

**Sattvic Sages**  
अष्टांगयोग & योग  
A personal journey to natural health

# 200 Hour YTT Yoga Teacher Training

Traditional Yoga Teacher Certification

*for New Teachers and Anyone with Desire to Deepen Personal Practice*

# TRANSFORMATION

## 200 Hour Certified Yoga Instructor Certification Program

Definition of Yoga by Sage Patañjali

**योगः चित्त-वृत्ति निरोधः** (*yogāḥ citta-vṛtti-nirodhāḥ*) - *Yoga Sutras 1.2*

**Yoga is when the movements of consciousness cease to fluctuate**

*The meaning of Yoga is understood as 'Union'. Embracing this Union is accomplished by the practice of Nirodha (mental control). Hence, the goal of Yoga is the perfection of that process. Yoga (union) implies 'Duality', as in the joining of 2 things or principles. The result of Yoga is the 'Non-Dual' state - the union of the Lower Self and Higher Self. This non-dual state is characterized by "absence of individuality" promoting peace, pure love, Self-Realization, or Liberation.*

As Yoga teachers, or those who share Yoga knowledge, we must strive to protect and share the true and traditional practice, maintaining the integrity and sacredness gifted to humanity through the elevated consciousness of the great Sages & Seers of India. We have a responsibility and duty of care when embracing this knowledge for ourselves and when sharing this gift with our community.

The Sattvic Sage Ayurveda & Yoga 200 Hour Program is for those whom wish to learn to teach, for those who are already registered Yoga Teachers who wish to deepen their understanding of traditional Yoga Principles and practical skills, or for those who wish to personally explore their understanding and practice of Yoga for a healthy and balanced life.

This course allows each individual to experience the true essence and meaning of Yoga through a unique and holistic synthesis, harmonized amongst the teachings of ageless wisdom of ancient scriptures and philosophy applied in a contemporary context that students can grasp and thus begin to put into practice in their daily lives. Yoga is not something we 'Do', but something we 'Realize'. This is a path of Self-Discovery and Self-Realization.

Students will learn the integral foundations of Yoga ensure all participants can practice safely, teach safely, understand the breath and the mind and learn to connect to other human beings compassionately. This experience is a wonderful odyssey on your path to greater self-awareness and understanding. By incorporating Yoga in its totality, all will learn to teach and practice through their own experiences and deepened knowledge.

The course is designed to provide a comprehensive foundation for teaching yoga skillfully & intelligently, while realizing the connection of *Āsana* to *Nirodha* (mental Control) and *Prāṇa*. This course intends to possess more depth and breadth of the true Yoga teachings, understanding the *Shiva / Shakti Principle*, with a deep connection to heart.

Graduates of this program are considered CYT Certified, but may also become Registered Yoga Teachers (RYTs) with Yoga Alliance when they apply for registration directly with Yoga Alliance. An RYT designation is a symbol of a minimum level of knowledge, training, and experience. Possessing this designation enhances your credibility as a teacher – **but many components of this course offer higher-than-required knowledge for Yoga Alliance registration.**

The Sattvic Sage Ayurveda & Yoga program also incorporates added ability to understand Ayurvedic Medicine and its critical relationship to Yoga. Yoga & Ayurveda are inseparable. Ayurveda itself is a form of Yoga.

In addition, you will learn the benefits and teaching of various styles of Asana (Hatha, Vinyasa, Yin, Restorative, Chair), Meditation (also Yoga Nidra), Pranayama, Chanting of Mantras and the use of Mudras. No other special certifications in each style will be necessary (nor the expense of such courses). You will be prepared to offer your light and energy in each of these spaces, with the goal of sharing your knowledge for health & healing of yourself and your community.

# **Techniques, Training & Practice**

## **Yoga Śāstrā / Śatdarśana**

### **Āsana**

- Historical Context, Kriṣṇamaçārya Lineage
- Complete Sequencing to Achieve Effects Safely
- Sukhasana & Savasana
- Anatomical & Alignment Principles & Contraindications

### **Pranayama & Subtle Body**

- Historical Context, Effects on Anatomy & Subtle Body
- Safe Pranayama Sequencing with Precautions, Alternatives & Adaptations
- Pūraka, Recaka, Kumbhaka
- Ujjayi, Nāḍī Śodāna, Kapalbhati, Bhāstrika, Śītkari, Śītkari, Suryabhedana & Chandrabhedana
- Essential Oils, Mindfulness & Living a Holistic Life

### **Knowledge of Pratyahara, Dharana, Dhyana, Samadhi**

### **ŚuddhiKriyas (Purification Practices)**

### **Meditation & States of Consciousness**

- Self-Ability to practice Meditation
- Teaching Meditation & Relaxation

### **Ayurveda**

- Introduction to Ayurvedic Medicine, Doṣa Concepts
- History, Classical Samhitas, Sāṅkhya Philosophy, Shiva/Shakti & Aum Principle
- Food & Plants as Medicine, Dravyagunakarma
- Yoga & Ayurveda Relationship
- Yoga for your Doṣa - Āsana, Pranayama, Dhyana for balancing Vata, Pitta & Kapha

*These hours include (with substantial emphasis):*

- How to address the specific needs of individuals / special populations
- Theoretical & Analytical Understanding with training in how to teach and practice techniques
- Guided practice of the techniques themselves

# **Anatomy & Physiology**

### **Anatomy: Structure**

- Skeletal System  
Major Bones, Types of Joints, Major Muscles involved in Āsana, Types of Muscle Contraction
- The 3 A's: Anatomy, Alignment & Adjustment / Spirals & Loops

### **Physiology: Functional Systems**

- Nervous System  
'Fight/Flight' & 'Freeze' Stress Response, Vagus Nerve, Overall Mind/Body Connection
- Cardiovascular/Circulatory, Endocrine, Digestive Systems as they relate to Yoga Āsana  
Expulsion of Metabolic Wastes, Catalyzing Healing Processes
- Respiratory System  
Muscles that control breathing, Voluntary/Involuntary breath, How Prana Enters & Exits the body

### **Bio-Mechanics**

- Types of Joint Movements, Joint Stabilization
- Safe movement as it pertains to Balancing, Stretching, Awareness, Trauma/Injury
- Contraindications, Misalignments, Adaptations
- Loops & Spirals

### **Yoga Anatomy & Physiology**

- Yoga Anatomy: Sthūla Śarira, Sūkṣma Śarira, Karaṇa Śarira
- Pañcakoṣa: Annamaya Koṣa, Prāṇamaya Koṣa, Manomaya Koṣa, Vijñānamaya Koṣa, Ānandamaya Koṣa
- Ćakras, Nāḍīs & Marmāmi
- Pañca Vāyu: The 5 Vatas ~ Ayurveda Concepts for Yoga Asana
- Āsana for Ćakra Balancing

# **Yoga Humanities**

## **History**

- Yoga Terminology
- Kṛṣṇamaçārya Lineage, Style & Methodology

## **Philosophy**

- Definition, Dates, Etiology & Key Terms
- Relationship between Āsana, Pranayama and Meditation
- Key Ideas of Vedas, Vedānta, Hatha, Colonial, Modern
- Yoga Darśanā Philosophies & Classical Texts
- Sāṅkhya Philosophy, Upanishads, Yoga Sūtras, Gheranda Samhita, Hatha Yoga Pradīpikā, Bhagavad Gītā

## **Self-Reflection**

- How Philosophies relate to private practice

## **Yoga Lifestyle With Deeper Understanding**

- Yamas & Niyamas
- Understanding the value of teaching yoga as a service & being of service to others (Karma Yoga & Seva)

## **SHIVA / SHAKTI Principle – Types of Tantras**

## **Saṅkalpā, Sadhana, Dharma, Karma & Seva**

## **Bandhas, Mantra, Mudra, Malas**

## **Sanskrit**

## **Ethics**

- Awareness of Yoga Sūtras and similar yogic ethical precepts
- Scope of Practice and Code of Conduct
- Comprehension & Responsibility
- Accountability Measures
- Self-reflection on how yoga ethics relate to practice and teaching

# **Teaching Methodology & Professional Development**

## **Teaching Methodology**

- Sequencing: Arc Structures (Hatha, Vinyasa, YIN, Restorative, Chair)
- Important Factors/Changes during Menstruation, Pregnancy, Postpartum
- Āsana for Special Populations / Conditions (Pregnancy, Seniors, Kids, Emotional Health)
- Pace, Environment, Music (or not) & Class Management & Atmosphere
- Class & Workshop Structure for Beginners, Intermediate & Advanced Practitioners
- Theme-Oriented Classes – What is the Message? (We offer Yoga, not solely physical fitness)
- Cueing, Cueing, Cueing! (verbal, visual, physical)
- Avoiding cues that may unintentionally create fear or exclusion
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## **Professional Development**

- Communication skills, time management & establishment of priorities and boundaries
- Yoga-Related Professional Organizations, including Yoga Alliance & IYAT
- Credentialing Process
- Lifetime Learning & Continuing Education
- General Professionalism (timeliness, consistency, cleanliness)
- Marketing & Promotion
- Liability Insurance / Waivers / Disclaimers / Music Copyright
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## **Practicum**

- Knowledge, Skills, Experience (across 13 key Competencies)
- (Supervised) Community Yoga classes to gain experience
- Mentorship / Apprenticeship
- Practice teaching as the Lead Instructor\* (does not include observing or giving feedback)
- Personal Practice Attendance Log
- Class Observations, Receiving & Giving Feedback

\*A minimum of 5 Hours actively practice teaching as the lead instructor in each style

## Teaching Competence and Proficiency

Students must demonstrate command of the skills necessary to safely and competently teach a Yoga class. Participation in all practice-teaching sessions is mandatory for certification. During these sessions & throughout training, you must demonstrate the ability to teach Yoga using the methodology presented in the training as noted below:

- Demonstrate knowledge, embodiment and modeling of Āsana, including modifications, intuitive and evidence-based benefits, contraindications, and alignment principles for all intended demographics
- Demonstrate understanding and use of effective, conscious communication skills
- Demonstrate ability to lead Āsana, Pranayama, Guided Meditation and Relaxation.
- Demonstrate fundamental knowledge of basic anatomy and physiology—muscles, bones and systems
- Demonstrate knowledge of Yoga History, Philosophy and Methodology

These skills will be evaluated during session Teachbacks. A minimum of 5 hours is required teaching as the Lead Instructor and will be incorporated into class training sessions. You will conduct classes live as lead instructor amongst classmates and offer Community Yoga Classes. Classmates will provide feedback to each other on each class offered.

## Assessments

Students will be given a series of assessments designed to support integration of content. The assignments include Homework on studied texts, Summaries/analyzation of specific documentaries, self-reflective based journaling, lesson reviews, and practice teaching exercises. The successful completion of these assessments is required for certification. All documentation be collected/reviewed in hardcopy or via email and will be reviewed by the Lead Trainer.

## At-Home Assignments

Students attending training will be given assignments to complete between segments. These assignments will account for Non-Contact Hours. These assignments will include attending personal yoga classes, Observing others teaching in a classroom setting, and developing Class Designs. Students must satisfactorily complete and submit all assignments in hardcopy or email to receive certification. These assignments will be provided by the Lead Trainer In-Person or via email. All documentation be collected/reviewed in hardcopy or via email and will be reviewed by the Lead Trainer.

## **CLASSES: 200 HRS OFFERED AS HYBRID: ONLINE & IN-PERSON AT SODERWORLD WELLNESS**

**FULLY LIVE ONLINE FOR ALL CLASSES MARCH – MAY**

**HYBRID LIVE ONLINE & IN-PERSON IN CHICAGO FOR CLASSES JULY - SEPTEMBER**

**GRADUATION ON AUTUMN EQUINOX SEPTEMBER 21 AT SODERWORLD WELLNESS CENTER IN CHICAGO**

## Requirements for Completion:

Completion & Attendance of All Session Hours & Any Needed Make Up Hours

All Assigned Homework / Personal Class Attendance Log / Meditation Journal Sharing / Student Survey

Class Observations / Class Designs / Complimentary Community Class Offerings

Tuition Paid in Full

## Pre-Reqsite:

ALL CLASSES: At least 18 Years of Age with Proficiency in English, as all classes are taught in English language.

It is suggested that each student has previous experience by way of attending classes, lectures, inquiry or has engaged in self-awareness practices for at least 6 months.

Being New is also OK – This is a wonderful introduction to the authentic teachings of Yoga.

## Upon Completion:

When course requirements are met, a "Certificate of Completion" is issued.

You are considered a Certified Yoga Instructor: CYT200 or CYT500.

## Registration with Yoga Alliance is Optional (not Mandatory):

To become a Registered Yoga Instructor (RYT), the registration process is completed directly with Yoga Alliance.

Sattvic Sage is a Yoga Alliance RYS Registered School and all programs are included in the path to RYT200 / RYT500.

This process is also explained in the Professional Development portion of the program.

## Current CYT200 & RYT200:

The completion of hours and Certificate of Completion may be added to experiential hours for the path of CYT500 / RYT500.

If RYT500 is desired, Yoga Alliance will recognize your additional training hours through this program.

## Academic Requirement:

ALL CLASSES: Applicants must possess a high school diploma or GED and must attain 18 years of age prior to start of classes ALL

CLASSES: Applicants should have English language fluency, as all classes will be taught in English

## Required Books: Detailed Book List Provided Upon Enrollment, not exceeding \$75

## Steps in the Application Process, Enrollment & Registration:

- Submission of Enrollment Form - Completed Online at <https://www.sattvicsage.com/yt>
- Payment for SEAT RESERVATION (Applied to Tuition) or TUITION PAYMENT IN FULL to receive discount
- Phone Discussion with Prospective Student by Lead Trainer / Confirmation of Acceptance
- Student receives Welcome Email with all steps, dates and details to prepare for Class Start
- Enrolled Student signs and returns the 'Attestation & Acknowledgement' of Program Policies on 1st day of Class

## Tuition Includes

Yoga Alliance Recognized Program  
7 months / 200 Hours of Curriculum

### **4 SEPARATE CERTIFICATIONS in Styles of Hatha, YIN, Restorative & Meditation** (Normally \$3200 Hatha, \$650 YIN, \$650 Restorative, \$450 Meditation = \$4950)

Learning & Offering the Highest Standards of All-Inclusive Speech and Cueing  
Personal Class Sadhna / Class Observations  
In Person & Remote Class Full Set Up & Break Down  
High Quality, Professional Presentations & AV Equipment  
High-Quality Full-Color Binder of Syllabus, Class Schedule, Course Policies  
Homework Summary & Due Dates  
Part 1 & 2 Printed Handouts [Part 3 - 8 Handouts in Electronic PDF Emails]  
Provided Personal Class Attendance Log  
Provided Class Observations Template  
Provided - All Class Design Templates  
Provided Meditation Journal  
Provided Numerous Class Sequences  
Sharing of Personal Music Playlists  
Numerous E-Books of Traditional Yoga & Ayurveda  
20% Discounted Yoga Classes at Soderworld Wellness Center During Training  
Excursion / Class Practice / Tour & Pictures at Hindu Temple of Greater Chicago  
Attendance Tracking, Homework Tracking & Review, Grading & Feedback  
Administrative Communications & Follow Up  
Practicum Supervision, Grading & Feedback  
2 Guest Teachers, offering additional perspective on Alignments & Restorative Set Ups  
**Swami Yatidharmananda, traveling from Uttarkashi INDIA**  
**4 HR Private / In-Person Discourse & Meditation**  
**5 HR Yoga Teacher Sadhna Intensive, Yoga Nidra & Meditation**  
Complete Course Photos & Videos  
Community Yoga Day Photos & Videos  
Graduation Ceremony, Class Pictures & Commemorative Video  
Holistic Business Advice from a former Corporate Business Development Executive  
Continued Ongoing Support / Mentorship via Instructors & private YTT Facebook Group for all Alumni - indefinitely

## WHAT MAKES THIS TRAINING UNIQUE?

### DEEP & TRADITIONAL UNDERSTANDING

Classes include practice of Āsana, Pranayama, & Meditation, as well as coursework, practical experience / excursions to witness Yoga in its truest form - beyond the physical. Many YTT Training programs offer just a scratch of the surface of the true Yoga practice by focusing only on physical postures, while missing any real focus on 7 other components of the 8-Fold Path – the most powerful pieces on the healing journey. I wish to offer and share understanding of tradition, history, integrity and cultural (and yes, the PHYSICAL) pieces of this life-altering knowledge.

### Beyond Āsana: Deeper Discussion in Philosophy, Ancient Texts & Tradition

History / Origins / Śatdarśana  
Immersion in the 8 Limbs of the Aṣṭāṅga Path  
Patanjali Yoga Sutras / Sankhya Philosophy

Intro to Hatha Pradpika / Bhagavad Gita  
Intro to ŚuddhiKriyas  
Intro to Sanskrit

### Anatomy / Yoga Anatomy

Heavy in both Western & Yogic/Ayurvedic understandings of Anatomy, Physiology & Injury Prevention – As well as the Subtle Energy body and healing modalities of Prana, Cakras, Nadīs and Marmas. Perspectives from different teachers, sincerely offering you knowledge on how to understand bones & muscles, joints and body mechanics to safely guide your students from one posture to another.

### Experiential Knowledge:

In CHICAGO: Class Practice & Tour of the Hindu Temple of Greater Chicago in Lemont, IL

### Includes Added Ability to Teach Various Styles of Asana – 4 CERTIFICATIONS!

#### **L1 200HR: TEACH HATHA, YIN, RESTORATIVE & MEDITATION**

Here you will be prepared to offer each style - All included in Asana Study and Delivery – Including Prana Flow, Benefits, Sequencing and Teaching Skills. You will practice teach and be ready to offer these classes to your community.

### Ayurveda / Yoga for Your Doṣa

Introduction to Ayurvedic Medicine & Understanding Doṣas / The 6 Tastes of Ayurveda & Food / Plants as Medicine The Yoga & Ayurveda Relationship / Yoga Asana, Pranayama, Dhyana for balancing Vata, Pitta & Kapha  
The movement of 5 Parana Vayus within Āsana. Ayurveda concepts interweaved throughout all subject matter.

### HOW TO START YOUR PRACTICE – (Normally Only Offered in 300HR Programs)

You're Certified, Now What? I will guide you in understanding Code of Ethics, Scope of Practice, Legal Documents necessary for State or County, Waivers & Disclaimer Language, Music Suggestions as well as Copyright adherence, and much more! Learn your practice options available as an employee or independent practitioner, tax rules, payment gateways and the best ways to share your offerings both in-person or online! This detailed information is not offered within any other 200HR program.



~ Offered By ~



### **Karla A. Cain, CAP**

ॐ National Ayurvedic Medical Association Professional Member

NAMA Board-Certified Āyurveda Practitioner

NCCBAM Certified Āyurveda Clinical Supervisor

Āyurveda Upakarma Body Therapeutics

ERYT, YACEP, YA RYS YTT School / Lead Trainer

Vedic Psychology, ACE Behavioral Change Specialist

Holistic Business Mentor & Consultant

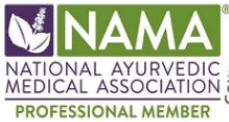
President, Āyurveda Professionals of Arizona

Former Board of Directors, National Consortium of Āyurveda Medicine

Former Board of Directors, American Association of Ayurveda Professionals

Adjunct Facilitator, Soderworld Wellness Center - Willowbrook, IL

Adjunct Faculty, Ānanda Āyurveda Academy - Willowbrook, IL



Karla led a previous lifetime career in the SEC Financial Industry, employed by the 2 largest firms on Wall Street, with 23+ years' experience in Brokerage Account Administration, Financial Planning, Investment Advisory, Investment State Law, Insurance, Staff Coaching & Training, Marketing, Business Development, Networking and Public Relations.

Her own personal experience with disconnection, anxiety, illness and imbalance led her on a journey to discover Yoga in 1998 and Ayurveda in 2010.

By 2015, after years of study & having found a true passion for Yoga & Ayurveda, she consciously left the corporate world and her 23 year career to make holistic healing her primary focus and embracing the path of Dharma.

She has studied Yoga, Ayurveda, Meditation, Ayurvedic Herbs and Panchakarma Therapies in the USA, Italy and India. She has completed countless courses, workshops and conferences in the Eastern Healing Arts as well as Western Anatomy, Nutrition and Herbology. As a Chicago native, she currently maintains her private practice and YTT Training program in the Western Suburbs of Chicago, as well as her new homebase in the Western Suburbs of Phoenix, AZ. She offers private Yoga/Meditation sessions, personal Consultations on Ayurvedic Health & Wellness, Seasonal Group Cleanse Programs & Panchakarma Body Therapies. She conducts open Classes, Courses, Workshops, Fire Ceremonies & Drum Circles on natural living, spiritual exploration, connection & healing, herbal remedies & the introduction of Ayurveda to her community. She is a Yoga Instructor for The Hindu Temple of Greater Chicago and continues to visit her yoga family there in Lemont, IL.

Outside of her private practice, she offers Yoga, Ayurveda, Meditation, Pranayama or Ritual Ceremonies at Soderworld Wellness Center & Healing Arts Academy in Willowbrook, IL ~ as well as offering education as visiting faculty for various Yoga Teacher Training courses offered to YTT students in Chicago and Phoenix and loves to assist in hosting Retreats in the warm, AZ desert!

[www.sattvicsage.com](http://www.sattvicsage.com)

[sattvicsage@gmail.com](mailto:sattvicsage@gmail.com)

708-334-9362

I am so humble and honored with the opportunity to share the deep traditions of this beautiful practice.  
**I can't wait for our time together!**

*Karla A. Cain*

~ Joined By ~



### **Misty Soderholm**

*LMT, LE, ERYT, HHP, YACEP*

*CO-Owner/Founder Soderworld Wellness Center in Willowbrook, IL  
Faculty, Ananda Ayurveda Academy Willowbrook, IL*

Misty began her studies at the Wellness and Massage Training Institute in 1994 and graduated from the School of Healing Arts in San Diego, CA. after moving there to work at the Deepak Chopra Center for Wellbeing. After 2 years of intense studies in Ayurveda, Meditation, Hypnotherapy, Watsu, Feng Shui, Holistic Health and Yoga, she ventured back to Chicago to bring the knowledge she gained to her hometown.

She has also studied Hot Stone Therapy, Reflexology, Thai Yoga Massage, Sports Massage, Lymphatic, Esalen Style Massage, Natural Birthing, Plant & Herbal healing, Esthetics & Skin Care (facials, body wraps), and many various energy modalities. She developed her own style of bodywork called SolFlo Massage and is currently finishing up a book to be published on the Art of Bodywork. Misty is a Licensed Massage Therapist & Esthetician, as well as a certified Yoga Instructor from the Temple of Kriya Yoga and Holistic Health Practitioner with over 25 years' experience in the wellness field.

She is a Massage Therapist/Teacher, Yoga Instructor/Trainer & Director of Advanced Training at Soderworld Wellness Center in Willowbrook, but also teaches groups, private tutors and performs bodywork and yoga at various locations throughout Chicagoland and the US. She also lectures at Soderworld, many local corporations, schools, and private events on a variety of wellness and holistic health topics.

Misty is also on the faculty for Ananda Ayurveda Academy & Universal Spa Training Academy as a Massage and Panchakarma Instructor. She has been featured in the Chicago Tribune, WGN TV news segments, radio shows, and local newspapers for her family's success with Soderworld and her artwork. She focuses more on the spiritual side of healing in her treatments and teachings.

Although Misty did some art at an early age, she just recently rediscovered her passion for the arts and writing again about 5 years ago. She has been in many art shows, leads paint parties & classes, and has had her writings published.

Misty is an Artist & Art Instructor for the Flower of Life Art Gallery in Lockport and Board Secretary for TAGOL (The Artists Guild of Lockport). She is a long-standing member of (ABMP) Associated Bodywork and Massage Professionals and Yoga Alliance, as well as an approved continuing education provider through NCBTMB for Massage Therapists.

[www.soderworldwellness.com](http://www.soderworldwellness.com)

## **Program Offering:**

**~ The 3 "A"s ~**

**Anatomy, Alignment & Adjustments  
Structure & Movement  
'Looping' and 'Focal Points' in Āsana**



~ Joined By ~



### ***Shannon Chada (Good Singing Woman)***

Shannon Chada, known as Good Singing Woman, embodies a holistic approach to life, blending culture, community, and nature into her teachings. With over 27 years as an Ordained Holistic Minister Practitioner, Spiritual Mentor, Holistic Educator, and Certified Yoga Instructor with over 500 hours of YTT training, Shannon offers compassionate guidance for personal and spiritual growth. Her mission is to help individuals uncover their own positivity, passion, and purpose while equipping them with tools for empowerment, self-care, and transformation.

Shannon graduated in 2006 from the Lakulish Institute of Yoga, Kripalu, under Guru Acharya Yogendradev and is certified as an Urban Zen Integrative Therapist (UZIT), founded by Donna Karan and Rodney Yee. She is also a graduate of the Massage Therapy & Healing Arts program at SoderWorld Wellness Center and is the creator of Curvy Goddess Yoga. With certifications in Prenatal Yoga, Itsy Bitsy Baby; Toddler Yoga, Meditation, and more, Shannon's yoga classes emphasize self-care, mindfulness, and harmony, creating a safe and inclusive space for all.

A Certified Reiki Master Practitioner & Teacher since 1997 and 8th in lineage from Dr. Mikao Usui, Shannon offers Usui Reiki training, certifications, and mentorships. She has over 18 years of experience in Aromatherapy, teaching the therapeutic benefits of essential oils. Shannon is an Approved Provider through NCBTMB, offering Continuing Education Certification (CEs) for many of her classes.

Shannon's work is rooted in Living in Harmony—with the earth, all living beings, and the spirit of creation. As an artist, Native dancer, singer-songwriter, and vocal alchemist, she blends artistic creativity with cultural traditions, using music, teachings, and practices as pathways for healing and celebration. Inspired by her Native American roots, Shannon bridges connections between Indigenous and non-Indigenous communities, promoting peacemaking, cultural reclamation, and environmental stewardship.

Shannon fosters a transformative presence in the community, awakening a collective commitment to harmony, peace, and the flourishing of future generations. She nurtures a legacy of love, unity, and balance, inspiring others to connect with their inner light and walk their paths with authenticity, compassion, and respect.

Insta: ShanShinesOn

Facebook: [www.facebook.com/shannonchada7](https://www.facebook.com/shannonchada7)

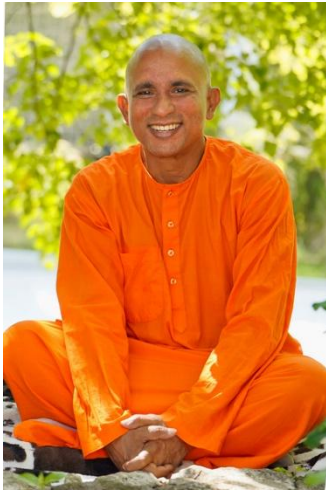
[www.fullcircleharmony.com](http://www.fullcircleharmony.com)

[fullcircleharmony@comcast.net](mailto:fullcircleharmony@comcast.net)

### **Program Offering:**

Essential Oils & Yoga, Frequency & Čakra Harmony, Safety  
Mindfulness, The 5 Petals of Holistic Living, The Mindfulness of Emotions  
Mindful Movements (Joint-Freeing Series)  
Restorative Set Ups  
Meditations & Proper Guiding out of Savasana

## ~ 2025 Distinguished Guest Teacher ~



### **Swami Yatidharmananda**

*ॐ Founder of Swami Chidananda Sevashram*

The Sevashram is a Socio-Spiritual Organization dedicated to the life and teachings of Gurudev Swami Chidanandaji. Swamiji conducts workshops on Relaxation and Meditation, Sings Kirtans and loves to share inspiring stories of his life transformative journey. He has also developed unique and impactful programs that heal, empower and transform you to tackle challenges in day to day lives. Born into a spiritual family, he was considered being “the spoilt kid of a businessman and magician father”. At the age of 17, he came to Sivananda Ashram to take his father back home, who had then become a monk. During his visit to the ashram, he met Swami Chidanandaji ~ which was a major turning point in his life. Thereafter, he was magnetically drawn towards the path of spirituality.

As per the directions of his Guru, he went on to study and work as a systems analyst in Delhi. Later, he went to Hong Kong and worked as a Computer Programmer in one of the biggest multinational company. But soon his destiny brought him back to India.

He had a strong urge to stay in the ashram and serve his Guru. After initial refusal, finally in 1996, his Guru accepted him and he became one of his personal assistants when he was 24 years old. He dedicated himself to the service of his Guru and was blessed to be with him 24X7 for many years. He had the rare opportunity and blessing to observe one of the greatest saints that left an indelible imprint on his life. Four years later, in the year 2000, he received Sannyasa Diksha – the Oath of Renunciation as a Monk.

In 2003, he was given the task of upgrading the ashram in the digital domain. He went on to design many books and also the ashrams website. He established the Audio-Visual Studio and Library and restored rare films of Swami Sivananda. He became very well known in the international Digital Archiving Domain. which he dedicates as his Guru Kripa. After the Mahasamadhi of Gurudev Swami Chidanandaji in 2008, he continued to serve at the Audio-Visual Studio in the Sivananda Ashram.

In July 2015, he set out on his own and founded Swami Chidananda Sevashram with the blessings of Gurudev Swami Chidananda ji of Sivananda Ashram. It is a monastery for the modern world where people of all ages and backgrounds can live on the principles and practices of Ayurveda for the body, Yoga for the mind and Vedanta for the soul. It also brings together revered teachers from around the world for sharing knowledge and wisdom on various wellness-based activities.

In 2015 Swami Yatidharmananda got an opportunity to participate and speak at the Parliament of World's Religions at Salt Lake City, Utah, USA. From April to September 2016, he conducted a tour of USA & Europe to commemorate the 100th Birth Centenary of Gurudev Swami Chidanandaji, where he shared the teachings from the life of his Guru as a tribute. In this trip, he participated in the 2nd International Day of Yoga at the UN headquarters, New York.

He has travelled extensively each year to US & Europe to conduct workshops on Relaxation & Meditation. In 2018, he conducted a Workshop at the Toronto Parliament of World's Religions.

He also sings devotional music and conducts Kirtan making it very meditative for the soul.

Since 2020, Swami Yatidharmananda serves as the General Secretary of Swami Sivanand Seva Samiti and lives in the company of Swami Premanandaji and Swami Atmanandaji, the direct disciples of Swami Sivanandaji Maharaj at the Sivananda Ashram, Ganeshpur, Uttarkashi, Himalayas, India.

In 2023 Swami Yatidharmananda was invited to speak at the community plenary, one of the main stage event at the Parliament of Worlds Religions, Chicago. He was the only Monk from India who was a luminary speaker in the plenary.

**WE ARE PRIVILEGED AND HONORED WITH HIS PRESENCE**