio Jyotir in Milan where the training will be held, is a registered Dharma Yoga affiliate.

FOR MORE DETAILS
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