

A group of people are practicing Ashtanga yoga in a tropical setting. They are seated on mats on a wooden floor, with their hands in a prayer position. The background shows lush greenery and a thatched roof structure. The text is overlaid on the image.

ASHTANGA INTENSIVE COURSE WITH MYSORE PROGRAM DEVELOPMENT

10 DAYS 9 NIGHTS – JAN 23 TO FEB 1, 2026
SOUTH GOA, INDIA

ASHTANGA INTENSIVE COURSE

The Ashtanga Intensive is designed to help you learn and embody the Primary and foundational elements of the Secondary Series, with morning practices that include eight Mysore-style sessions and two Led classes.

Mysore sessions allow you to move at your own pace, focus on your breath, and build the sequence individually with personalized guidance. Led classes bring everyone together to follow the traditional vinyasa count and refine precision through the teacher's clear instructions. Hands-on adjustments and mindful teaching strategies are an essential part of our approach, helping you progress safely, confidently, and with deeper awareness in your practice.



MYSORE PROGRAM DEVELOPMENT

Mysore style is the traditional and most authentic way of practicing Ashtanga Vinyasa Yoga. Instead of following a guided class, each student moves through the sequence at their own pace, building independence while absorbing the shared energy of the group. This method allows practitioners to grow steadily, develop focus, and truly embody the practice. The teacher's role is to create an empowering environment for self-learning, offering guidance, adjustments, and support while helping each student progress individually.

As part of this training, you will learn how to create and lead your own Mysore program from the ground up. Using a simplified sub-sequence of the Primary Series, we'll teach you how to introduce the method to new students, manage different levels in the same room, and build an atmosphere of silence, concentration, and steady growth. You'll receive daily hands-on adjustment training and study practical strategies that help create a harmonious, effective Mysore room. By the end, you'll understand not only how to practice Mysore style, but how to share this powerful method confidently within your own community.



KEY TAKEAWAYS

A community of teachers who can support and co-create Mysore programs.

- Intensive daily Ashtanga practice and in-depth study of the Ashtanga sequence.
- Learn how to develop a Mysore program in a variety of teaching environments.
- Learn to create 60-, 75-, and 90-minute improvised Ashtanga-led class sequences and confidently teach them in studios or private settings.
- Refine and polish your skills with extensive hands-on adjustments training in both group and one-on-one settings.
- Explore mobility development through animal movements and foundational handstand techniques.
- Learn the basics of Capoeira, an Afro-Brazilian martial art that enhances rhythm, coordination, and creative movement.
- Study selected Shatkarma cleansing techniques.
- Develop your breathing practices with dedicated pranayama sessions.
- Experience regular mantra chanting and Kirtan, and learn how to hold devotional space.
- Receive an introduction to the Yoga Sutras and inspiration for continued study.
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Finally, enjoy a meaningful and unforgettable experience in the heart of India.

THE VISION

The main goal of this course is to help you establish a strong and consistent self-practice. We aim to create a dynamic yet peaceful environment where you can explore your yoga practice to its fullest potential. You will also develop your teaching skills through hands-on adjustments and a variety of effective teaching methodologies. In addition, you'll learn strategies for creating progressive improvised Ashtanga-led classes.

Ultimately, the intention is to cultivate a community of teachers who can confidently build and support Mysore programs around the world, both together and independently. During the course, we work with a preliminary sub-sequence (one that does not include intense poses) to teach the principles of constructing a Mysore program. This approach creates what we call a “closed Mysore class,” where the teacher uses this sequence as the foundation to develop each student's self-practice.

Our focus is to strengthen your abilities as both a practitioner and a teacher, keeping you inspired and grounded in the Ashtanga path.



Meet Your Teachers

SHARATH SHANTHARAJU FROM MYSORE, INDIA

Authorized level 2 teacher under Vijay Kumar. Born and brought up in Mysore India, have learned Ashtanga under 2 very well renowned teachers for over 17 years.

Created and Supported Mysore programs amongst various communities in India and the around the world. Also a Capoeira practitioner/teacher with 15 years of experience.



CECILIA CAMBRE FROM BAJA CALIFORNIA, MEXICO

Authorized level 1 teacher under Vijay Kumar. Born in Mexico and trained in India for over 6 years experience. Well known as Cece, also has 750 hrs E-RYT yoga alliance teacher. Cece has led many teacher training courses and worked with Mysore programs for over 5 years around the world.





Our Location

WHERE THE JUNGLE AND THE SEA MEETS

We highly recommend Palolem Beach location to those who want to experience authentic South Goa lifestyle.

Our shala, your accommodation and the restaurant are located in the luscious jungle, and 5 min walking to Palolem beach where you can really enjoy the peaceful surroundings whilst being at one with nature.



ACCOMMODATION at Bhakti Kutir **— Eco Stay, Yoga, & Ayurveda**

YOUR HOME IN THE JUNGLE

Stay in hand-crafted bamboo cabanas surrounded by coconut palms, Just a short walk from Palolem Beach. For nearly 30 years, our hand-built huts have rested under tropical trees, offering a simple, comfortable spot to relax.

BHAKTI KUTIR IS AN ECO-FRIENDLY CABANAS & HUTS IN SOUTH GOA



Yoga shalas

Bhakti Kutir has 4 Eco friendly yoga shalas.

A tree top Yoga shala build on a strong stable flooring with Sturdy beautifully designed Bamboo structure. Ventilated well with air and ample amount of light.

Ayurveda shala is a grounded Yoga shala with beautiful nature around and above to give a serene calming feeling.



Eco-Friendly Cabanas & Huts

The huts sit within a 2-acre tropical forest, carefully nurtured over the years, alive with birds, butterflies, and the gentle rhythm of nature.

We've developed our own compost toilets and follow other eco-practices to help the forest thrive, so your stay supports the place as much as it supports you.

Inside, each hut offers a simple, thoughtful space to rest, listen, and feel a little removed from the world



BHAKTI KUTIR KITCHEN

Vegetarian, Vegan & Organic-Friendly Food.

Seasonal, Local, and Made from Scratch

Bhakti Kutir cook all meals fresh each day, mostly with local ingredients.

When possible, they add produce from our grounds.

Many of the ingredients the kitchen use for cooking with have been used in Goan and Konkani kitchens for generations. Some recipes are passed down, some they have developed, all is made with local and seasonal produce from coastal India.

The kitchen draws from the forests and fields of South Goa.



Ayurveda spa - treatments

BHAKTI KUTIR IS A QUIET RETREAT WHERE YOU CAN SLOW DOWN
AND RECONNECT WITH YOURSELF.

Ayurvedic treatments are a unique addition to help you feel balanced and refreshed in nature.

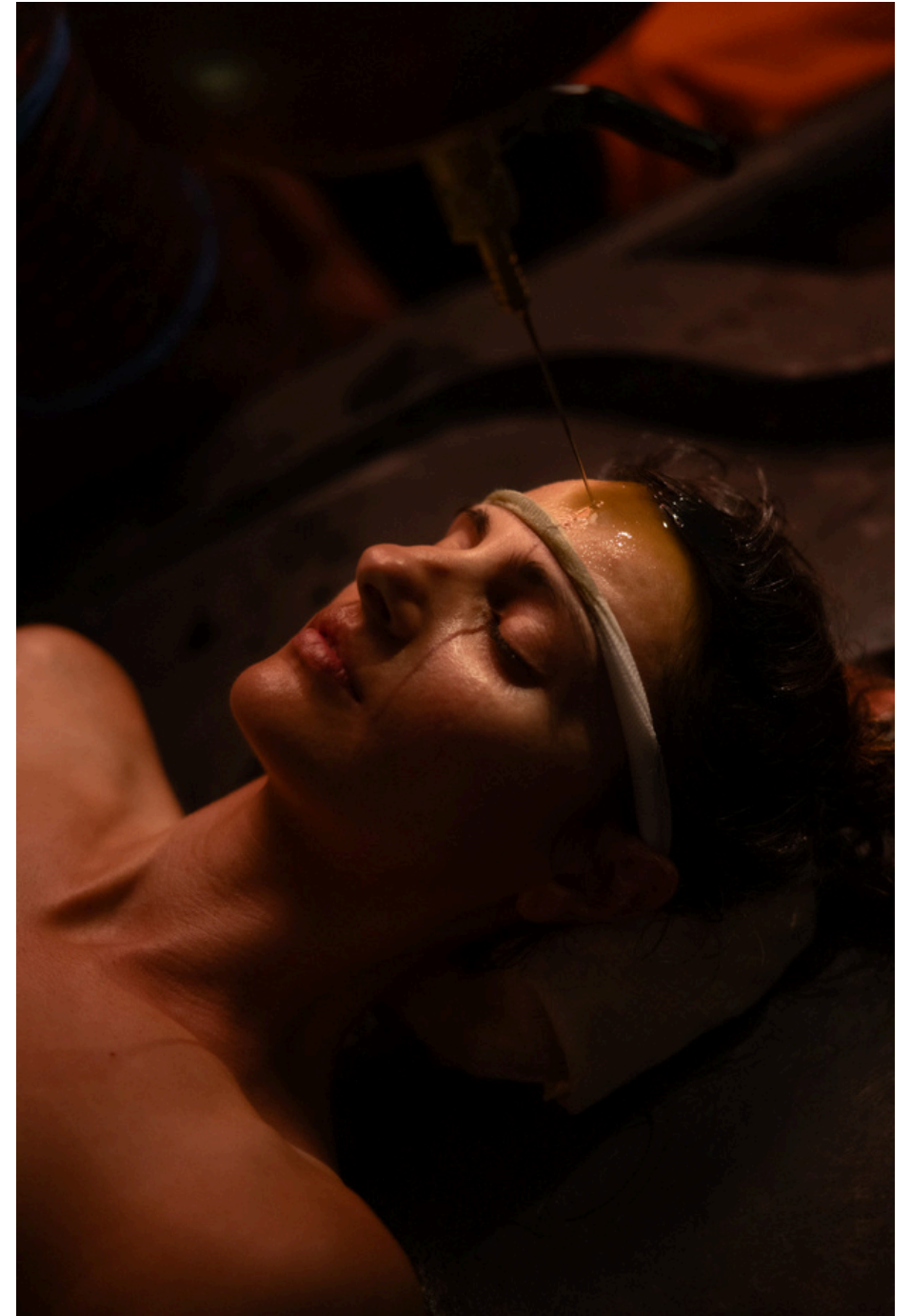


Ayurveda spa treatments

For over 15 years, Kailas Ayurveda has been an integral part of Bhakti Kutir. Located at the main entrance, the centre is rooted in traditional Ayurvedic medicine and long-term lifestyle practices.

The centre offers therapies such as panchakarma, shirodhara, and rejuvenation programs, alongside lighter spa-style treatments for guests who simply wish to relax. Most oils and medicines used in our therapies are prepared in-house, blended and cooked according to classical Ayurvedic methods. This ensures purity, freshness, and the right balance of ingredients.

* Please note that the ayurveda treatements are not included in the training



Pricing

Single Private Room

1750 Euros

Includes private sharing
with Food and local airport transfer



Twin Shared Room

1450 Euros

Includes Twin Sharing Cabins
with food and local airport transfer



Schedule					
TIME	Day 1 - Jan 23	Day 2 - Jan 24	Day 3 - Jan 25	Day 4 - Jan 26	Day 5 - Jan 27
6:45 a.m. to 7:45 a.m.		Shatkarma and Pranayama	Shatkarma and Pranayama	Shatkarma and Pranayama	Shatkarma and Pranayama
7:30 a.m. to 9:30 a.m.		Mysore style	Mysore style	Mysore style	Mysore style
9:30 a.m. to 11:30 a.m.		Breakfast/Beach break	Breakfast/Beach break	Breakfast/Beach break	Breakfast/Beach break
11:30 a.m. to 2:00 p.m.		Hands-On Adjustments & teaching methodologies	Hands-On Adjustments & teaching methodologies	Hands-On Adjustments & teaching methodologies	Hands-On Adjustments & teaching methodologies
2:00 p.m. to 3:30 p.m.		Lunch/ Rest	Lunch/ Rest	Lunch/ Rest	Lunch/ Rest
3:30 p.m. to 4:30 p.m.	Opening Ceremony and Sharing Circle	Philosophy	Philosophy	Philosophy	Mysore program workshop 1
4:30 p.m. to 6:00 p.m.	Ashtanga Vinyasa Yoga Foundation Asana Led Class	Surya Namaskara A & B Teaching Methodology	Animal Movements and Handstand training	Sunset and Beachtime	Capoeira & Handstands Workshop
6:30 p.m	Dinner	Dinner	Dinner	dinner	dinner
7:30 p.m. to 9:00 p.m	Gathering	Mysore Program Development Discussion	rest	Mantra Chanting Practise with instruments	rest

Schedule

TIME	Day 6 - Jan 28	Day 7 - Jan 29	Day 8 - Jan 30	Day 9 - Jan 31	Day 10 - Feb 1
6:45 a.m. to 7:45 a.m.	break	Shatkarma and Pranayama	Shatkarma and Pranayama	Shatkarma and Pranayama	rest
7:30 a.m. to 9:30 a.m.	Sunrise excursion	Mysore style	Mysore style	Mysore style	Full Primary Led Class
9:30 a.m. to 11:30 a.m.	Breakfast/Beach break	Breakfast/Beach break	Breakfast/Beach break	Breakfast/Beach break	Breakfast/Beach break
11:30 a.m. to 2:00 p.m.	Hands-On Adjustments & teaching methodologies	Hands-On Adjustments & teaching methodologies	Hands-On Adjustments & teaching methodologies	Group 1 Exam	Graduation and Sharing Circle
2:00 p.m. to 3:30 p.m.	Lunch/ Rest	Lunch/ Rest	Lunch/ Rest	Lunch/ Rest	Check Out
3:30 p.m. to 4:30 p.m.	Philosophy	Philosophy	mysore program workshop 2	Group 2 Exam until 5 p.m.	
4:30 p.m. to 6:00 p.m.	Ashtanga Led Class 90 Mins Sequence	Backbending workshop	Capoeira Roda (Art of Playing Capoeira Games)	Creative PhotoShoot	
6:30 p.m	dinner	dinner	Dinner	beach Gathering	
7:30 p.m. to 9:00 p.m	shala gathering	Collective Kirtan Experience	Shala gathering	Dinner	

Capoeira & Handstands

A grayscale background image of a person performing a handstand on a sandy beach. The person is in a full handstand position with their legs spread wide and arms extended. The background shows the ocean with waves breaking on the shore.

Capoeira is an Afro-Brazilian martial art with various elements such as attack and defence techniques, movement, acrobatics, and music. It may not always be well-known and can seem confusing or intimidating if you're unfamiliar with it. Therefore, we will slowly introduce you to the art form with familiar simpler movements to sophisticated idea with below workshops:

- 1) *Animal Movements and Handstands Workshop:* We will explore various individual animal movements, sequences combining animal movements, Exploration of different combinations and an approach to handstands.
- 2) *Capoeira Workshop and Handstands:* We will be exploring movements play with the partner with the rhythm of the music, art of improvisations and expressions, Handstand entry and exit movements. We will be practising Capoeira basics with Kicks, escapes, traps and counter attack.
- 3) *Capoeira Roda:* We will learn the art of playing a Capoeira game and play live Music. We will focus on the cultural aspect of Capoeira and hold the space together as a Capoeira Roda.

With 15 years of movements research with Capoeira and training under various masters around the world, these workshops are designed to lift up the spirit during the course.

TEACHING METHODOLOGIES

With Over 100 teacher trainings between us, we have developed a refined teaching methodology consisting of in depth analysis of the yoga asanas, hands on adjustments training and various sequence building strategies.

The idea we share is not only to build a Yoga session, but also a Yoga(Mysore) program to develop self practise for your students. Mysore Program consists of both Mysore style and Improvised Led classes with the shorter Ashtanga primary sequence. Our support and involvement further depends on our capacity, but our encouragement is always there with you to build your yoga community with Mysore Program.



Kirtan & Mantra Chanting Experience

Mantra chanting is the rhythmic repetition of sacred sounds, words, or phrases to focus the mind and induce a meditative state. This practice aims to quiet mental chatter, reduce stress, and improve concentration. Mantras are believed to have spiritual, physical, and psychological benefits, and the vibrations from the sound can help clear energy blockages, calm the mind, and connect a person to their inner self.

Kirtan is a devotional singing practice originating from Indian religions based on Sanskrit word for "**praise**" or "**glorify**". It typically involves a call-and-response style where a leader sings a mantra or hymn, and the group repeats it, often accompanied by musical instruments. The goal is to quiet the mind, open the heart, and foster a deep sense of devotion to the divine.

*We will have many evenings dedicated to develop this habit of devotion.
As part of community building experience, we will support and hold space for each other during these workshops.*



A close-up photograph of a hand in a mudra, holding a string of orange beads with a silver Om symbol.

Yoga Philosophy with YogaSutras

YogaSutras are the ancient yogic text is traditionally presented as a guide for refining the mind so one can reach the highest states of concentration and focus. It leads to a clearer perception and the ability to know the Self, which ultimately results in independence from suffering.

Afternoons are dedicated for learning, introspection and discussions over this subject. We will start with first chapter and proceed towards understanding few important topics. The focus is to empower and inspire you to take up further study of YogaSutras.

Backbending workshop

This Workshop focusses on Backbending through Hatha Vinyasa Yoga.

Focussing a lot on repetition, breathe and alignment we work on various backbending poses and their approach. Each student will explore their individual limitation and a path forward.

Backbending has various benefits in correcting the posture of the spine and building strength physically.

Backbends reduce fear, stress and anxiety while improving mental strength, focus and concentration.



Outdoor activities

Exploring the beautiful South Goan Beaches to lush Jungle and Backwaters, we will dedicate few trips during the course to connect and enjoy the nature around. As much as possible we stick together as a group and organise these trips around. As the resort is only 5 to 10 mins walk to Beautiful beaches near by, there will be enough time during breaks to enjoy. We explain dos and don'ts according to local environment as we care for your comfort and safety.



Booking

We warmly welcome you to course if you choose to take part.

Please send me an email sharath.sagit@gmail.com to recieve Bank details.

***To have your spot reserved, we would want you to pay deposit of 500 Euros(Only refundable until Dec 31st). Full payment before Jan 15, 2026.**

*** We would like to keep our capacity around 15 students, so first 15 of you to Pay-up full amount will be confirmed 100%.**

