



CITTA YOGAM

Continuing Education in the Citta Yogam Teachings for a
Distinguish Profession for Youth

A Youth Empowerment to Skill – YES programme

YOGA TEACHER TRAINING COURSES

Learn, Practice, Experience, Discover Enjoy

Tirumular Yoga Gurukulam's Message for a YOUTH to have the opportunity to
be a Professional Citta Yogam Teacher as a Profession and Lifestyle Expert and
travel the world teaching!



As a YOUTH looking at Continuing your Education towards a profession or even if someone wants to change one's whole career to become a Yoga teacher and thereafter a MASTER, can join and journey with TYOGA's programmes and courses to achieve such a goal.

"Taking a skilled traditional Citta Yogam Teacher Training Course is something that could really change your life."

Learn more about Citta Yogic philosophy focus on deepening your practice, get fitter and healthier, and simply finding out more about yourself.

Citta Yogam is a more mature phase of Yogam practice and lifestyle for the 21st century.

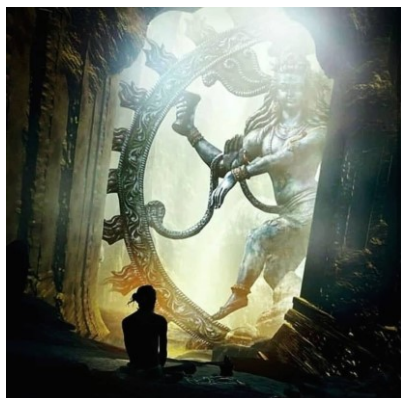
A TYOGA TEACHER

"Among the greatest of all services that can be rendered by men to Almighty God, is the education and training of children and students, so that they can foster by grace in the way of salvation, growing like pearls of divine bounty in the shell of education and will be one day the jewel in the crown of abiding glory."

It needs no description that the teacher is the **PIVOT** of any educational system for students. On him or her rests the failure or the success of the system and students. If the teachers are well educated, trained and if they are intellectually alive and take keen interest in their work as a duty, then only, success is



ensured. But, if on the other hand, if they lack training in education, lifestyle and if they cannot give their heart and passion to their profession, the system is destined to fail and so to the students who come in contact with them. Hence, the teacher is a very important aspect of one's life and another vital component to the growth of human beings and the generations to come.



Teaching is not enough, along with teaching one has to add the components of affection and care for the student, the ability to understand them and train them accordingly with the dedication to help them as much as possible. Therefore the teacher must know each student individually knowing their needs, aspirations, strengths and limitations and grooming them into exceptional human beings.

You need to achieve the objective of **EXCELLENCE** coupled with equity and social justice by way of imparting quality education to all students without any discrimination between cast, creed, sex, religion and race so that they become physically fit, mentally alert, emotionally balanced and spiritually sound. Teachers are required to understand the need of every student for material education, education for becoming good human being and for divine education so that they can face the realities of life in the new millennium.

Every teacher should strive with heart and soul to raise students up to the highest perfections of mankind to such a degree so that every one of them will be trained in the use of mind in acquiring knowledge, in humility and lowliness, in dignity and in ardour and love.

AS A STUDENT

Watching is not enough, along with the teaching; you have to practice all day. Your total attention **MUST** be on the practice to get the desired results.

Learn from the wellspring of ancient wisdom; delve into the time tested practices of Citta Yogam. Receive a Citta Yogam education that will broaden your horizon and nurture you. Get to know yourself and expand your awareness through the teachings of Citta Yogam.

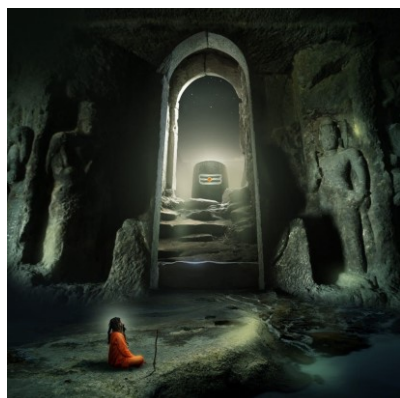
Use the knowledge you gain to teach and benefothers by guiding them in their Citta Yogic practice.



All **Tyoga Citta Yogam YTT Courses and Practices** are very intense and are monitored through the day and through the course to

ensure that the student meets the standards the course and practice has been set up for and to meet the certification norms of excellence. Therefore students should be vigil, disciplined and committed to the practice to get the desired result. Without a struggle there cannot be any result.

Tyoga YTTC is no ordinary practice and is very demanding to make the student succeed and be an exceptional being. This YES programme is unique and like none other programmes as continuing education for youth offered anywhere, even at universities.



YTTCOURCES AND PRACTICES OFFERED

This course begins YOU into the teaching profession of Citta Yogam. The course and practice gives the student a proper grounding to teach setting the foundation of yogic practice and teachings and a lifestyle to follow.

This programme is offered once a year in April for 10 students only and for the successful students to start their course in August of the same year.

You will be a 'NEW BREED OF TEACHERS.' You will have constant support of Tyoga to ensure your journey in Citta Yogam is in the right direction and to obtain such results that Citta Yogam promises. This course is the higher level of practice and training for the student to become an excellent teacher and a basic therapist in Citta Yogam.

This course also opens the door for an opportunity to open one's own centre for teaching traditional Citta Yogam that is quite different from others. One will set a new trend of Spiritual yogic practices for wellbeing of people wherever you are.

CURRICULUM

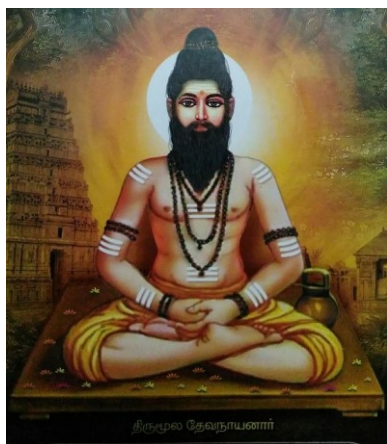
The goal of this course and training is to produce qualified inspiring Citta Yogam teachers and Masters who are able to draw on the teachings given by Tyoga and experiences through their own practice with personal discipline imparting the Yogic experience and expertise to others by youth providing them a dedicated dignified profession that brings respect to the individual. Much of Yoga today has been taken out of context and has lost its true goal and purpose. Citta Yogam is now the new way for the 21st century life style.

Tyoga Yoga Teacher Training Courses changes all that by training our students, in the ultimate goal and aim of Citta Yogam, to reach it to others, and teach it. It is these students that take the high road of yogam as true teachers and justly teach others.



Though Hatha and Ashtanga are being taught all over the world and in India to, as the main stream of yoga, the Tamil Citta Teachings of Yogam are not known. These Citta teachings of yogam are ancient and are pre-Vedic. It can be said to be the oldest teachings and narrated experiences of yogam and spiritual practice in the world.

This is the gate way to our yogic teachings given by Citta Tirumular.



Citta Tirumular's Tirumantiram is one the greatest texts, and a spiritual treasure-trove, a Sastram containing astonishing insight that deals with different aspects of Yogam, Tantram, Kundalini and Caiva Cittanta.

The Citta Yogam tradition has a timeless ancient spiritual culture and has its basis in the Civa philosophy of the Tamils.

Cittar refers to the body of teachings of Yogic or Tantric adepts, from 'perfected masters,' those who have attained perfection or divine powers. They are mystics who emphasized the practice of Kundalini Yogam to realize one's potential divinity.

They taught that one's own experience is the most reliable authoritative source of knowledge and wisdom and to acquire this one must turn within to the subtle dimensions of life through Yogam and meditation.

Unveiling the deeper truth and beauty of yogam, CittaTirumular gave a fascinating odyssey into the subtle realms of mystical experiences. His unique spiritual interpretations explore the riddles of life and much more.

Yogam of the Cittars offers delightful and instructive refreshment for the soul. Sheer beauty of the Tirumantiram is an outstanding gift to humanity on yogam and life. This ancient work stems from the teachings of Civa the Adi Kuru, this secret wisdom to Tirumular.

Tirumular reveals in song form in Tamil this great spiritual truth as yogam, this truth behind the mystery of life. More than by any poet of ancient time known to us now, Tirumular has claimed the role of an ancient teacher where his songs are meant to be heard, recited and felt in one's heart more than just reading it. The songs of the Tirumantiram leap off the page onto ones yogam practice. Tirumular's 3000 over songs, declaims, whispers, sings, rants and inspires this journey in yogam.



What emerges is a sound portrait of a truly ancient yogic teaching today to follow and practice. The Tirumantram is a work of spirituality in sweet Tamil and his mastery, for his renditions of the Tirumantiram.

The songs of the Tirumantiram is for the ultimate path of yogam. Follow these songs and you will go to the source and you will come to empty silence, the origin of the universe. It is this sense of silence beneath words that gives the Tirumantaram songs, spiritual as well as literary force.



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The secrets of the Cittars are tightly held within the group of masters.

Tyoga is the heir to this ancient treasury of knowledge, its yogic knowledge and practice that stretches back, unbroken, for generations.

"For those who know of the Tirumandiram it is for the lovers of Yogam."

THE PRACTICE

Tyoga's YTTC introduces Tirumular's Yogic teaching with an accent on teaching practicum and teaching methodology to prepare the student to become an independent Citta Yogam Teacher and practitioner, simply different from the crowd.

Yoga is a step by step process and training. It takes time, discipline, commitment, passion, devotion, living in the required lifestyle of holiness (honesty, decency, non-negativity, thoughts, actions etc.)

Our YTTC's is about truly deepening the students yogic knowledge and practice framing the student into a lifestyle that can make the very difference to the student and to those who the student teaches as a Citta Yogam Teacher to their students.

We focus on preparing the student to be an exemplary example of a human being a TRUE Certified Citta Yogam teacher who can deliver the knowledge and practice of Citta Yogam to other sincere seekers.

Through Tyoga's teacher training programme, the student can become a better trained experienced practitioner of Citta Yogam and Yogic knowledge that comes directly from the roots.





CERTIFICATION

Tyoga provides a certification for all who completes our teaching and practices that includes the ability to teach a student within the Cittar Yogam tradition and teachings. The standard has been set to ensure excellence, capacity to teach, being a role model, lifestyle management as a yoga practitioner etc.

YTTC DATES 2021

Admission is now open for the 2021 Batch. Courses will begin for August 2021.

Youth candidates from all over the world and within India can apply for this 2 + 2 + 1 Professional Citta Yoham Teacher Course.

This is a full time residential course where the student will be trained into a Monastic living environment with very carefully planned schedules and activities to ensure that our students will get the very best results. Each day is very carefully coordinated to ensure maximum exposure and experiences for the practitioner.

CHIDAMBARAM

Chidambaram, is an ancient and spiritual wisdom centre where many ancient Cittars practised and lived since over 10,000 years back. Chidambaram is the place of Cittar Tirumular's Samadi within the walls of the famous Chidambaram Nataraja Temple.

ThillaiNatarajaKovil is dedicated to Lord Civa, who is worshiped in the form of Nataraja in a dancing posture. 'Cittar Tirumular states that man represents the shape of a Civalingam which represents Chidambaram, which also represents Sadacivam which represents 'His' dance Ponnambalam.

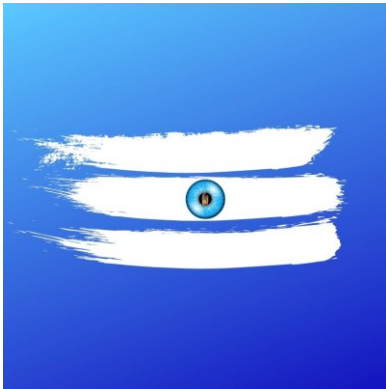
Chidambaram the ideal location that will help to channelise one's energies upward which in turn assist only our spiritual awakening and therefore the significance of Chidambaram.

Many great saints have travelled far and wide to come to Chidambaram. It is a place where great souls from the Himalayas have come.

TYOGA

Tyoga is a HOME of Tamil Cittar teaching. It is the first of any kind of gurukulam that offers training, teaching and practices for the 'serious few' who want to travel the HIGH ROAD of YOGAM and be with masters who can guide them and train them. It is also





a centre to train those who wish to become Cittars as their life long journey.

Tyoga is a Trust and a non-profit organisation. The organisations work in educating people in Citta Yogam and training them. Our work spreads Internationally so that other seekers come to know of this practice and use it for their spiritual gains.

TYOGA is the only Gurukulam in the world that offers these Citta teachings of Yogam.

This opens to a NEW world of CITTA YOGAM for seekers.

Students of Citta Yogam through the work of TYOGA are on the grand road to awaken their energy inside. The practice and teachings activate that force, that energy that connects all of us to the Divine. It produces in us what can be called enlightenment or liberation—however; do not confuse this with realisation, which depends upon cognizance, wisdom, understanding etc.

This energy that's naturally with us is not active in people today. This is because the conditions that activate this energy have not been satisfied. Like any energy or force in nature, the energy functions according to the laws of nature. It functions according to cause and effect. Everything in nature, works on the law of cause and effect. 'Karma,' this law of action and consequence, modifies everything at every moment in time. Every manifested thing is subject to cause and effect. This energy is no exception.

Learn from the wellspring of ancient wisdom of the Tamil Cittars of Tamil Nadu; dive into the time tested practices of Citta Yogam.

"Get to know yourself and expand your awareness through Siva Yogam. Use the experience you gain to truly understand this life you lead and make the changes that you need to do. Unblock yourself and go the higher way!"





Get to know yourself and expand your awareness through Citta Yogam. Use the experience you gain to truly understand this life you lead and make the changes that you need to do. Unblock yourself and go the higher way!

Highlights of the Lifestyle

- **A well designed Citta Yogam** course that brings the ancient Tamil Citta Yogam teachings and knowledge.
- **At Chidambaram** an ancient Spiritual centre where many great human beings through 1000's of years, practised to raise their consciousness and become exemplary beings.
- **Practices are offered for a maximum of 10 students ONLY per year.**
- **Course is open to all Youth** from around the world
- **Practical Training is mandatory** and is the very part of the practice with hands-on experience all day, facilitated by highly experienced teachers. Citta Daily training begins at 5am with practices through the day. The day ends at 9.30pm with prayers.
- **The practice is conducted at** a local colony a bit outside Chidambaram Town that has been chosen for the YTTC experience.
- **Practitioners will totally devote their time** to this practice and no outings will be allowed in this period of time except one a week on every Thursday visiting other spiritual places with history. One is confined to the practice totally. It is a committed practice on your part with total focus in it. It is a life of solitaire and training.
- **Vegetarian Food and accommodation will be provided** during the practice according to the Citta tradition of eating and taking fluids and living – training you into a lifestyle management. It goes towards the practice strictly.

Approach

The practice is over seen by teachers of immense experience. All activities and teachings are synchronised to give you a perspective of modern and ancient yoga and taking you into Citta Yogam as a lifestyle. This will bring about change in the students life.

Students will learn, practice and assimilate various aspects of the Citta Yogam experience, starting the student off on an awakening process to experience a unique individual journey.

A brief overview of the practice:

- **Internal stimulation** and purification of the chakras
- **Removing blockages**
- **Specific ritualistic practices** for the cleaning and purification process
- **Visiting ancient Temples** on Thursdays
- **Living a yogic lifestyle**

This is a serious practice with intense routine and practices, and so total level of commitment is required. A specific diet will be followed, and strict discipline must be voluntarily maintained throughout the practice and being with Tyoga.



How to apply

To apply, please mail us at apply@tyoga.org and introduce the student and family to us. Request for an admission form. We will respond on receiving your mail. Once you have received our application form it will be placed with the admission committee for approval. There are many steps to be undertaken to become a student of TYOGA's YES programme and we will inform these steps as we go through the process of admission. There is a DONATION of Rs.2500.00 to be paid when the application process is underway.

Eligibility

Must be 16 years or older to apply.

Food and Accommodation and Lifestyle at the gurukulam

"70 to 80 per cent of all modern diseases are actually nutrition disorders because of a combination of stress, a sedentary lifestyle and unhealthy food habits." The Cittar system of absorption mechanism of the stomach: nuts, vegetables, herbal juices, also no white sugar, no processed food, just food that nurtures your body. **Food is prepared in the Citta tradition to detoxify your body** and help your body to function better for the Yogic lifestyle. Your bowl movement and your intake are very important during this practice and process. You will be given juices that are fresh and certain herbs. No tea or coffee will be permitted. No smoking and no drinking of any kind of alcohol will be permitted. Food is Vegetarian and based on south Indian preparations.

Accommodation is in the style of communal living. You receive bedding as provided by the gurukulam, suitable to monastic life. You will sleep on the floor. This is good for you as you get grounded. All sleep in one place with a maximum of 10 as a group in each room with bath attached. There will be a lamp burning during the night. Remember you are NOT on a holiday. You are here to accomplish something great for yourself and begin on a journey towards consciousness.

Typical DAY Practice all 7 Days a Week

- 05.00 am – **Meditation**
- 06.00 am – **Practice**
- 07.30 am – **Pranayama**
- 08.15 am – **Snack**
- 08.30 am – **Practice**
- 11.30 am – **Meal break**
- 12.30 pm – **Afternoon Break**
- 03.00 pm – **Practice / Class**
- 06.30 pm – **Dinner Meal**
- 07.30 pm – **Meditation, mind relaxation and sound chanting**



- 08.45 pm – Pooja
- 09.15 pm – The day is over
- 09.30pm – Lights off

Please note that schedules and timings can change according to the progress of the practice

Dakshina for the **YTTC** programmes

All amounts are accepted as **DONATION ONLY**. This goes towards managing and running the practice ONLY. The following charges are what you will spend while being with us.

This is a very carefully prepared practice. **A journey towards consciousness. The very core of Citta Yogam !**

It deepens your experience into life and will open the door into a world you have never seen before. To get to this stage it's a practice in an ambiance where such vibrations are available to transcend each barrier and obstacle that you can come across. The practice is different for all and practitioners MUST not compare notes between each other.

YOU ARE AN INDIVIDUAL and **YOUR JOURNEY IS YOURS ONLY**. Each person will develop according to their Karma and desire to accomplish however hard it may be. Having faith and surrendering totally. This is the **'KEY.'**

NOTE

- **Due to the nature of this YOGA Practice and time available** all students do not go out of the building except once a week when you are taken out by your teachers to important spiritual places and temples and places of nature where you will be lead into a meditation and awareness practice. . Your presence and training are within and with the utmost discipline, devotion and commitment to the practice to attain spiritual awakening. Your mind simply is focused on the practice and when tired having the rest required that's built into the practice. Much silence is observed. The mind cannot be diverted to other thoughts except to the practice and what the practitioner must do under the mentorship of the teachers is the discipline.
- **Foreigners must have a valid passport and visa.** Photocopy is to be provided with two passport photographs.
- **An Indemnity bond favouring Tirumular Yoga Gurukulam** is to be executed by the practitioner and such other documents where ever applicable.
- **No mobiles will be permitted.** The microwave frequencies will disrupt the energy environment. Also your concentration and distraction on your mobile or social media activity will divert your attention from the practice and its focus.
- **No smoking, drinking alcohol, taking of any kind of drugs** is strictly prohibited. Anyone found to do so will be sent out immediately and no refund will be given.
- **Discipline, silence and proper practice are to be strictly maintained** by the students during the period of time they are with Tirumular Yoga Gurukulam.
- **Karma yoga and Bakti yoga practice** is compulsory where ever applicable in the practice.
- **Musical practice is a must**



The Ancient ways of the Tamils are least known to the world. It is YOU who will be the Ambassador of this tradition and with your experiences in Tamil Nadu with Tirumular Yoga Gurukulam to others whose life you will touch. By knowing this culture and being a part of it becomes easier to explain to others as the Tamil culture is not a Vedic culture and has its own language, origins and traditions.

Your Journey with Tirumular Yoga Gurukulam will make you more sensitive and aware as a person, what you are doing and where you are going. It will enrich you as a human being and certainly as a person.

YOU are at the right place at the right time.

Travel to Chidambaram

On arriving at **Chennai International Airport** you will be met. Travel to Chidambaram is about 232kms going south and will take about 6 hours. State Highway 49, also known as East Coast Road (ECR) is a two lane highway, built along the coast of the Bay of Bengal connecting state capital city Chennai via Pondicherry with Chidambaram. Chidambaram lies about 80 kms south of Pondicherry (Puduchery) on the East Coast Road (ECR) from Chennai. ECR is a scenic highway, and studded historic places en route.

For More Information

Please feel free to contact us at contactus@tyoga.org for further details and clarifications or if you wish to apply for this course please mail us at apply@tyoga.org and begin your process in applying.



**“Here is an
Invitation for you
YOUTH
to discover
the golden key to
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