

heart & focus
ACADEMY

200 HOURS
FOUNDATIONAL
YOGA TEACHER
TRAINING

OCTOBER 2024 - FEBRUARY 2025, HYBRID (ONLINE & GOA, INDIA)

SIGN UP BY JUNE 30TH 2024 TO SAVE EUR 500 WITH A SUPER EARLY BIRD DISCOUNT.

Table of contents

H&F Academy	01
Training Overview	03
Our 200h YTT	04
Reviews	06
what you will learn	08
About Sara	14
About Lenka	16
Accomodation	18
Food Options	21
Requirements & Certification	22
Payments & Application	23
Contact Us	24



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 future 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, amidst 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: 200 hour Yoga Teacher Training

LOCATION: Online & Mandrem Goa, India)

DATES:

- online (26.10.2024-31.1.2025)
- in-person (16.2.-27.2.2025)

Super Early Bird	till 30.6.2024	EUR 2500
Early Bird	till 31.8.2024	EUR 2700
Regular	till 25.10.2024	EUR 3000

*all prices exclude travel costs and accommodation in India

Heart & Focus Academy

200h YTT

This comprehensive course serves as an immersive introduction to the vast world of yoga, and is designed for yoga practitioners who are looking to deepen their practice or become certified teachers. 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 200h foundational 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

“

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!”

”



“

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.”

”

“

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.”

”

“

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!”

”



What you will learn

History & Philosophy of Yoga

What is yoga? Where did it come from? Why did it come to exist? How is this millenia old philosophy system still relevant in our modern lives? As yoga practitioners and teachers we carry on the living tradition of yoga. Understanding the roots of this practice and the fundamental pillars of its philosophy will help you not only connect with the tradition on a deeper level that reaches beyond the āsana, or physical postures, but also support you in choosing how you want to carry this tradition forward. In addition to getting an overview of the major events and figures in Yoga history, we will also look at the most important texts and their most important teachings.

Anatomy & Biomechanics

Delve into the intricate workings of the human body as it relates to yoga practice. Through a blend of theoretical learning and practical application, you'll explore the musculoskeletal system, and learn about bones, muscles, joints, and their functions in various yoga poses. Learn about the principles of biomechanics, and understand how alignment, balance, and movement mechanics impact the body during yoga āsanās.

Through a fusion of contemporary scientific insights and ancient wisdom, we'll unlock a comprehensive understanding of bodily mechanics. By integrating evidence-based research with time-honored principles, we'll illuminate how to practice yoga safely, fostering alignment and well-being at every step of the journey.

Subtle body, Chakra system, Bandhas, Kośas and Kuṇḍalinī

Study and understand the human body beyond its physical layer. You'll learn about prāṇa (vital life force), chakras (energy centres), nāḍīs (energetic pathways), bandhas (energetic locks), vāyus (directions of prana), and kośas (five sheaths of the body), and kuṇḍalinī (creative life force within).





Mudrā, Prāṇāyāma, Mahābhūta, and Ayurveda Introduction

Gain empowerment within tools which will deepen your practice and harmonize the body, mind, and spirit. Learn about the Mahābhūtas, the five great elements, and explore their significance in both physical and subtle bodies. Discover the power of Prāṇāyāma (breathing techniques) and Mudrā (intricate hand gestures), and their impact on your energy and mental focus. Last but not least, you will get an introduction to Ayurveda, the ancient Indian system of medicine, which provides guidance in lifestyle practices for optimal health and balance.

Āsana

As our understanding of human anatomy deepens, we embark on a journey to dissect numerous yoga āsanās, starting from their foundational elements, to grasp their fundamental purpose, structure, and alignment. Throughout this process, we discover variations and adjustments that ensure the safety and stability of our students, while encouraging them to delve into each posture within their individual capabilities and comfort zones.

Intelligent sequencing

Discover the art and science of crafting purposeful and effective yoga sequences. Through the blend of theory and practical application, you will explore the principles of sequencing, including logical progressions and mindful transitions between the āsanās. Learn how to skillfully integrate breathwork, alignment cues, and thematic elements to create sequences that not only enhance physical aspects of the body but also cultivate mental focus, emotional awareness, and spiritual connection. You'll be equipped with tools and insights necessary to design sequences tailored to the needs and abilities of your students, fostering holistic wellbeing and transformation on the mat and beyond.



Teaching Methodology

Learn how to discover and use the power of your voice to safely and effectively guide your students through their practice in a way that will empower them both in the class as well as in their everyday lives. We will equip you with tools which will serve you as a guide in giving clear and transformative instruction. You'll learn how to teach classes, while preserving your own energy and time to be able to have your own practice. And lastly we'll explore the art of touch in hands-on adjustments, that you'll receive and will have the ability to try on your co-students.

Practice Teaching

Step into the instructor role, guiding your peers through yoga sequences. It's a safe space to apply what you've learned, refining your cues, demonstrations, and adjustments.

Through feedback and reflection, you'll improve your teaching dynamics, pacing, and class atmosphere. This hands-on experience prepares you to confidently lead classes with authenticity and compassion, fostering growth for yourself and your students.

Mantra & Yoga of the Voice

Explore chanting, mantra repetition, and the power of vocalization. Through hands-on learning, you'll understand how sacred sounds harness energy, enhance mindfulness, and deepen spiritual connection. You'll learn traditional Sanskrit chants, experience the therapeutic effects of sound vibration, and develop your own voice for guiding meditations and leading chants.

Meditation

Explore various meditation techniques like breath awareness, mantra 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.

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.

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 Cappo 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

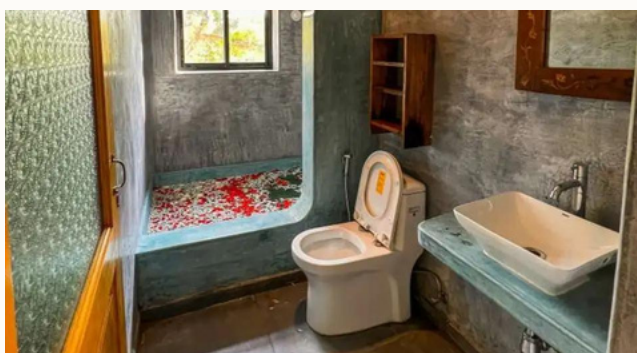
Heritage Room

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:

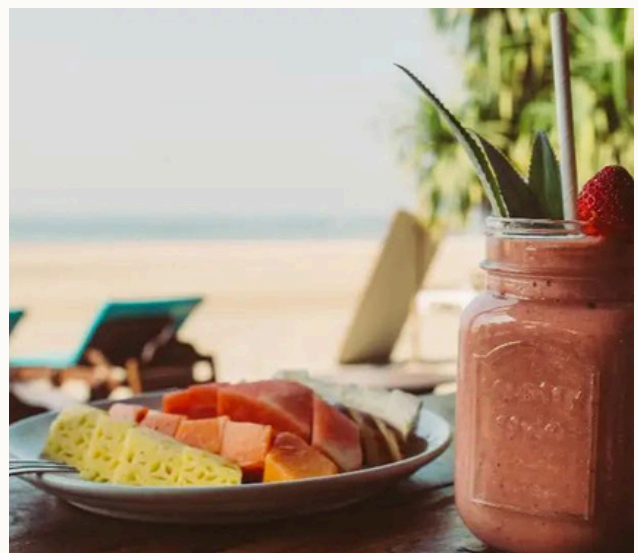
Double occupancy	EUR 990
Single occupancy	EUR 1683

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

We require that all students have prior yoga experience of at least 1 year, and are committed to deepening their practice. Please note that some students that attend our teacher training simply wish to deepen their practice and do not intend to teach immediately. 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 Training, which makes you eligible to register with Yoga Alliance. Yoga Alliance is considered the international standard for yoga teachers and yoga schools worldwide. This certification will allow you to be recognized as a professional yoga teacher all around the world.



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