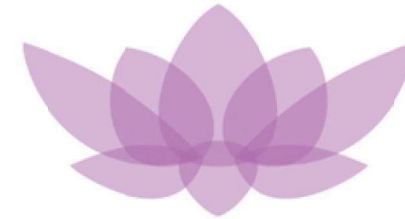


“In the light of the sun, in the light of the moon and in the light of the stars there is no discrimination. The light within you has the power of discrimination. You can use that light to see the darkest corners of your inner chamber. For that you do not need outer guidance. The purpose of a guide, guru or teacher is to introduce you to that light.”

H.H. Swami Rama



Himalaya Yoga Valley
INTERNATIONAL YOGA TRAINING CENTRES

Graduate Information

Himalaya Yoga Valley



INTERNATIONAL YOGA TRAINING CENTRES



Namaste

Congratulations on becoming a Himalaya Yoga Valley graduate!

It is an honour for us to see our graduates carry on the traditions of our masters before us and become a part of our lineage. As you go forward on your yoga journey we are here to support and mentor you professionally. We have put together the following resource information for you which we hope you find useful.



Himalaya Yoga Valley Graduate Page

We post yoga jobs from around the world on this page, interesting yoga articles and lots of teaching tips. Our graduates connect here on a regular basis for teaching advice, sequencing tips and mentoring, it is also a great way to connect with fellow graduates in your area or globally. Simply search for 'Himalaya Yoga Valley Graduate Page' on Facebook and send a request to join.

Email support

Our team are always available to offer you ongoing professional support. Perhaps you have a question regarding injuries, anatomy, pranayama, marketing or business? Whatever it may be, please do get in touch - we love to hear from you. Our email address is himalayanyogavalley@gmail.com.

Internships

Consider an internship with us! See our further education and internship page on our website yogagoaindia.com.

Work with us

All our employees across the board are graduates of Himalaya Yoga Valley so please keep in touch and keep us up to date on your career progress.

YOGAGOAINDIA.COM

Websites

www.yogajournal.com & www.yogainternational.com

Both sites contain fantastic databases of yoga related articles and information, including a teachers' section.

www.hathabandhayoga.com

From the good Doctor that brought you the Key Muscles of Yoga anatomy book, find more of his articles and information on anatomy and yoga at this fantastic website.

www.embodiedphilosophy.com

Philosophy related articles, courses, podcasts and videos.

Alliances and Federations

Himalaya Yoga Valley is affiliated with the following Yoga Alliances and Federations that you may also wish to register with.

International Yoga Federation - www.internationalyogafederation.net

Yoga Alliance US - www.yogaalliance.org

Canadian Yoga Alliance - www.canadianyogicalliance.com

Yoga Alliance Professionals UK - www.yogaallianceprofessionals.org

Remember to investigate local regulations regarding registration and insurance wherever you begin to teach. If you need references or proof of hours for any other Alliances that you wish to register with, please drop us an email and we will arrange them for you.



Thanks for sharing a wonderful month with us!

Love & light,

from us all at Himalaya Yoga Valley Centre