

**Remo Rittiner director of Ayur-Yoga Center
in Zurich (Switzerland)**



After practising Yoga for many years in Switzerland Remo Rittiner was personally trained in 1996 by the world renowned Yoga teacher A. Mohan as Ayur-Yoga teacher and Yoga therapist. Remo Rittiner was one of the first western Yoga pupils to receive a Yoga diploma from A. Mohan. In 1997 Remo established

the first Ayur-Yoga Center in Switzerland. Since 2000 he has offered Yoga teacher training and since 2004 training for Yoga therapists.

The International Association of Yoga Therapist (IAYT) in the US selected him in 2004 as an advisor for Switzerland. Remo Rittiner is intensively engaged in the Yoga tradition of Krishnamacharya and studied with world renowned teachers such as Sriram and Gary Kraftsow. With excellence he passes on the Yoga tradition in a clear way. Because of his profound knowledge of anatomy he is a recognized Yoga therapy expert. He is one of the leading Yoga teachers and Yoga therapist instructors in Europe and numerous Yoga teachers were trained by him successfully. His pupils appreciate his deep knowledge and the generous way he passes it on.

Remo Rittiner is author of the Yoga best-seller "The Book of Yoga Therapy" (translations into several languages are in process).

He is publisher of the best-sellers Yoga Meditation CD and a Yoga DVD for the lower back.



**Ayur-Yoga Teacher
International Intensive Training**

**Healing and transformation with Yoga
in the beautiful Baan Krating Resort in Phuket**

Ayur-Yoga is a holistic Yoga path of the Yoga tradition of the most famous Indian Yoga master T. Krishnamacharya. The connection of body, breath and mind is in the center of this path. Special emphasis is put on adapting the Yoga exercises individually. Yoga philosophy and its transformation to the present day is very important. Ayurveda is integrated in Ayur-Yoga and will also be part of the Yoga training.

This international course is for people who like to deepen their own Yoga practice and who would like to teach Yoga. This substantiated course is suitable also for Yoga teacher who like to deepen their knowledge and experience of Yoga.



Apart from the professional competence as a Yoga teacher this training particularly puts emphasis on self-reflection and the transfer of Yoga wisdom into your own life. This course facilitates beneficial and uplifting experiences. With four weeks in this beautiful place directly by the sea in the wonderful atmosphere in the land of smiles it is easier to experience a deep transformation. This course can change your life positively in many ways. Your self-confidence and wisdom will be strengthened and reinforced.

Yoga Teacher Training

established, practical, professional



International training course
in English

Certificate for 250 hours

14th October - 10th November 2012 in Thailand



The teacher training will be held in the beautiful and exotic Baan Krating Resort in Phuket, Thailand

www.ayuryoga.ch

This intensive Yoga training of 250 hours allows you to work as a Yoga teacher, it changes your personality and opens you for new ways in your life.

After different tests and a one-hour-presentation the participants will receive their Yoga teacher certificate from the Ayur-Yoga Center which exceeds the international requirements of basic training for Yoga teachers.

Subjects in this Yoga training course:

- Asana exercises twice each day
- Meditation techniques 3 times each day
- Anatomy, western and traditional Yoga anatomy,
- Vinyasa Krama, The Art of Sequencing
- Yoga for fitness, for therapy, for spiritual practice
- Pranayama breathing techniques of Yoga
- Sanskrit mantra Chanting
- Yoga philosophy according to Patanjali
- Ayurveda and yogic nutrition
- Introduction to Buddhism and Meditation techniques

Terms: Experiences in practicing Yoga and prepared to practice intensively.

Guest instructors during the Yoga training:

Dr. Richard Cracknell (anatomy and Detox expert)

Tobias Warzinek (Indo-Tibetan Meditation Specialist)

from Phuket Meditation Center

www.phuket-meditation.com

Assistance Birgit Pörtl (Director of Yoga Vidya Austria)

Admission: Please contact Remo Rittiner

info@ayuryoga.ch / +41 76565 98 26

Registration accepted after transfer of course fee and accommodation rate



Dates of the training in Baan Krating:

Sunday, 14 October 2011 at 17:00 until

Saturday morning 10 November 2011

Place: The training will be held in the Baan Krating Resort. The beautiful Resort is approx. 60 minutes away from the airport of Phuket and is situated in a lovely area directly by the sea. The quiet place and the excellent Resort with all its tropical trees is a perfect place for an unforgettable stay.



Arrival: Different airlines fly directly to Phuket. Otherwise there are always flights to Bangkok. Early booking is recommended. Because it is low season, the flights may be less expensive.

Costs: Yoga training: 250 hours

for participants living outside of Thailand: 1000 Euros (to be transferred in advance to Remo Rittiner)

For participants living in Thailand: 20000 Bath (to be payed in cash before the beginning of the course to Remo Rittiner)

Accommodation: Baan Krating Resort

- Deluxe Room single Room: 1600 Euros
- Deluxe Room with shared Room: 800 Euros (both with breakfast)

Please book directly under (Miss Napat):

Baan Krating Reservation Department in Bangkok

Email: reservations@baankrating.com

Tel. 0066 2718 0854

Private accommodation is possible only for participants living in Thailand.

Registration Form

Yoga Teacher Training

14th October - 10th November 2011

Name:

Street:

Zip & City:

Phone:

Fax:

Email:

I hereby register for the Yoga training course with room reservation as indicated above. After the start of the training I do not have the right for reimbursement.

Place and date:

Signature:

Postkonto: AYUR·YOGA, Remo Rittiner, 8873 Amden, PC 80-129969-1 oder Raiffeisenbank 8873 Amden, IBAN CH65 8130 2000 0024 3628 8 BIC RAIF CH 22

Send a copy of pay slip and registration form to:
AYUR·YOGA CENTER,
Bleicherweg 45,
CH-8002 Zürich

More Information of Remo Rittiner:

Email: info@ayuryoga.ch

Internet: www.ayuryoga.ch

Phone: +41 76 565 98 26

