



# CENTERED YOGA

## AN EDUCATION IN YOGA 200-Hour Yoga Teacher Training

Centered Yoga combines traditional practice with modern scientific knowledge, designed to open the heart, sharpen the mind, and free the spirit – all with a good dose of fun. All 200-hour courses include the full facilities of Samahita Retreat, choice of accommodation, and all buffet meals and drinks.

Graduates receive a Centered Yoga 200-hour certificate Yoga Alliance Accredited.



## PAUL DALLAGHAN Lead Teacher

Paul has been immersed in the practice and study of yoga, the breath, and meditative techniques for over 30 years. He has gained a reputation as a yogi, scientist and teacher; while being a happy father to two sons. He has witnessed his own growth through many techniques and years of practice, watching how practices evolve over time as a student develops over time. His dedication to the path of yoga has come from a combination of intense practices, meditative experiences, silent retreats and numerous pilgrimages in India, Tibet and Thailand. He has had the good fortune to spend many rich years with his main teacher in pranayama and the meditative process, Sri O.P.Tiwari, and is now placed to carry forth these teachings and the tradition of Kavalayananda. He was one of the dedicated few to spend many years living in Mysore with Pattabhi Jois in the old days of ashtanga vinyasa, certified by him, with an expertise in asana. Living in Thailand for many years Paul has also been involved in Buddhist culture and practices, many retreats in forest monasteries which are curiously appropriate for all these yogic practices.

### RATES

Rates are per person, in US Dollars and include room, buffets, practices, and 4 weeks of training across the duration of the program dates.

Room Type	Regular	*Grace Bird	**Early Bird
Shared Two-Bedroom Loft	\$4,994	\$4,774	\$4,554
Semi-Private Room	\$5,414	\$5,194	\$4,974
Private Room	\$5,834	\$5,614	\$5,394
One-Bedroom Suite	\$6,394	\$6,174	\$5,954

\*\* Early Bird rate ends exactly 60 days before the start of the course.

\* Grace Bird rate ends exactly one week before the Early Bird at less of a savings.

These dates are strictly adhered to to the exact day. [Check here for exact schedule dates.](#)



## COURSE DETAILS

Our 200-hour program delivers almost 300 hours of training that encompasses techniques from classical Raja and Hatha Yoga, across modern vinyasa and asana, to traditional pranayama and meditation. All furthered by science and research to guide the way forward:

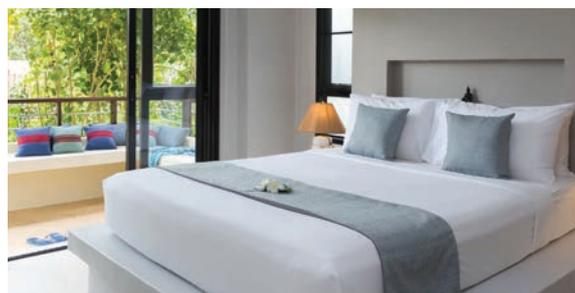
- **Dynamic Core Vinyasa Asana practice and teaching** – various vinyasa class sequences that include the regular linear ashtanga sequence and more creative expressive vinyasa forms.
- **Restorative Asana practice and teaching** – various forms of gentle, yin, flow and restorative classes from both classical old style hatha yoga as well as modern restorative forms.
- **How to Breathe and Breath Regulation** – clear techniques and practices in regulating and training the breath, to be used in all practices as well as to benefit daily life and teach to others.
- **Cleansing Kriyas** – traditional hatha yoga methods to take care of and rejuvenate internal organs, open the body, and improve the breath.
- **Classical Pranayama practice** – as one of the world's leading authorities and knowledge bases in pranayama, we teach students in detail and, most importantly, correctly, pranayama methods to further engage them in practice and the world of yoga and meditation.
- **Meditation Practice and Techniques** – daily practice and growth internally incorporating a few approaches across yogic and Buddhist traditions.
- **Yoga Philosophy and Psychology** – the classic texts and teachings on yoga presented in a modern context, with most attention on Patanjali Yoga Sutra, and reference to the Gita, Sankhya Karika, and Hatha Pradipika.
- **Anatomy and Physiology** – up to date science and research on the body and its systems and movement forms within the yoga practice.
- **Chanting and Mantra** – introduction to the ancient practice of mantra and Pranava (Om) recitation along with the enhanced learning of key Sanskrit terms and names through chanting.
- **How to Teach** – clear guidelines on how to instruct various levels of students including different approaches to asana class, as well as breathwork.
- **Yoga in Daily Life** – Instruction for the practical application of these tools to teaching in the modern world and maintaining them in daily life.
- **Full Residential Experience** – students get to eat, live and breathe in one of the world's most dedicated yoga practice settings, designed for a totally immersive experience to aid their own practice and growth.
- **Strength and Fitness** – functional fitness core strength work coupled with indoor cycling cardio workouts on the world's best Schwinn bikes serve to complement the training as part of our **YogaCoreCycle™** programming.

## APPLICATION

To apply, simply complete the [application form here](#). All applications will be reviewed and responded to within 48 hours.

## COURSE OBJECTIVES

- Give students the skills to teach:
  - a dynamic, vinyasa style asana class
  - a gentle, restorative style asana class
  - their own class sequencing
  - their own personalized asana practice
  - their own personalized seated practice (based in breathing awareness, classical pranayama, and mantra meditation techniques)
- Impart a greater understanding of the principles of Yoga to be shared with others.



### Location

All Centered Yoga Trainings take place at Samahita Retreat, an all inclusive retreat center on Laem Sor beach located on the southern coast of Koh Samui. A one hour flight from Bangkok.

[Click here](#) for more details on our location.

### Contact

55/20-24 Moo 4 T. Namuang  
Koh Samui Surat Thani 84140, Thailand  
[info@centeredyoga.com](mailto:info@centeredyoga.com) | +66 (0) 77.92.00.90  
[www.samahitaretreat.com](http://www.samahitaretreat.com)