

An introduction to the  
**Tirumular Yoga Gurukulam**  
**Professional Teacher**  
**Training Course in the**  
**Tamil Cittar Tradition.**

**Citta Yogam** is a conscious process for an individual to develop oneself as an extraordinary human being – to have the capacity to teach others and be a role model. It is a journey in transforming your life for its true purpose, to a more meaningful way of living and giving to others. Each one of us are a unique manifestation of life in this universe and so with our purpose to teach others the spiritual teachings of **Tirumular's Yogam** becomes a honor, as you impact others with these ancient teachings. Citta Yogam takes us back to our nature consciously. Since deep inside, our true nature is this 'blissful awareness,' we need to nurture this spiritual journey of life consciously.

**Tirumular Yoga Gurukulam provides Teacher Training Courses** for those who wish to follow the Tamil Cittar Tradition of yogic practice and its teachings to become a professional teacher in this tradition of yoga to teach. These courses are open to all who have the interest, passion and heart commitment to teach and guide others towards an effective yogic practice, life style and for a purposeful future.

### **Making 'Citta Yogam Teaching' Your Future Carrier**

Citta Yogam is the future of Yoga in the 21<sup>st</sup>-century! This yogam teaching is unique and will fulfill the needs for those serious practitioners of yoga who are looking beyond just an asana practice.

**You as a student of TYOGA is uniquely placed as the new generation of YOGA TEACHERS in the CITTAR TRADITION to the world. You are the few chosen ones to inspire others as teachers in this ancient teaching that brings immense results to anyone practicing this yogam.**

**Teaching yoga** brings some of the most beautiful moments into your life. A life where you can share your knowledge and teachings to others and help make changes to people's life for total wellbeing. This spiritual work will carry you on your very own journey as a teacher. It sets you off on a path to self realisation, and will give you an International recognition as you touch other peoples lives. In time people will look at you as a grand master with respect. As a teacher, you carry great responsibility and commitment to ensure that your students do the right thing so that they too benefit from these teachings and practices. It also is about your life style and how you set an example. Therefore you take upon yourself a great responsibility in becoming a teacher in the Cittar tradition.

**As a Tirumular Yogam Citta Teacher, you will be a pillar in society to guide others for there total wellbeing and their purpose in life.**

**The World NEEDS Citta Yogam!** Everything seems to be upside down. The environment, lifestyle, the invasion of technology into our lives. We've lost the connection to the 'self.' Citta Yogam can bring us back on course and will help in bring healing to all who follow and practice this Yogam.

**Tirumular** communicates his experiences in a kind of inspired vividness and beauty that spring from **direct personal experience**, and he seeks to instill the same experience in others.

Tirumular's **Tirumantiram** ('mantirams') are composed in the Tamil language which consists of 3,047 melodious verses, captures the essential teachings of **Citta Yogam**, or the **YOGA OF THE PERFECTED**. This is the yogic path of the Caiva Saints, an ancient tradition flourishing in south India.

Tirumular's spiritual passion to merge with Civa in mystical union turned him into a venerated sage. His Tirumantram sparkles with original wisdom and shows a rare knowledge of the secrets of Citta Yogam. He writes about the Divine (in the form of Lord Civa), the power of love and devotion, the efficacy of mantras, the connection between breath and mind, higher visions, ultimate God-realisation, and not least the serpent power (kundalini-sakti) and the esoteric structures of the subtle body.

The Thirumantiram is an **IMPORTANT YOGA SCRIPTURE** and is for the lovers of Yoga – a sensational pathway to reach the ultimate goal.

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# TIRUMULAR YOGA GURUKULAM

For those who are seeking a deeper understanding and practice of Yoga as it has been practiced by such great noted beings – the perfected ones – here begins your journey to evolve to a higher plane.

The Courses are carefully designed level by level based on the ancient texts so that students can accomplish and experience in their practice in turn developing themselves to become a practitioner.

For those who want and would love to teach others these courses are ideal to set the foundation being trained so that they become exceptional teacher, and being a catalyst in helping others to a road to accomplish their true journey in life.

Becoming a Yoga Teacher in the Citta Tradition and Teachings of yoga, is a distinction by it's self available to a few only.

We offer the following to certified courses.

## Yogam Faculty

Dr. K. Venkatalchalapathy  
Dr. A. Xavier Raj

- **DIPLOMA OF YOGA**  
30 days Intensive
- **PG DIPLOMA OF YOGA**  
90 days Intensive

Both these short term courses are offered throughout the year.

**Both Diploma Courses are designed specifically for foreigners who can only come for a short visit so that they can learn through our system level by level this great yogic path and in becoming 'TEACHERS' at first and then on to being 'MASTERS.'**

## The Purpose of Yoga Education

*Tirumular's CITTA YOGAM is the root, and it's wisdom the Fruit!*

Every student should reflect calmly and carefully and understand first what is the true meaning and purpose of education. Without an understanding of this, the blind pursuit of a diploma or even a degree becomes a dry mockery, ending inevitably in disillusionment.

Education is not the amassing of information, and its purpose is not mere career hunting. It is a means of developing a fully integrated personality and enabling one to grow effectively into the likeness of the ideal that one has set before oneself. Student life is a precious period of inner culture, a period concerned with the very important task of laying the foundation of one's character and personality. Upon this alone depends the making or marring of one's future life.

There is a need to first strive to develop selective discrimination of what is true, pure, noble, worthy, abiding and great, and detect that which is unworthy, impure and ignoble. Side by side, students can also develop an intense aspiration for the abiding and worthy values of life, and a strong determination to stick to them and reject the petty and the mundane without hesitation. Their lives will be blessed.

Yoga Education is an initiation into life. True yoga teachings imparts an initiation into a life of noble aspiration and sacred values. It should be remembered that yoga studies are intended for the enlightenment of the mind and the illumination of the soul. They are not meant for vain glory.

Yoga is to prepare a person to face life with courage and fortitude. It should eradicate the gross nature and animal instincts and transform one into a pure, noble soul. Yoga Education is to concern itself with all the varied aspects of life. The sense of duty, of responsibility as an individual, as a member of the family and society, and as a citizen of a nation and the world itself, needs to be nurtured within the student.

The aim of yoga is to lift you above the narrow grooves of bigotry, crookedness, hypocrisy, fanaticism and selfishness. To remove 'ego' and other human negative traits. A bigoted person is quite uneducated. A fanatical person has no education. Superstition is not education. The highest education is that which inculcates pure love, courage, and a sense of duty, balance of mind, devotion, faith, discrimination, tolerance, dispassion and knowledge of the Self and how to have a direct contact.







## Tirumular Yoga Gurukulam Culture

There is a wide gulf when comparing the present education system with the ancient gurukulam system. When students finished their course of study, the Cittars would give further instructions: "Speak the truth. Do your duty. Do not swerve from the Truth. Maintain your welfare and prosperity. Uphold the learning and teachings of the Tirumantiram. Focus on performing good works and nothing else. Every student possessed the qualities of humility, self-restraint, obedience, spirit of service and self-sacrifice, a courteous nature and last but not least a desire to acquire knowledge of the 'Self.' This is the predominating feature of the ancient culture.

**The Citta Yogam teachings** are to assist the evolution of mankind, which is movement towards perfection. The integral growth of one's personality and the task of developing natural capacities, faculties and talents should all be supported by the education that is received. Life is to be lived worthily for a noble purpose in a rational and correct manner. Citta Yogam plays an important role in developing one's conscience to become the a guide in life.

**Students are the builders of the future** of the world. The life of a student is a preparation for shouldering the great responsibilities of the future. Let the students understand this well and discipline themselves first. The voice of Tirumular Yoga Gurukulam be one of sympathy, service, discipline, love, culture and fellowship, where all the teachers and professors prove their worth. The regeneration of the individual and the young generation means betterment of the whole world.

## Citta Yogic Education

In the surrounding darkness, YOU bring the bright flame of CITTA YOGAM as the answer for the ills of the modern world, and now the time is ripe for an advent of a new psychic age through the teachings of the ancient Tamil Cittars.

Man runs vainly after the good things of life which are impermanent. Instead he should go in search of that which is not perishable, that which is immortal. As long as mankind runs after ephemeral things, there can be no salvation either for the individual or for society or for the world at large. The more we turn towards things spiritual, the more we evolve.

In our daily doings, we waste a great deal of energy. Citta Yogam helps to stop this waste of energy by making us go within, and when we turn inward, all our mis-doings of countless previous births, dissolve and we come to understand 'Who we are and What our journey is about!' Our Citta concept of yogam is different from the generally accepted one today. Citta Yogam is the unfoldment of the hidden potentialities of a human being.

You as an exceptional teacher will propagate Citta Yogam where ever you..

**Nothing external can help us, for the unfoldment is within. All the treasures and riches are within.**



## COURSES OVERVIEW

### Description

A Gurukulam residential course of Teaching and training of the Sidda System of Yoga.

**The Diploma of Yoga** is 28 Day

Intensive, the foundation course on Citta Yogam teachings and practices leading you to a lifestyle that sets you on your true journey. This is a Citta Yogam Level 1 training to be a practitioner or a teacher or both. Citta Yogam training is in 10 levels to reach the highest capabilities to be a Master to train their students perfectly.

On completion of Level One the student can begin to teach to the level they are authorised into teaching.

**The PG Diploma of Yoga** is 88 Day Intensive, a Level 1 to 3 advance foundation course, training and practice that is a much higher standard of practice and experienced that leads to a higher teaching of Citta Yogam.

On completion of Level One to Three the student is certified to become a teacher in our tradition and can begin to teach to the level they are authorised into teaching.

This is a progressive teacher training course to ensure the quality, knowledge, expertise and the capacity the student has acquire to teach as a teacher, as it has been in the ancient times where the student is under the watchful eye of the master, until ready to go out into the world.

### Style of Teaching

Tamil Citta Style in English

### Duration

- a) Diploma in Citta Yogam 28 Days – Level 1
- b) PG Diploma in Citta Yogam 88 Days – Level 1 to 3.

### Age

16 to 60 years

### Language

All instructions and teachings will be in the English introducing you to Tamil the language in which the ancient writings are in.

### Karma and Bakthi Yogam

Karma and Bakthi Yogam is a very part of your practice with the gurukulam.

### Educational & Eligibility

There is no minimum education qualification required except the commitment that one is ready for 'CHANGE and CHALLENGE' and the passion to teach others. All other training will be given by the gurukulam system of teaching and vocational training.

## About the Teacher Training Professional Course

**TIRUMULAR YOGA GURUKULAM** has set its sights in educating and teaching everyone the Tamil Citta practice of Yogam and their lifestyle for total wellbeing. Our Diploma programmes are very carefully designed to guide the student to become a great teacher and eventually a master on a step by step ancient teachings and practices.

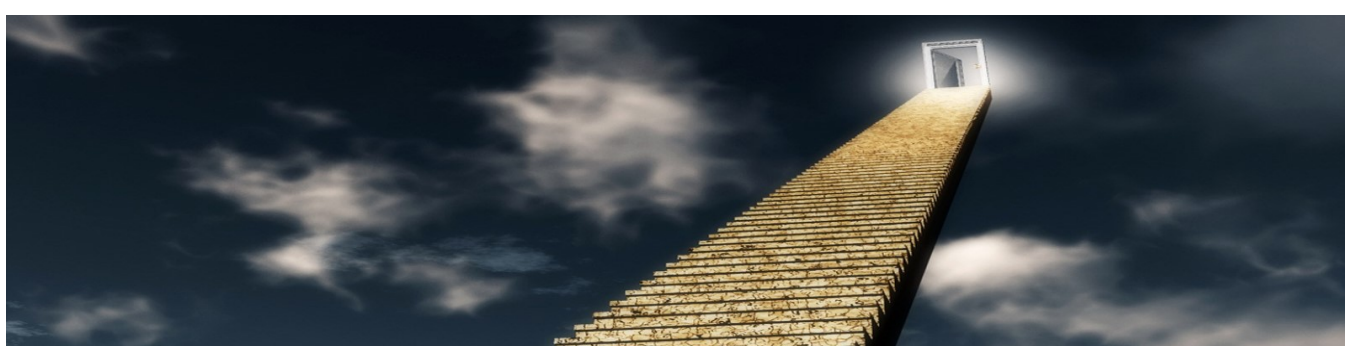
The curriculum is well planned both for theory and practical's, gaining experiences from the very first day. The programmes are into a monastery style living and spiritual awakening that includes meditative disciplines and experiences, but also our day-to-day lifestyle, relationships, thoughts and actions. These courses explore every dimension of life, all grounded in the ancient Citta Tradition and teachings. Those seeking to draw near their innermost divine identity and those seeking to qualify for deeper initiations and membership with Tyoga must all complete these two courses. This is a prerequisite to studying the higher teachings of these teachings. It will be the next step in your journey into the Citta teachings and tradition.

**TIRUMULAR YOGA GURUKULAM seeks to admit a diversity of students with a broad range of interests and backgrounds.**

**Adjusting to the yogam lifestyle** and gurukulam disciplines can be challenging and all aspirants must be prepared for this approach to Citta yogam studies. The gurukulam disciplines are not restrictions but are teachings and lifestyle management designed to create an atmosphere in which the Citta yogic life can be experienced at a subtle level.

Tirumular's Yogam teachings is an ancient classical system from an ancient Tamil Citta tradition which when practised systematically, and holistically will bring balanced growth for the individual where the change takes place leading to a quality of life different.

**The fully residential Course** and Discipline provides the opportunity for systematic and sequential practice of the techniques in an environment that trains one to be as perfect as one can be. Daily practice allows the awareness to extend more deeply into the body, mind and emotions, through prana, meditation and all other aspects and practices to develop one's self to experience through the human experience, to develop and integrate life for what one has come into the world for. The vocational process takes into consideration all the human faculties given to us to use. Daily morning Citta Yogam classes are conducted for the health and wellbeing of the physical body, regulation of prana techniques and to practice each afternoon for the relaxation and concentration of the mind. Students join karma yoga, developing balance and skill in action in perfection. Bakthi and Gnyana are practiced in daily evening classes and programmes, to experience the positive qualities within oneself and in life.







**"Being Divine is a journey towards consciousness. Citta Yogam's aim is to give spiritual and yogic training to common people for a healthy, happy and purposeful life. This is to bring out spiritual awareness, being our true nature in people through the process of yogam into self consciousness - through our yogic practice and teachings."**

### **Master YOURSELF.**

This teacher training course of being divine for mastering yourself is well thought and designed. This intensive training is based on controlling your subconscious mind through various practices and teachings. In this course students will be taught complete techniques from well designed practice sessions to becoming perfect teacher, and then on to being masters where the individual would be made ready to take a session of this miraculous student course by themselves and perform. The scope and study of Citta Yogam training is wide and takes many years. It is a journey you take progressing through time as you mature.

Tirumular Yoga Gurukulam is a global mission of teaching Citta Yogam training people to become masters. It is an opportunity to get out of the shackles of life. We welcome you to join this mission and be a very important part of this work that will bring immense benefits to all human beings.

### **Certification to be a Citta Yoga Teacher.**

The Citta tradition is as unique as it can ever get and no one knows of these teachings of yogam, as they have been out of the public view these 1000's of years except to a select few who eventually became Cittars.

Tyoga is the only training gurukulam in the world to bring forth this yogic teachings. These teachings are a different set of rules and deliveries that no one at this time can claim to be a master off to certify except Tirumular Yoga Gurukulam who is the present day pioneer in teaching and practicing this Ancient Tamil Citta traditions of Tami Nadu or as in the ancient times known as tamilagam. The gurukulam has the resource of people and knowledge, to deliver these teachings to such standards of excellence and delivery.

Tyoga issues its certification through our 'Certification Board' where highly qualified educationalist sit on, and that certification is provided ensuring standards that are met under the guidelines set where the tradition is not misrepresented in anyway .

### **Why study at Tirumular Yoga Gurukulam?**

The Tamil Citta teachings of yogam is the oldest in the world, and it the very root of yogic teachings. TYOGA provides courses and programmes that sets the standards of this Citta Yogam teachings as a yogic education for the 21<sup>st</sup> century.

Tirumular Yoga Gurukulm is HOME of the Tamil Citta Teachings.

### **Why Chidambaram?**

Chidambaram, is an ancient and spiritual wisdom center where many ancient Cittars practiced to raise their consciousness and become realised exemplary beings since over 10,000 years if not longer. Chidambaram is the place of Cittar Tirumular's Samadi within the famous Chidambaram Nataraja Temple where many ancients saints seek to come.

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# COURSE DATES 2020 June to 2021 March

DIPLOMA IN CITTA YOGAM		PG DIPLOMA IN CITTA YOGAM	
Course Begins	Course Ends	Course Begins	Course Ends
August 31 <sup>st</sup> , 2020	September 29 <sup>th</sup> , 2020	August 31 <sup>st</sup> 2020	November 29 <sup>th</sup> 2020
September 30 <sup>th</sup> , 2020	October 29 <sup>th</sup> , 2020		
October 31 <sup>st</sup> , 2020	November 29 <sup>th</sup> , 2020		
November 30 <sup>th</sup> , 2020	December 29 <sup>th</sup> 2020	November 30 <sup>th</sup> 2020	February 28 <sup>th</sup> 2021
December 31 <sup>st</sup> 2020	January 29 <sup>th</sup> 2021		
January 31 <sup>st</sup> 2021	March 1 <sup>st</sup> 2021	SUMMER	VACATION
March 2 <sup>nd</sup> 2021	March 31 <sup>st</sup> 2021		
April 1 <sup>st</sup> , 2021	April 30 <sup>th</sup> , 2021		
SUMMER	VACATION		
		May 31 <sup>st</sup> 2021	August 30 <sup>th</sup> , 2020

IT IS YOGAM OF THE HIGHEST ORDER THAT CAN BE ACCOMPLISHED BY YOU. IT OPENS A DOOR TO SELF REALISATION THAT YOU WILL SEE FOR YOURSELF AS YOU JOURNEY THROUGH THIS PRACTICE IN YOUR LIFE. IT WILL BE GOOD KNOWLEDGE THAT CAN BE USED FOR A 21ST CENTURY LIVING.

“Take care of your body, mind and spirit. It’s the things you have to cherish to make life fulfilling.”

**YOUR JOURNEY IS SIMPLY BASED ON**

“I sought ‘Him’ in terms of ‘I’ and ‘You.’  
But ‘He’ who knows not ‘I’ from ‘You’  
taught me the truth that ‘I’ indeed is ‘You’.”

**Tirumantiram 1441 TM**

**IT IS THE GREATEST TRUTH YOU WILL EVER  
REALISE IN YOUR LIFE !**

**ENJOY YOUR JOURNEY**



**REMEMBER YOUR  
LIFE'S PURPOSE**

**Find Out Now! JOIN  
THE CITTA YOGAM  
TEACHINGS**



# ADMISSION TO TIRUMULAR YOGA GURUKULAM

**Tirumular Yoga Gurukulam** invites 'Applications' who are committed to follow the **Tamil Citta Tradition** for the admission to our **Diploma in Citta Yogam Courses** to become a **competent teacher** and then **on to be a master** in the teachings of the Cittars and in specific Tirumular's Yoga Teachings. The Teacher Training has been developed to train at very high levels, of Citta teachings, so that the teachers who come out of the 'Tirumular Yoga Certification' are ready and have the ability to teach others.



*Get started...*

**Apply for  
ADMISSION!**

## How to be admitted into the programmes offered at Tirumular Yoga Gurukulam?

Please mail us at '[apply@tyoga.org](mailto:apply@tyoga.org)' and request for an 'Admission Form' and providing us the following in your mail to us:

- 1) Your full Resume with photograph attached
- 2) A note on why you like to join our Gurukulam

Once we send you our application form, kindly fill the form out and mail it back to us. There is no application fee. Your application will be reviewed by the 'Admission Committee.' If you are accepted, you will receive an e-mail from us with all terms and conditions that you must follow to join Tirumular Yoga Gurukulam.

## Admission Process

**STEP I: The applicant needs to fill in the application form with the supporting documents prescribed.**

**STEP II: The 'Admission Committee' will initially screen and review the completed application materials.**

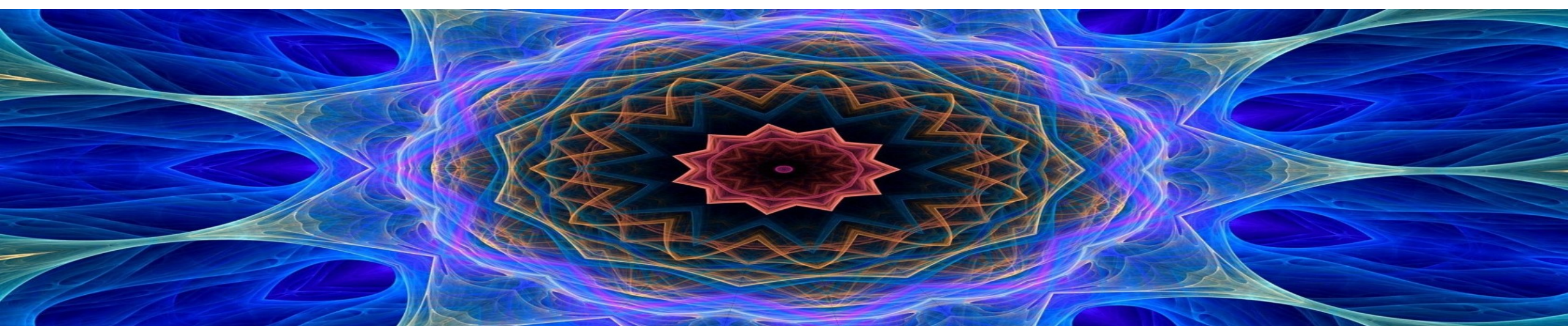
**STEP III: Select applicants will be offered admission by way of e-mail and all formalities to be complied.**

**STEP IV: Admitted students are asked to submit an acceptance letter with their financial commitment.**

**STEP V: A Confirmed 'Letter' will be issued with all details once the process is completed.**

**STEP VI: Travel to Chidambaram and join your course on the stipulated date.**

**"Our YTTC's are about our student becoming a teacher and touching the lives of others."**



We are a Registered Trust working towards human fulfilment in the area of spiritual realisation. And human well-ness. All our work reflects this. We hope you will be happy with what we can offer you and make use of every moment to experience our teachings within the environment we can provide you with. We look at you as family and hope you will to.



# TAMIL NADU



We introduce this state in the Indian Union as it will be your home when you are with **TIRUMULAR YOGA GURUKULAM**. The region of Tamil Nadu or **Tamilagam**, in the southeast of modern India, shows evidence of having had continuous human habitation from 15,000 BCE to 10,000 BCE. Throughout its history, spanning the early Upper Paleolithic age to modern times, this region has coexisted with various external cultures. The Tamil region has remained independent of external occupation compared to the rest of India. **Tamil Nadu is an ancient land where great spiritual activities have taken place over time** where great monumental temples were built for spiritual purposes. It's a land of an ancient language, tradition, music, dance even agriculture and more as a way of life.

**WELCOME TO TAMIL NADU - THE LAND OF ANCIENT TEMPLES, CULTURE, TRADITIONS AND IT'S PEOPLE.**



**CHENNAI CITY RAILWAY STATION**



**CHENNAI INTERNATIONAL AIRPORT**

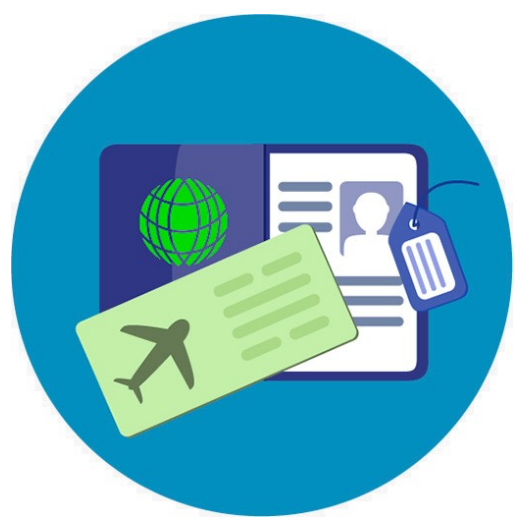


**CHIDAMBARAM TOWN**



**CHIDAMBARAM TEMPLE CHARIOT FESTIVAL EVERY YEAR**





## Getting to CHIDAMBARAM you'll need to fly into

**Chennai International Airport** located in  
Tamil Nadu, South India where you will be met and travel by car 250 kms to  
Chidambaram.

## CHIDAMBARAM, TAMIL NADU, SOUTH INDIA

**WELCOME to our  
YTTC's based on the  
ANCIENT  
TAMIL TRADITION OF  
CITTA YOGAM.**

### Students Can Contact Us at...

- e-mail: [contactus@tyoga.org](mailto:contactus@tyoga.org)
- Enquiry: **+91 908 773 2345**
- whatsapp: **+91 908 773 2345**
- Wechat: **+91 908 773 2345**
- skype: **tyoga India**

**tyoga**  
www.tyoga.org



**We welcome YOU to a world of TAMIL TRADITION.  
COME AND JOIN US  
IN A LIFESTYLE THAT CAN BE YOUR FUTURE FOR WELLBEING.**