



ASHTANGA YOGA
INSPIRATION

ASHTANGA VINYASA YOGA TEACHER TRAINING COURSE

200 HOURS / YOGA ALLIANCE (USA) CERTIFIED

WITH ANDREA PANZER
AUTHORISED LEVEL II FROM SHARATH JOIS





Develop your profound personal yoga practice and become an ASHTANGA YOGA TEACHER

Dive deep into Ashtanga Yoga with our 3 week teacher training program (TTC). Receive a broad and in-depth foundation from an experienced yoga teacher. Develop your personal practice and establish a comprehensive basis for teaching yoga classes.

Experience Ashtanga Yoga as a brilliant flow through. Expect to progress step-by-step, growing with your personal challenges, and learn to adapt to the needs of your future students.

Discover your personal teaching style - by the end of the training you'll be able to pass on what you love with skill and confidence.

Immerse in pranayama and meditation and discover the practical wisdom of yoga philosophy. Engage with the physical, mental, emotional and spiritual elements of Ashtanga Yoga.

Our TTC is for all interested yoga practitioners - from beginners to advanced. Ashtanga Yoga Inspiration supports you in realising your potential in your yoga practice.

To offer each of our students complete and individual support, we keep our TTC groups limited to 8 yogi/ni/s.



THE TEACHER TRAINING COURSE

DEEPEN YOUR YOGA PRACTICE & TEACH WHAT YOU LOVE

Learn the Primary Series in detail while developing your Mysore practice. We'll work through the series with consideration to your personal challenges and potential.

From the first week, students will guide each other in parts of the Ashtanga series. In these Asana technique sessions, you'll gain confidence in your voice, learn to see and lead into an asana through sensitive 'hands-on'.

After completing the training, you'll have the confidence and knowledge to lead an Ashtanga Yoga class, create a themed yoga class or a Vinyasa flow.

WHAT MAKES ASHTANGA VINYASA YOGA SO SPECIAL?

Ashtanga Vinyasa Yoga is the origin of all modern Vinyasa styles, and goes back to Sri T. Krishnamacharya and Pattabhi Jois. Ashtanga Yoga is a dynamic series of asanas. The special feature is the vinyasa style - the synchronisation of breath, movement and concentration. This creates a conscious, meditative and, at the same time, powerful flow.














Ashtanga Yoga has a detoxifying, strengthening and relaxing effect. The body, mind and emotions come into balance. During the TTC you'll learn how to simplify or intensify each asana in order to master the Primary Series. Ashtanga Yoga is an ingenious structure of series of asanas, which is internalised. Each person develops their Ashtanga Yoga practise at their own pace. Once you have mastered the Primary Series you'll progress to the Second Series.

The teaching style is legendary. In the morning Mysore class, you move through the sequence at your own pace, while receiving personal guidance. The concentration and energy of the group carries you through your practise.



SHORT & SWEET

WHAT YOU CAN EXPECT FROM YOUR ASHTANGA YOGA TRAINING

-  Focus on Ashtanga Yoga Primary Series
-  Inspiration from other yoga styles: BKS Iyengar, Vinyasa Krama, Vini Yoga
-  Use of aids & props
-  Restorative yoga (once a week)
-  Pranayama, Mudra & Meditation
-  Basics of yoga philosophy - Patanjali Yoga Sutras in a modern context for every day inspiration
-  Methodical structure of an Ashtanga Yoga class or Vinyasa Flow
-  The art of assisting ('hands-on')
-  Yoga anatomy in practice and theory
-  Kirtan and Vedic fire
-  Delicious vegetarian-vegan nutrition
-  Joy, empathy and simplicity
-  Sea, sun and nature

*"The simple in the beginning - and the advanced are equal.
There is no difference in the first breath,
when you open your heart in the Sun Salutation, from the
awareness you need to do an advanced backbend.
Experience yourself deeply in your yoga practice - you are unique.
Enjoy - and share with others - what you have received inside.
We are all trying to bring more peace and happiness into our lives -
this is the goal in yoga."*

ANDREA PANZER

SAMPLE-SCHEDULE

ASHTANGA YOGA TEACHER TRAINING

This schedule is an example and can be adapted.

MONDAY - SATURDAY MORNINGS

07:00–07:50	Meditation, Pranayama, Breathwork
08:00–10:30	Ashtanga Yoga practice
10:30–11:30	Brunch (vegetarian/vegan)
11:30–14:00	Methodology & Anatomy

AFTERNOONS

16:00–18:00	Asana technique, sequencing & alignment, group practicum & “hands-on”
18:00–19:30	Philosophy & Pranayama
19:30–20:30	Vegan/vegetarian snacks & Karma Yoga

SATURDAY AFTERNOON 15:00 Practicum (group meeting)

EVENINGS

1 evening per week –Meditative Indian music and Kirtan & Mantra

PREREQUISITES

Our Ashtanga TTC is suitable for yoga practitioners of ALL levels.

1 year of regular Ashtanga Yoga practice is welcome - but not a prerequisite. We recommend attending Ashtanga Mysore or Ashtanga Yoga classes until the start of the training. I am happy if you come with an open heart, ready to learn and integrate new things. If you have any questions, let's arrange a chat.

GOALS

As a beginner in Ashtanga Vinyasa Yoga, you'll learn the sequence of the Primary Series. Depending on your experience and potential, we may reach 'half Primary' or complete the Primary Series.




As an experienced Ashtanga yogi/ni you'll refine your practise of the Primary Series. Depending on your level in the Mysore class you may practice the Intermediate Series. Expect to receive helpful alignments and learn new techniques to progress in the asanas.

CERTIFICATION

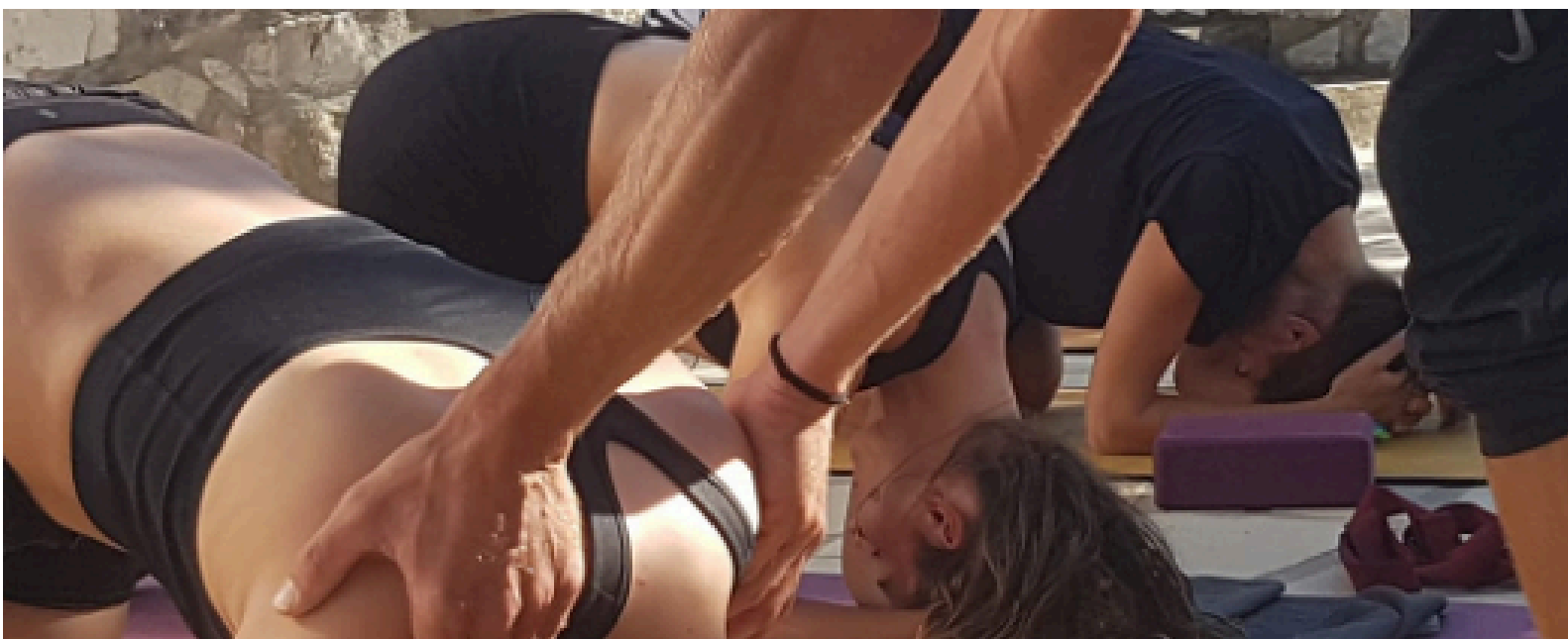
On completion of the TTC you will receive an Ashtanga Yoga teacher certificate (200 hours) from Ashtanga-Yoga-Inspiration.

Our Ashtanga-Yoga-Inspiration training is recognised by Yoga Alliance (USA), registered with them, and follows their guidelines. This gives you worldwide recognition of your yoga training. Our certificate enables you to register with the Yoga Alliance (USA) as a yoga teacher (RYT200®).

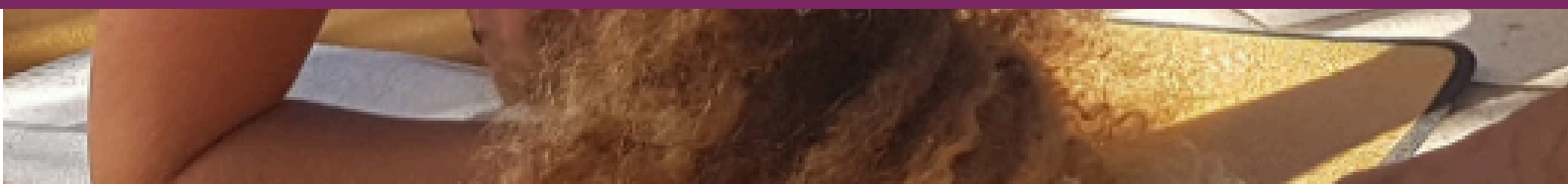
Successful completion:

-  Participation in at least 90% of the 200H of the TTC
-  Final practical examination: Teaching an Ashtanga Yoga class (45 minutes)
-  Presentation of the Yoga Anatomy online course certificate of completion, or proof of previous anatomy course. *(Required only for registration with Yoga Alliance (USA))*





ASHTANGA YOGA INSPIRATION TEACHER TRAINING COURSES



NEXT DATES

28 SEPT - 19 OCT 2025

(TTC in German language)

01-22 MARCH 2026

(TTC in German language)

SPECIAL PRICE - 10% OFF

€2,150

(USUALLY €2390)

SINGLE ROOM SUPPLEMENT

€380

(USUALLY €420)

LOCATION

FINCA EL OCLE

Cajiz (Velez-Malaga)

29792, Spain

SUMMARY

- ✓ 200 hours / 3 weeks
- ✓ Yoga Alliance (USA) Certified
- ✓ Includes yoga, vegetarian/vegan snacks and accommodation in a twin room
- ✓ Stay in a twin room (shared room with shared bathroom, 2 beds)
- ✓ Personal teaching by Andrea Panzer

THE VENUE

Our Teacher Training Courses take place in our Finca El Ocle, a typical, beautiful Spanish villa - lovely and simple (nice - but not luxurious), 20km east of Malaga. The Finca El Ocle is 6km from the seaside, near the village Cajiz (Velez-Malaga). The Finca offers everything we need - a quiet location in beautiful nature, with sea views, a yogashala, spacious lounge and large outside area with a pool, as well as rooms for rent.

We have space for 2-4 yogi/ni/s to stay with us at Finca El Ocle, and we've reserved the beautifully renovated Old Schoolhouse in the village of Cajiz for another 2-4 yogi/ni/s. This additional accommodation allows us to host a training group of 6-8 participants. The price is the same whether you stay at Finca El Ocle or at the schoolhouse in Cajiz.

A car is not necessary, but recommendable if you want to be independent for outings. We are happy to take you to the beach, to Benajarafe or to the bus stop where you can go on excursions.

THE VEGGIE SNACKS

We love a vegetarian lifestyle and as we live in an area where tropical fruits grow around us - Govinda provides you with fresh and simple vegetarian-vegan cuisine. You can expect a delicious brunch and vegetarian/vegan snacks to nourish you throughout your practice.

On Saturday evening and Sunday morning, the group will cater for itself - the kitchen is at your disposal - or enjoy Spanish cuisine on an excursion to the sea or to Malaga.



ABOUT US

Ashtanga Yoga Inspiration is the realisation of our vision to create a space for Yoga and Arts to slow down, to reconnect and to inspire in lightful Andalusia. To immerse in a tranquil natural setting to bring peace, focus and joy to your Yoga practice and life journeys.



ANDREA PANZER - THE YOGA I LOVE

I love the flow of Ashtanga Yoga. Carried by the deep breath to feel my body and at the same time to focus myself inside and out. To purify and balance - physically, emotionally and mentally. Coming out of the yoga practice refreshed, with lightness, stability and clarity. I also love the subtle aspects of Yoga as Sri Sribhashyam, Krishnamacharyas youngest son transmitted it. As I love both I can not drop one of these. My intention for my teaching is to convey the unity of the Yoga of Sri Krishnamacharya. My daily practice is connected with the seeking to dive deeper into the mystery of Yoga, into the spiritual mastery of life!

GOVINDA SCHLEGEL - THE MUSIC I LOVE

Music is a journey that brought me to India, to great masters of classical music. I play concerts and teach the techniques of Indian classical music on a variety of the Indian string instruments. During the TTC I accompany some yoga sessions with music, creating a special meditative environment for our yogis to immerse fully into breath, focus and calm the mind.



THE TTC IN DETAIL

LED-CLASS & MYSORE PRACTICE

We start the first week with 3 guided Ashtanga Yoga classes, which lead into the Mysore classes. The Mysore class is a gem to develop your own practice. Learn at your own pace while being personally guided by the teacher and supported by the power of the group.

On Friday's Andrea Panzer leads a "led class" as it is taught worldwide - a guided class in the "count". On Saturdays you relax in regenerative postures. Each morning begins with a short meditation and pranayama. We may take these on the terrace if the time of sunrise allows.

Following pranayama, are some light asanas with breathing exercises, to understand Ujjayi breath and bandha.

TECHNIQUES: THE ART OF ALIGNMENT & HANDS-ON

In the afternoon classes we look at the most important asanas of the Primary Series in detail. We practice variations, analyse sequencing, explore alignment and practice 'hands-on' (assists) in small groups. It is an asana playground, providing you with detailed knowledge for practising and teaching. After this training, you'll feel familiar with the basic 'hands-on' to support yogi/ni/s in their practice.

PRANAYAMA & MEDITATION

The late afternoon is reserved for pranayama, meditation and philosophy. Pranayama balances the asana practice energetically and leads into the spiritual dimension.



METHODOLOGY

We explore how to teach and how to structure Ashtanga and yoga classes in a simple way. Learn how to develop your voice and your individual teaching style and which tools and methods will help you to do so.

PRACTICAL TRAINING - SHARE WHAT YOU LOVE

At the end of each week you will lead a small group (30-45 minutes). Try your hand at teaching and receive empathic feedback.

YOGA PHILOSOPHY

We look at Patanjali's Yoga Sutras, with modern context, as a way to understand our human system, and our purpose in life. The sutras serve as a spiritual psychology of life that we can refer to in our inner search.

MANTRA & TRADITIONAL YOGA TECHNIQUES

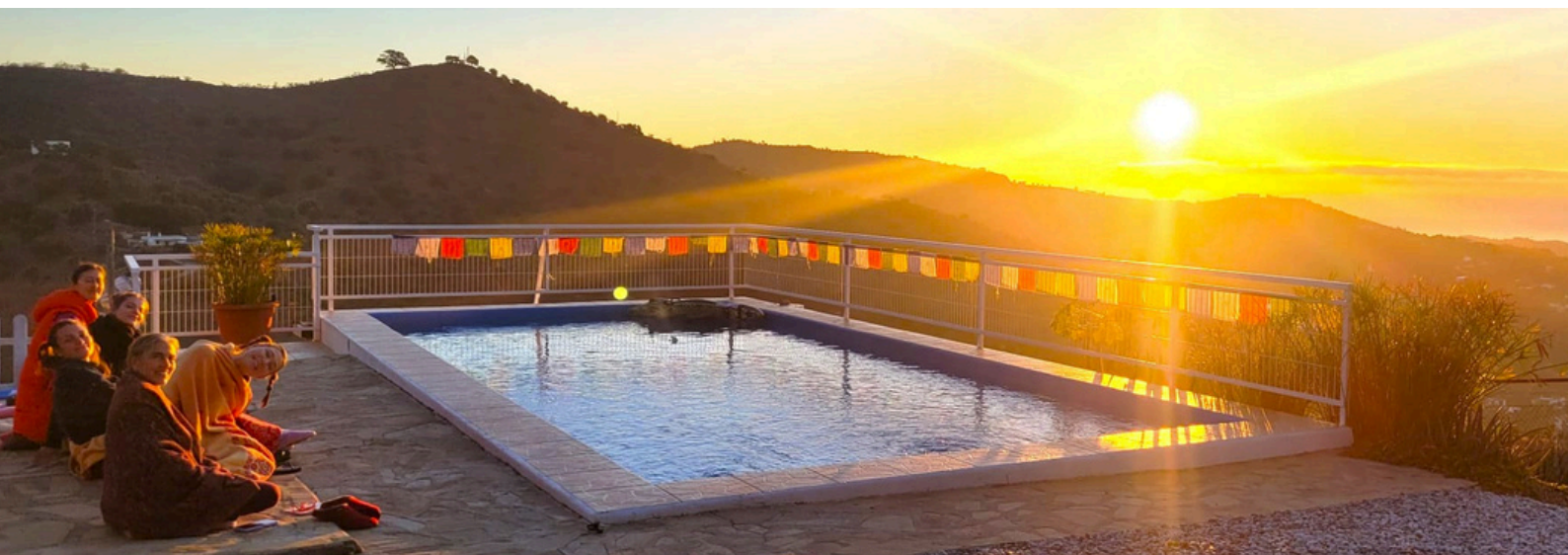
Join Govinda in a Kirtan Singing Circle, with classical Indian Devotional Songs. In a traditional Vedic fire ceremony we invite the element of fire to connect us with the universal cosmic energy.

Depending on the time of sunrise or sunset, we will meditate in this energetic mood.

YOGA ANATOMY

An understanding of yoga anatomy will complement your practice and teaching. 10 hours of practical functional anatomy are included in the TTC. For those who do not yet have a yoga anatomy certificate, the online courses with David Keil is also included.

Please note: The anatomy certificate is necessary to register yourself as a yoga teacher with Yoga Alliance. You have 1 year to complete the online yoga anatomy course from date of registration. The course is in English and easy to pass. If you already have a yoga anatomy certificate, or have completed a course, please send us proof.



REGISTRATION & PAYMENT

STEP 1

Your first step towards your TTC is to apply via the **ASHTANGA YOGA INSPIRATION** TTC application form on our website. [Ashtanga-yoga-inspiration.com](https://ashtanga-yoga-inspiration.com)
Tell us there about your yoga background and why our TTC appeals to you.

STEP 2

- a) Transfer your DEPOSIT* of 540 EUR via our website (Paypal) or bank transfer
- b) Send your FLIGHT DATA

**Please note that the deposit is non-refundable but can be used for another date within one year. Please read our [Terms](#) on our website.*

STEP 3

Transfer the remaining balance one day after your arrival at the TTC, or pay cash on arrival.

We will provide further information about payment of the balance with your confirmed registration.



ARRIVAL - CHECKOUT - TRANSFER

The ARRIVAL DAY/CHECK-IN

- **Check in is Sunday**
- We coordinate the arrival 2 weeks before the start of the TTC
- We meet on Sunday at 4pm, at the second bus stop in Benajárfé - opposite the supermarket KOMO KOMO

The DEPARTURE DAY/CHECKOUT

- **Checkout is the last Sunday morning**
- We say goodbye with a Spanish breakfast on the beach - around 10am

Please choose a flight that lands in Malaga before 2pm on arrival Sunday!

From Malaga Airport / Malaga you can

- take a TAXI to Benajárfé, which we will organise for you with a local driver (approx. 55 EUR).
- take the BUS or train from the airport to Malaga (4 EUR) and change at the bus station (estacion de autobuses) in the direction of Torre del Mar (3.60 EUR). Get off at the second bus stop in Benajárfé.
- We recommend arriving a day in advance and spending an extra day in Málaga or Benajárfé to acclimatise.

More information and coordination 2 weeks before the TTC!



FREQUENTLY ASKED QUESTIONS

What is included in the price

- 200 hours of yoga training (180 contact hours)
- TTC manual (manual for the training)
- The Yoga Anatomy Online Course with David Keil
- Accommodation in a twin room
- Daily vegetarian brunch and snacks

What is not included in the price

- Flight
- Transfer from the airport
- Health insurance abroad (compulsory - often included in the existing health insurance)
- Travel Cancellation Insurance
- An alternative yoga anatomy course
- The accompanying book to the online course "Functional Anatomy of Yoga" by David Keil
- Books (we send you a literature list after your registration)
- Costs for personal needs (excursions, special meals or drinks, etc.)
- Single-room occupancy (210 EUR surcharge)

What if I have to cancel, or get sick?

The deposit for the TTC is non-refundable, but can be postponed to another date within a year. For unforeseen events, our cancellation policy applies. In the event of a flight cancellation, the airline's terms and conditions apply.

We recommend

- booking with a travel agent who will help you to rebook a flight if necessary
- travel insurance
- International health insurance is compulsory - check whether this is included in your current health insurance

If you have missed no more than 10 per cent (20 hours) of the 200 hours, you are entitled to certification. In any case, you will receive a certificate of attendance for the hours attended.

Do I need to participate in Karma Yoga - tasks for a happy and joyful life

Karma yoga is also called seva - selfless service. Karma yoga is not only for external assistance and purification of our beautiful place - but - and that is why we love karma yoga - it purifies the mind and spirit. We expect to contribute a ½ hr of Karma Yoga daily -- a small token of one's self to others, to give freely, to contribute something beautiful. David Swenson said - for him a yogi is someone who leaves his place better than he arrived - this uplifting phrase captures the wonderful mindset behind it.

GENERAL INFORMATION

WEBSITES

Andrea Panzer: ashtanga-yoga-inspiration.com

David Keil: yoganatomy.com

VENUE

FINCA EL OCLE - ASHTANGA YOGA INSPIRATION

Carretera Cajiz-Iznate, km1

ES - 29792 CAJIZ (Velez-Malaga)

VTAR/MA/01836

CONTACT

WhatsApp +34 633 32 3396 (Andrea Panzer)

www.yogaandrea@web.de

WhatsApp +34 644 80 66 25 (Govinda Schlegel)





LET'S GO

Welcome to our yogashala, and our small group training. We deeply believe our ASHTANGA YOGA INSPIRATION Teacher Training Course will be a lifelong treasure on your yoga journey!

Andrea & Govinda

If you'd like to chat through questions or details about the TTC, please get in touch via email or whats-app.

yogaandrea@web.de

WWW.ASHTANGA-YOGA-INSPIRATION



TESTIMONIALS

This training is so much more than an ordinary yoga training programme. It is something very, very special. Andrea is simply authentic and has decades of yoga experience, which she teaches with passion. You can learn from her not only practically, but also philosophically, which I really enjoyed. Govinda cooks for you with lots of love and enchants you with the sounds of his sitar. Andrea and Govinda are two very special people and have created a wonderful place for personal development on all levels. It feels like family when you are there. I can only say thank you for this wonderful experience and look forward to seeing you again. I leave this experience with a lot of inspiration. Thank you.

LUISA, 27



What an enriching yoga experience! Andrea and Govinda's empathetic and inspiring manner create an atmosphere in which you can only feel at ease. Andrea not only masterfully teaches the technical aspects of asanas and pranayama, but also the holistic philosophy of yoga. In everything she teaches, you can feel the wealth of knowledge and experience she has accumulated over the years. After the practice, Govinda spoilt us with delicious and varied meals and great Indian music. I am incredibly grateful for the wonderful time I was able to spend there and hope to return one day!

ALICIA, 27

TESTIMONIALS

I enjoyed 4 wonderful weeks of yoga during the Andreas teacher training. You can learn a lot from Andrea about her deep knowledge of Ashtanga techniques, the Vini Yoga and Vinyasa Krama yoga and philosophy. Andrea has the ability to show each and every student how to improve and develop in their practice in a very practical, supportive and traditional way! What a wonderful gift to have so much passion for the practice and to really bring it to the students. Govinda and Andrea create such a warm atmosphere and are very welcoming, open-minded people that it felt like home :) Govinda provided relaxing Indian music the whole time! Thank you so much for everything you taught me for my yoga practice and for so much new inspiration :)

SOPHIE



An unforgettable experience on the Costa del Sol.

Everything was just wonderful! I didn't know what to expect because I had never really practised Ashtanga before. With Andrea's help, after a few days I knew the whole (comment: half) sequence of the series. This month was not only an enrichment for my body and mind, but thanks to Govinda it was also an experience for my taste buds! Andrea provided us with everything we needed to know about yoga and the philosophy behind it, as well as what it takes to teach. Govinda was a star with the instruments, I had never heard this wonderful music before. The daily programme was well-filled and there was enough space for breaks... Although I was the youngest in the group, I always felt well looked after and never bored. Our group quickly felt like a second family to me, which was very important to me considering that you are away from home for such a long time. I would definitely book the course again, it's definitely worth the money!

MIRIAM