

300 HOURS

ADVANCED YOGA TEACHER TRAINING



heart & focus
ACADEMY

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Heart & Focus Academy



“a pathway to your essence with a positive ripple effect on the world around”

Heart & Focus Academy is a sanctuary of learning nestled at the crossroads of ancient wisdom and modern understanding. Founded by Sara Ticha and Lenka Minarik, our school emerges as a testament to their shared passion for yoga and their unique blend of expertise. Sara's profound exploration of life's mysteries, coupled with Lenka's scientific rigor, form the bedrock of our approach, bridging the realms of philosophy, psychology, and medical science with the profound teachings of yoga.

At Heart & Focus Academy, our mission is clear: to provide a safe and

nurturing environment for our students to embark on a journey full of self discovery, growth and transformation. Our curriculum is meticulously curated to offer a comprehensive exploration of yogic disciplines, ranging from somatic movement and non-dual tantric philosophy to meditation, āsana, and prāṇāyāma. Rooted in tradition yet imbued with modern insights, our teachings empower students to integrate yoga's timeless principles into both their personal lives and their roles as teachers.

Central to our ethos is the understanding that yoga transcends mere physical exercise - it is a journey of self-discovery and inner transformation. Through guided introspection and self-inquiry, students are invited to peel back the layers of conditioning, revealing the authentic essence that lies within. By embracing curiosity and cultivating openness, they learn to dissolve mental barriers, tap into their innate power, and embark on a profound journey of personal growth.

The name Heart & Focus holds deep significance, reflecting our core philosophy. It symbolizes the unity of heart and mind, two facets of our being often perceived as separate in the modern world but recognized as one in the wisdom of yoga.

Here, students learn to harmonize these aspects, embracing the concept of hṛdaya - the union of heart-mind - as they journey toward wholeness. Additionally, Heart & Focus speaks to the power of intention and energy alignment, guiding students to channel their essence into the world with clarity and purpose, fostering positive impact and transformation.

Join us at Heart & Focus Academy, where ancient wisdom meets modern understanding, and where the journey of self-discovery unfolds amidst a supportive community of seekers and teachers. Here, within the tranquil embrace of yoga's timeless teachings, you will find the tools and guidance you need to navigate life's journey with clarity, intention, and profound authenticity.



Training Overview

Embark on a transformative journey with our hybrid (online and in-person) Yoga Teacher Training program. Beginning with online lectures in late October 2024, **you can start your journey from anywhere in the world.** We prepared for you pre-recorded classes which you can complete at your own pace and rewatch for deeper understanding. Complementary to that, we will also offer weekly livestreams to connect and answer any questions. For the duration of the training, all participants will have **access to Sara's and Lenka's online platforms with hundreds of pre-recorded classes and weekly livestreams.** The online portion of the training will be followed by a 11-night, **10 full days in-person immersion** in India, the birthplace of yoga.

PROGRAM: 300 hour Yoga Teacher Training

LOCATION: Online & Mandrem (Goa. India)

IMPORTANT DATES: Beginning of the course: Oct 26, 2024.

India intensive: Feb. 16 (arrival)- Feb. 27 (departure) 2025

INVESTMENT

EARLY BIRD	till 31.8.2024	EUR 4000
REGULAR	till 25.10.2024	EUR 4500

*all prices exclude travel costs and accommodation in India

You can use your credits from our successfully completed 50h immersions. **All 50h Heart & Focus Academy immersions which you complete before the beginning of the course can be used as credits which will be subtracted from your 300h tuition.**

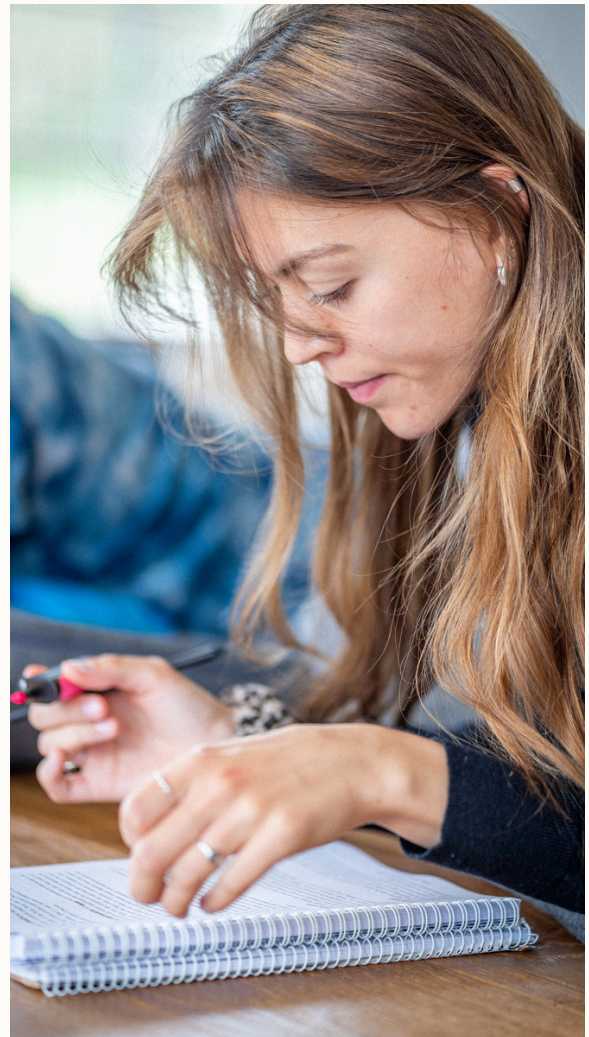
For more information email us at info@heartandfocusacademy.com

Heart & Focus Academy

300h YTT

Our 300 hour immersion is designed for yoga practitioners and teachers who are ready to take their practice to the next level. Rooted in the fusion of ancient yogic wisdom and modern scientific approaches, our curriculum offers a unique blend of theoretical knowledge and practical skills. Through the lens of Vedic philosophy, students learn to view the world with a new perspective, using yoga as a powerful tool for healing, empowerment, and spiritual growth.

At Heart & Focus Academy, we strive to create a supportive and inspiring learning environment where students can explore the depths of yoga practice.





Our curriculum is carefully crafted to encompass a wide range of yogic disciplines, including somatic movement, non-dual tantric philosophy, meditation, āsana, prāṇāyāma, devotion, chanting, and self-inquiry. Each aspect of the training is designed to provide a holistic understanding of yoga, allowing students to integrate its principles into their daily lives and teaching practices.

Central to our approach is the belief that yoga is not just a physical practice but a path to self-discovery and inner transformation. Through guided introspection and self-inquiry, students are encouraged to explore their deepest beliefs, fears, and desires, paving the way for profound personal growth. By cultivating a sense of curiosity and openness, students can connect with their authentic selves, break free from mental limitations, and tap into their inner power.

Our ultimate goal at Heart & Focus Academy is to empower our students to become catalysts for positive change in their own lives and communities. We believe that the impact of yoga extends far beyond the mat, inspiring our students to lead more mindful, compassionate, and purposeful lives. Whether you are seeking to teach yoga professionally or simply deepen your personal practice, our training offers a transformative journey that will enrich your life in countless ways.

Join our 300h training and embark on a transformative journey that will not only deepen your understanding of yoga but also awaken your true potential. Through our comprehensive curriculum and supportive community, you will discover a path to greater self-awareness, empowerment, and fulfillment.

What Our Students Say

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Alena R.

“Yoga teacher training by Heart and focus academy has been without any doubts the highlight of my year and a real transformative experience. I wasn't sure if I wanted to become a yoga teacher, but wanted to get a more wholesome understanding of what yoga is - and to get the knowledge and tools I needed to be able to establish my own regular practice. The amount of both theoretical knowledge and practical experience I've got exceeded my expectations as it did not only help me to gain a more comprehensive understanding of yoga, but taught me to understand myself on a deeper level as well. After the yoga teacher training I also started (in addition to my regular yoga practice) with journaling on a daily basis, and I often come back to the journaling tools and prompts that Sara introduced us to.

Last but not least I have to mention the people and the wonderful community we've had - both with other participants and with our teachers. Everyone did their part to create a safe space, where I could just be myself and felt secured and supported the whole time.”

”

“

Florentina D.

“First off, it was a pleasure for the soul and body to attend your YTT! I loved to dive into this bubble of yoga-interested and more spiritually-minded people and spend so much time together.

I learned so much about the yogic philosophy with so much self-reflection included. That was actually one big reason why I chose this YTT, because this philosophy part was bigger than in others!”

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Simona S.

“Yoga teacher training was an unforgettable experience. The teachers created a safe space for us to grow and learn and also to open our hearts. The skills which I gained here were so beyond my expectation. Both women have a lot of knowledge and they share them in such beautiful inspiring ways. This training touched my soul and after this I started a whole new chapter in my life.”

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Ema B.

“Last summer I participated in YTT and it was one of the most amazing experiences. The energy was magical. I learned a lot about yoga, the human body, philosophy, teaching but also learned about myself a lot too. It was really great and I am grateful that I was there. I recommend it for sure.”

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Laura M.

“I came home with many great memories from this teacher training! I gained so much self-awareness during this time thanks to the journaling sessions and sharing circles. I learned a lot about myself, I can better deal with my anxieties, and I am braver to say "yes" to opportunities. Thank you for this unforgettable journey!”

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Natalia F.

“This 70h teacher training program was more than worth it! Great and full program every day. From the energizing morning practice filled with assistance and detailed explanation to the very well assembled theory classes and tasty food it was a blast! Especially the positive energy of both Lenka and Sara and their patience and kindness. Last but not least the circle of ppl there and the immediate bonding that arised the very first evening and of course the farm and animals that provided almost therapeutic experience at this beautiful peaceful place called Dvur Svata Mari!
The best experience for heart, soul, body & mind!”

”

“

Dóra S.

“I loved the place, the atmosphere, the energy of the teachers, and that they were present with their full hearts. It was great to meet fellow teachers and exchange on our experiences. Sara formed an open community with activities such as singing, sharing circles, and common meals, and we immediately felt like a group of friends. In general, I learnt a lot through the immersive training, and could further develop my inversions and flexibility. The logistics were well-organised and we got a lot of support in planning the trip to Svata Mari.”

”

What You Will Learn



1 Review of the history & philosophy of yoga

We'll take a fascinating journey through the story and soul of yoga, exploring its ancient origins and the wisdom it carries through the ages. By diving into the philosophical roots and historical twists of yoga, you'll gain a deeper understanding of why these practices have endured and how they can enrich your life today. It's like uncovering the treasures of an ancient civilization, each insight revealing new layers of meaning and possibility for your personal journey.



2 Study Traditional Yogic Scriptures

Soak in timeless teachings and find guidance for navigating the complexities of modern life. Through the study of texts such as the Bhagavad Gita, Shiva Sutras and Yoga Sutras, you'll discover profound truths about the nature of existence and the path to inner freedom.



3 Deep chakra work

Embark on a journey of self-discovery as you explore the subtle energy centers within your body. Learn how to awaken and balance your chakras through meditation, visualization, and yoga practices, unlocking your full potential for vitality and well-being.



4 Trauma informed yoga

Cultivate a compassionate approach to yoga that honors each individual's unique journey and experiences. Gain practical tools and insights for creating a safe and supportive space for healing and self-exploration, empowering students to reconnect with their bodies and find peace within.



5 Advanced Asana

Deepen your yoga practice as you explore more challenging poses with mindful awareness and alignment. Refine your technique, build strength and flexibility, and discover new depths of self-awareness and inner strength on the mat. During the in-person immersion we will have dedicate workshops to inversions, arm balancing, advanced backbends and hip openers.



6 Applied Anatomy

Gain a deeper understanding of the human body and its relationship to yoga practice. Explore the anatomy of movement, alignment principles, and the physiological benefits of various yoga poses, enhancing your ability to teach and practice yoga safely and effectively. Learn about the neuroscience behind pain theory and how to apply this knowledge in your classes and life.



7 Body Biomechanics

Delve into the mechanics of how the body moves and functions within yoga postures. Learn how to optimize alignment, engage muscles effectively, and prevent injuries by understanding the biomechanical principles at play in different yoga poses.



8 Holistic Sequencing

Learn the art of designing yoga sequences that address the physical, mental, and emotional aspects of well-being. Discover how to create balanced practices that flow seamlessly, guiding students on a journey of holistic healing and transformation.



9 Heart & Focus Teaching Methodology

Cultivate the skills and presence of a compassionate and effective yoga teacher. Explore teaching methods that foster connection, authenticity, and mindful awareness, empowering you to create meaningful and transformative experiences for your students.



10 Practice Teaching

Put your knowledge into action as you practice teaching yoga classes under the guidance of experienced instructors. Receive feedback, guidance, and support to refine your teaching skills, build confidence, and develop your unique teaching style.



11 Traditional Mantra and Yoga Sutras Recitation

Connect with the sacred sounds and vibrations of traditional mantras and learn to recite the first chapter (pada) of Patanjali's Yoga Sutras. This will help you to enrich your yoga practice with their transformative power. Learn the pronunciation and meaning of ancient mantras, and experience their profound effects on the mind, body, and spirit.



12 Devotional Chanting

Experience the joy and depth of devotional chanting as a pathway to spiritual connection and inner peace. Explore traditional chants and bhajans from various spiritual traditions, immersing yourself in the uplifting energy of group chanting and collective devotion.



13 Introduction to Sanskrit pronunciation and Devanagari

Dive into the language of yoga by learning Sanskrit pronunciation and its scripts (Devanagari, IAST). Develop the skills to correctly pronounce yoga terms and sacred texts, deepening your understanding and appreciation of the roots of yoga tradition as well as the meditative way of writing Sanskrit as you learn the different scripts.



14 Prānāyāma & Subtle Body

Deepen your prānāyāma practice with guided sessions that will lead you from the outside inwards, preparing your mind for meditation, following a transformation of what you consider your yoga practice to be. Learn more about the subtle body, prāṇa, pancha vāyus, kóśas and nāḍīs, as you discover these more elusive parts of yourself and learn how to include more inner work into not just your own practice, but also to your classes, delivering to the more advanced yoga students.



15 Meditation

Explore various meditation techniques like breath awareness, mantra/japa meditation, and loving-kindness (metta) meditation. Through online and in-person practice, you'll learn how to create a peaceful environment and set intentions for your meditation sessions. You'll also understand the benefits of meditation for your mental and emotional well-being, and how to integrate it into your yoga classes. This segment helps you develop your own meditation practice, enhancing self-awareness, clarity of mind, and connection to the present moment.



16 Mythology & Storytelling

Embark on a journey through the captivating narratives of ancient myths and tales from yogic traditions. Through thoughtful analysis and discussion, you'll unravel the layers of symbolism and profound philosophical insights embedded within these timeless stories. You'll discover how to artfully integrate storytelling into your yoga classes, utilizing myths as powerful metaphors to convey key teachings and principles.



17 Business of Yoga

Learn how to establish and sustain a successful yoga career. You'll learn about marketing strategies, branding, and creating a unique teaching niche that reflects who you are. We'll cover the practicalities of running a yoga studio, managing finances, and dealing with legal considerations. Plus, you'll explore the ethical side of the yoga business, ensuring your offerings are aligned with your values and principles. This segment empowers you with the knowledge and skills to build a thriving yoga business that's both fulfilling and financially sustainable.

Sample Daily Schedule

TIME	PROGRAM
6:00 - 6:30	MORNING MEDITATION
6:30 - 8:30	MORNING PRACTICE
8:30 - 10:00	BREAKFAST
10:00 -12:30	LECTURE ON PHILOSOPHY OR ANATOMY
12:30 - 13:30	LUNCH BREAK
13:30 - 16:30	ĀSANA CLINIC & PRACTICE TEACHING
16:30 - 17:00	BREAK
17:00 - 18:00	SUNSET KIRTAN
18:00	DINNER



Your Instructors

Sara Ticha

The practice of yoga has been an integral part of Sara's life since 2011. Four years after dipping her toes into the practice and feeling its powerful positive effect on her life, Sara realized her calling was to spread the teachings of yoga and help others feel its transformative powers too.

In 2015, during her university studies, she joined her first 200h teacher training at a local yoga studio in Vienna. Upon graduating, Sara grabbed every opportunity to teach she had. Apart from teaching at various yoga studios in Vienna, Sara worked on creating an inclusive yoga community Yoga for Everyone that would allow people from all walks of life and financial background to deepen their yoga practice.

Sara's passion for teaching was as strong as her passion to learn more and always be a student herself. Every few months she attended a workshop, training, or a conference and studied with experts in the field such as Kino McGregor, Young Ho Kim, Talia Sutra, Janet Stone, Matt Giordano, Punnu Wasu, Hiro Landazuri, Mark Stephens, and more.

In 2020 and 2022 Sara completed two additional 300 hour trainings, one in Trauma Informed Yoga with a specialist in the field Echo Giesel Widmer, and one in Bhakti yoga with Raghunath Cappel and Kaustubha Das in India.

She would describe her classes as Bhakti Flow - a dynamic and heart-centered practice that integrates traditional yoga postures with devotion and spiritual mindfulness.



Her teaching career took her from yoga studios to the stages of international yoga festivals and conferences.

Sara is the lead teacher of Heart & Focus YTT and will be responsible for teaching philosophy, subtle body, devotion & chanting, and meditation practice, as well as flexibility, somatic movement, and authentic relating workshops.



Lenka Minarik

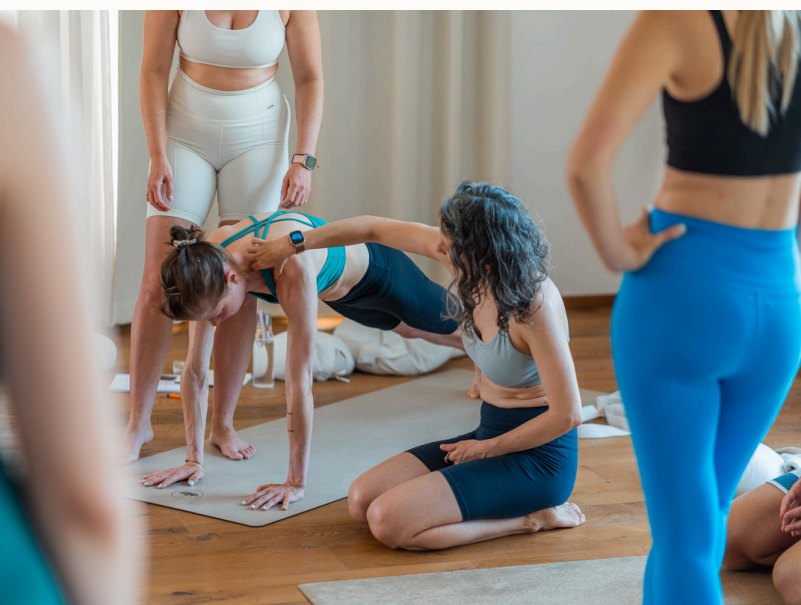
Lenka Minarik is a Vienna-based yoga teacher since 2016. She came to Austria to pursue her job as scientist in the field of Medical Physics at the Medical University of Vienna, where she worked for more than 10 years. During this time, she realised her heart wants to help others improve their lives more directly and more deeply than from a lab at the hospital.

In her mind, yoga isn't just exercising the body, diving deep into a backbend, or balancing on the palms. Yoga is about how a complete regular practice can affect and transform the mind and our behaviour off of the yoga mat, to become better people that share this World together.

Her practice was and still is influenced by many amazing teachers. Her second training was a 200 hours YTT with Briohny Smyth, Dice Iida Klein and Mathieu Boldron in 2018. Through numerous workshops and continuing education trainings she got to know the teachings of other well know teachers such as Kino MacGregor, Patrick Beach, Carling Nicole Harps, Meghan Currie, Talia Baderman, David Regelin and an anatomy nerd Celest Pereira, along with Hiro Landazuri and Adell Bridges. She graduated her 300 hours training with Annie Carpenter, who is considered to be “the teachers of teachers”, the training was led by Joan Hyman, who has more than 30 years of experience with teaching yoga, together with Jeanne Heileman, an excellent philosophy scholar and Simon Park.



Lenka is an expert on anatomy and anything related to human physiology and neuroscience and how they relate to yoga and meditation. She will teach anatomy and biomechanics of human body, teaching methodology, sequencing and lead āsana labs, adjustment workshops, hand balancing and inversions workshops and prāṇāyāma, meditation and kriyā practice.



Accommodation

Beautiful Nalanda retreat will offer us a safe and supportive learning environment during our in-person immersion.

Nalanda is a beachfront retreat center located in the small town of Mandrem in North Goa. Nestled amidst the serene coastal landscape, this haven of tranquility offers the perfect backdrop for delving deep into the ancient teachings of yoga. Immerse yourself in the gentle rustle of palm trees, the soothing sound of waves, and the lush greenery that surrounds our retreat center, providing an ideal environment for self-reflection and growth.

You can choose single or double occupancy in one of the two room categories Nalanda offers: Standard Rooms and Heritage Rooms.

The accommodation is to be paid in cash (EUR, USD, GBP) upon arrival.



The accommodation includes:

- government tax
- three meals per day
- drinking water, tea, ginger lemon
- pool and other facilities
- private bathroom
- private balcony
- air conditioner, double bed or twin bed possibilities
- hot water shower
- kettle, tea/coffee etc.

Standard Room

The In Land standard rooms are situated on the banks of Mandrem River amongst the swaying palms in the lap of nature just 200 meters away from the golden sands of the Mandrem beach. The In land building has its own private pool set on the beautifully landscaped part of the resort and gives you an incredible view of the evergreen hills.

All standard rooms come with a comfortable bed, private bathroom, storage cupboard, fan, and air conditioning. They have twin beds that can be combined together to accommodate a comfortable, double sleeping arrangement while some rooms have a fixed double bed.



Price:

Double occupancy	EUR 663
Single occupancy	EUR 1099

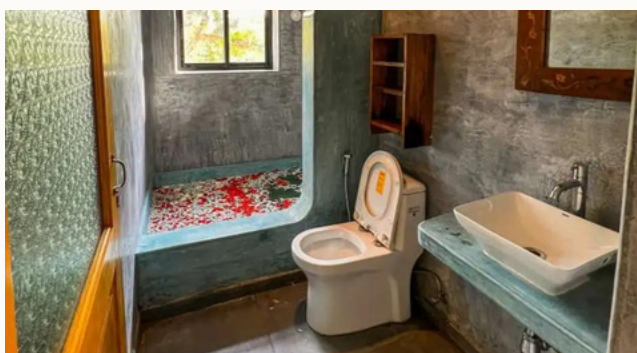
Heritage Room

Located on the banks of Mandrem River amongst the swaying palms in the lap of nature just 200 meters away from the golden sands of the Mandrem beach.

The Chakra Rooms are tastefully adorned in colours and artefacts that will give you a sense of Rajasthani Royalty.

With warm interiors of vibrant Indian colours, these rooms showcase Indian craftsmanship in the details of its carpentry work, rich fabrics offering its guests a world of comfort, class, hospitality and a taste of luxury.

The elegant suites come with a private bathtub and an ensuite bathroom. They include a private outdoor seating area with a garden or a pool view serving as an inviting reading corner.



Price:

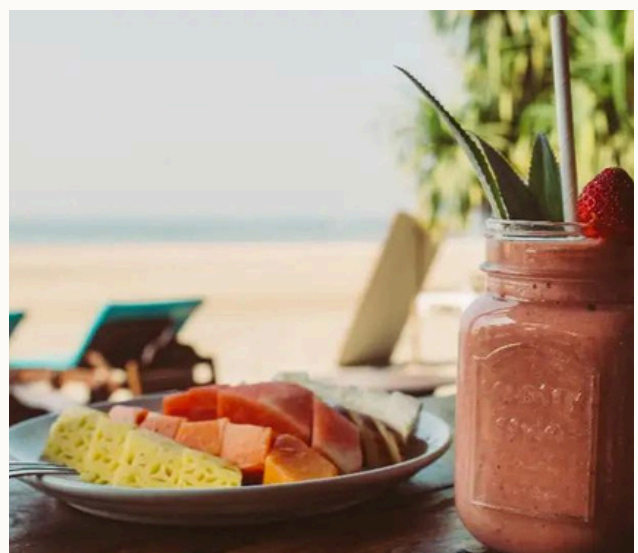
Double occupancy	EUR 990
Single occupancy	EUR 1683

Food Options



Chia Lounge, which is a part of Nalanda Retreat centre, will keep our bellies full and hearts happy with three daily meals.

Chia Lounge is passionate about promoting a healthy and mindful lifestyle. The menu is designed to complement your wellness journey by offering wholesome, organic, and locally sourced food and beverages. The restaurant takes pride in minimizing food wastage while ensuring the freshness and organic quality of our produce.



Training Requirements & Certification

The requirement to take part in the 300 hours teacher training is to have completed a previous 200 hours with the Heart & Focus Academy or other Yoga Alliance certified school. Having experience in teaching yoga is NOT required. Please note that some students that attend our teacher training simply wish to deepen their practice and do not intend to teach. This is fine with us, as what matters more to us is a student's dedication, commitment to personal empowerment and openness to learning.

Upon successful completion of the training, you will receive a certificate by Heart & Focus Academy.



Payment Options & Application

Students can secure placement by submitting a 500 EUR deposit. When it is received, the registration is reserved until full payment is made, after which it will be confirmed. The remaining balance must be fully covered before the beginning of the course. The accommodation and food are paid separately upon arrival.

The deposit is non-refundable, however, the credit can be transferred to another course if you are unable to join the initially booked dates.

All payments are done through Wetravel.

[Are you ready to embark on this transformative journey? You can register and pay your deposit HERE](#)





Let's get in touch

If you have any questions you can email us at info@heartandfocusacademy.com