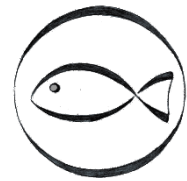


Matsya Yoga,  
ZVR 1919606477  
Florianigasse 16/1/10  
1080 Vienna,  
Austria  
[www.yogamatsya.com](http://www.yogamatsya.com)



Ver.\_ 21.01.2024,  
Valid from 11.03.2024

## Course information RYS®300 Training [EN]

### General Information:

Our English yoga teacher training program adheres to high standards of quality and depth. Quality assessment plays a vital role in ensuring that our training meets these standards. The training will be held in English and assisted in German if necessary.

This training is led by Clemens Biedrawa, a very dedicated and experienced yoga teacher, author and founder of Matsya Yoga. Clemens Biedrawa is a certified trainer of Adults [60 ECTS (wba)] as well as Yoga Alliance Lead Trainer E-RYT-500.



Zertifizierter  
Erwachsenenbildner



### 1. Goal

#### 1.1 Professional Orientation

Goal of this yoga teacher training is to enable one in teaching yoga on a professional level. It's about finding techniques, knowledge and confidence to teach and establish oneself in this special and rare profession. This training is practically oriented and shall carve bridges between the theoretical and practical.

#### 1.1 Strong Philosophical foundation

In order to have confidence while teaching a strong foundation in philosophy and the underlying path of yoga is necessary. It is important to us that you understand and familiarize yourself with the classical texts of yoga so to find a way of navigating the complex landscapes of yogic thought spirit. This will be big present for personal growth and strength.

## **2. General Framework, Schedules and Location**

### 2.1 Schedules and Location

The training will take place in our Studio Florianigasse 16, 1080 Wien.

The next training dates you will find on the website. The training takes 40 days or 6 weeks, starting on Monday and ending on Friday 40 days later. A sample schedule for each day looks like this:

*Monday – Friday*

08:00 Morning Sadhana

09:00 Breakfast

09:30 Theory

12:30 Noon-class

13:30 Lunchbreak

14:00 Theory (Tuesday and Thursday)

15:15 Afternoon break

17:30 - 21:00 Evening class

### 2.2 Flexible Entry:

Our 300-hour yoga teacher training is designed to accommodate everyone, regardless of their work or family obligations. We offer flexible entry points so that students can join the training whenever it is convenient for them. The 300-hour training is best completed over the duration of one year (although intensive options are also available), allowing students to slowly get in touch with themselves. Students have the opportunity to participate whenever possible until all the necessary content has been collected. This ensures that the training adapts to the needs of our students without sacrificing quality.

### 2.3 Intensive Training.

Approximately every two months, our school offers the opportunity for students to start the 300-hour Yoga teacher training. We offer to do the first 25 days intensive and then in autumn the last two weeks, to complete the 40 days. For the exact schedule possibilities look at the website or contact our school directly.

This intensive format can be useful for individuals who cannot stay in Vienna for an extended period or those who wish to complete their training during a holiday season. However, we recommend using longer periods to better absorb the knowledge. For those participating in the intensive training, it is possible to apply for accommodation in the studio at Florianigasse 16, 1080 Wien.

### **3. Quality Assessment**

#### **3.1 Teaching Classes:**

We place great importance on providing our students with the opportunity to teach classes. You will have the chance to lead a minimum of two yoga classes per training, allowing you to receive feedback and gain insight into your talents. The lead trainer will identify areas of improvement as well as your hidden talents. It is our belief that when you express what you are truly good at, everything you do will become magnificent.

#### **3.2 Examination and Completion:**

Regular, brief tests at the end of each week will assist you in deepening your acquired knowledge and reflecting on your learning experiences. By articulating and expressing what you've learned, you solidify this knowledge in your consciousness and promote a deeper understanding of the material.

To successfully complete the training, three conditions must be met:

1. The participant must be present for more than 90% of the teaching time. Exceptions need to be discussed separately.
2. The participant must submit the weekly tests.
3. The participant must have taught at least two demonstration classes.

If it is not possible to meet the requirements within the given timeframe, it can be made up at a later date, free of charge, upon agreement.

#### **3.3 Participation Requirements:**

For the 300-hour training, there are two prerequisites:

- 1 The complete filling out, signing, and returning of the registration form.
- 2 A completed yoga training totaling 200 hours. It's irrelevant whether this training was with the Yoga Alliance or not.

There are no health or technical requirements. In yoga, genuine motivation and an openness to learn are the true prerequisites.

### **4. Course Fee and Handouts.**

#### **4.1 Course fee**

There is only one fee – 2900 Euros. All services are included in this fee, including handouts, shelter (if needed), yoga classes, examinations and the final certification. This fee is both valid for the intensive training as well as the individual scheduling option.

## 4.2 Training Handouts

The training handouts are included in the training fee, however if you want to order them separately, in order to assess the training, or for personal use before the training, here is a link to all three parts:

<https://www.amazon.de/dp/B0CGL2SNY8>

<https://www.amazon.de/dp/B0CGL5YRCW>

<https://www.amazon.de/dp/B0CGL5XT9M>

## 5. Further Information

5.1 Matsya Yoga Policies can be viewed here -

[https://www.yogamatsya.com/uploads/CiyTtxtu2/All\\_policies\\_Matsya.pdf](https://www.yogamatsya.com/uploads/CiyTtxtu2/All_policies_Matsya.pdf)

5.2 Matsya Yoga Table of contents 300h Training -

[https://www.yogamatsya.com/uploads/6OYnVZ3p/Kundalini\\_Yoga\\_300h\\_table\\_of\\_contents.pdf](https://www.yogamatsya.com/uploads/6OYnVZ3p/Kundalini_Yoga_300h_table_of_contents.pdf)

## Brief Syllabus of the RYS®300 Training

The 300-hour yoga training is divided into six modules, each comprising one week from Monday to Saturday. The first four modules of the 300-hour training are similar to those of the 200-hour training. Each week is comprised of 50 hours of teaching.

### 1. Module - Philosophy and History of Hatha and Kundalini Yoga - 60 h

In the first module of the 300-hour training, we delve deeply into the Yoga Sutras of Patanjali, the Bhagavad Gita, and the Ishavasya Upanishad to explore the fundamentals of yoga philosophy. We examine the origins of Hatha and Kundalini Yoga, their emergence from ancient Tantra, and their relevance in the modern world.

### 2. Module - Yogic Anatomy, Chakras, Koshas, Prana, Western Anatomy - 60 h

The second module focuses on the inner world of yoga, exploring the magic and vision within. We study sections from the Manthan Bhairava Tantra and Purnananda's Sat Chakra Nirupana to discover exercises for these inner realms and explore Bija and sound in yoga. We also learn about the planes of reality that the Koshas operate within, as well as Prana as the life force and classic Western anatomy.

### 3. Module - Class Design, Didactics, and Introduction to Asanas - 50 h

The third module emphasizes laying a solid foundation for the art of class design and didactics. We learn how to create a natural flow in the class and start with Asanas. In this context, we also explore Pavanmuktasana, 42 Asanas, and Kriyas.

### 4. Module - Deepening in Asanas, Kriya, and Goraksha Shataka - 50 h

Here, we deepen our knowledge in Asanas and introduce students to the practice of Kriyas. This week, students are also encouraged to design their classes and deepen their teaching skills. We delve into Pranayama, Mudra, and Bandha, and in this context, we also read the Goraksha Shataka.

### 5. Module - Pranayama, Bandha, Mudra, and Hatha Yoga Pradipika - 50 h

We continue our journey in Pranayama and get to know the techniques of Bandha and Mudra more closely. In the fifth module, we read the Hatha Yoga Pradipika, a text focusing on Kundalini Yoga and techniques like Bandha, Mudra, and the breathing techniques of Hatha and Kundalini Yoga. We study Maha Mudra, Ajagari, and Sukshma Vyayam.

### 6. Module - Tantra Philosophy, Meditation, and Vijnana Bhairava Tantra - 50 h

The final module dives deep into the philosophy and meditation of Tantra. We read and recite the Kundalini Stavah and the Siva Sutras. We explore the Vijnana Bhairava Tantra to understand and practice the art of tantric meditation. This form of meditation aims to use all possible experiences as a vehicle for the supreme experience. We invite you to join us on this journey. We also delve into the legal and ethical framework of yoga.

Overall, the 300-hour yoga training covers a wide range of topics, from philosophy and anatomy to class design and meditation techniques. We are certain you will find the training enriching and rewarding.



---

Clemens Biedrawa - Course Management

# Important Policies

## 1.1 Refund Policy

Admission Denials. - An applicant who is denied admission into the program is entitled to a full refund of all money paid by said applicant.

Cancellation After Seven Days, But Before Program Start Date. - An applicant who submits written notice of cancellation within seven (7) business days after signing the training agreement, but before the program begins, is entitled to a refund of all money paid. The refund will be paid within thirty (30) days of receiving the notice of cancellation.

Refund After Program Start Date. - There will be no refunds after the start date of the program. If the applicant withdraws the program for any reason after it starts, the applicant will be responsible for tuition, regardless of any partial payments that have been made to date.

## 1.2 Terms and Conditions:

Terms and Conditions of the registered association: Matsya Yoga, ZVR 1919606477.

### Scope of Application

These General Terms and Conditions (T&C) apply to all services provided by Matsya Yoga, ZVR 1919606477, for drop-in sessions and courses, as published in the form of a timetable, as well as for workshops. By purchasing a block/session card for drop-in sessions, as well as by registering and paying for a course/workshop, which entitles the participant to use one of the mentioned services, the participant accepts the following terms and conditions. "Drop-in sessions" refer to all units listed in the timetable.

### Right of Use

a) Upon purchasing a block/session card for drop-in sessions and registering and paying for a course/workshop, the participant is entitled to use the facilities of the Matsya Studio during the offered course times as per the timetable or for the duration of a workshop. Participants are allowed to use the Matsya Studio's facilities for changing and (brief) showering 20 minutes before and 20 minutes after the end of the sessions/workshops. The participant is obliged to show identification upon request by the staff of Matsya Studio. Otherwise, they may be denied use.

b) In principle, participants have access to all services of the Matsya Studio. However, there is no legal entitlement to avail of these services. Workshops, courses, and open yoga classes have limited participant numbers. If specific personal conditions are required for certain services, these must be met by the participant. If these conditions are not met, there is no obligation for the E.U. and its teachers to provide the service.

c) Participants must behave in a way that does not disrupt the course of the sessions/courses/workshops, treats the studio's furnishings with care, and does not affect other participants. During a session, absolute silence must be maintained and any disruption, including by devices, avoided. Participants must adhere to these rules and, in the interest of all, follow precise instructions from the E.U.'s staff members. House rules must be observed.

d) Matsya Yoga and its staff are entitled to terminate a member's contract without notice in the event of a gross violation of house rules, breaches of decency, physical altercations, threats, insults, sexual harassment, theft, or a gross violation of general hygiene regulations. In this case, the already paid fee will not be refunded. Claims for damages remain unaffected.

## 3. Types of Contracts and Conditions

### a) Types of Contracts

## I. Blocks/Session Cards

Participants can choose from the following blocks/session cards:

Single Session: Entitles the participant to attend one individual yoga class.

10-session Block: Entitles the participant to attend 10 drop-in sessions from the timetable, valid for a period of 12 months from the day of first use. No credit will be given for unused sessions.

Training Purchase Ticket - Allows participation in a training within one year after payment.

## II. Course Participation:

Course participation refers to attending sessions for a specified time period with exact day and time as mentioned on the website. These courses consist of sequential units. Missed sessions from a course cannot be made up.

## III. Workshop Participation:

Workshop participation refers to attending sessions for that particular workshop with a specified day and time as mentioned on the website. Missed sessions cannot be made up.

Non-use of services provided by Matsya Yoga and its staff due to reasons within the participant's sphere does not entitle the participant to reduce, reclaim their payment, or to an alternative visit to another course/workshop.

The aforementioned blocks and cards cannot be extended or cashed in. Blocks and cards for yoga classes are non-transferable. The right of use can only be transferred in the case of registration for a course or workshop, but not after the start of the same.

## b) Prices and Payment:

The prices are displayed at the reception of Matsya Studio as well as on the Matsya Yoga website, and they are listed as the final consumer price. Payment is made at the time of purchasing the respective product, either in cash or bank transfer. Non-utilization of services by the Matsya Yoga and its staff does not entitle any deductions. A delay in payment occurs if the amount is not settled within the specified deadline. The participant is responsible for covering any processing fees and legal dunning costs in full. In case of serious payment delay or refusal of payment, Matsya Yoga has the right to terminate the contract without notice.

## c) Validity and Interruption of Session Cards and Blocks:

Each block or session card begins with the utilization of the first session and ends upon the expiration of its respective validity period. The validity period can be interrupted or extended if there's a significant reason. A significant reason is considered as a health impairment for at least 6 weeks or a stay abroad for more than two months. Health impairment must be certified with a medical certificate, confirming that from a medical standpoint, no yoga exercises (= Asana, Pranayama, or Meditation) can be performed. Interruption and extension of the validity period are only possible if agreed upon in writing at least one day before the start of the interruption or expiration of the validity. Once the interruption has started or after the expiration of the validity, a block/session card can no longer be extended without exception.

## d) Limited Number of Participants/Schedule Changes:

The Matsya Studio rooms have a limited participant capacity. With a high number of participants, a spot in a particular yoga session cannot be guaranteed. Participants are advised to arrive on time for each session. Participants are considered in the order of their registration at the reception. Short-term cancellations of yoga sessions for special reasons do not entitle participants to a price reduction or a termination, provided the Matsya Studio's schedule is essentially maintained and thus participants have the option to switch to other open yoga sessions. The same applies regarding schedule changes, made at the sole discretion of Matsya. During the summer months, the schedule might be limited due to restricted participant numbers.

#### 4. Liability of the Matsya Yoga Association

The participant is informed that there are no lockable lockers in the premises of Matsya Yoga. Items brought along are left unattended in the changing room. Any valuables brought along should be taken into the classroom, and electronic devices must be turned off. Unless involvement by employees of the Matsya Yoga Association is proven, liability for the loss of brought clothing, valuables, or money is excluded.

The use of services from Matsya Yoga and its staff is at one's own risk. The association and its employees are not liable for accidents or resulting physical damages to participants. Matsya Yoga and its employees are also not liable for the consequences of improperly executed exercises. In this regard, reference is made to point 5.

The liability of Matsya Yoga and its employees for financial and material damage is limited to intent and gross negligence unless Matsya Yoga and its employees caused damage by violating primary contractual obligations.

#### 5. Health Status of Participants

The participant assures that they do not suffer from a contagious disease and that there are no medical indications against performing yoga exercises. The participant states that, in the context of Covid-19, they are vaccinated, tested, or have recovered. The participant commits to promptly informing the yoga teacher or the operator of Matsya Studio about pregnancy, chronic, or acute illness (physical or mental/psychological).

The offered services are not intended as therapy or a healing program. They do not replace medical care or the prescription of medications in any way. The employees of Matsya Yoga are entitled, without this triggering an obligation to check or liability for the decision, to deny participants the practice of yoga classes based on their own assessment of the participant's health condition.

#### 6. Data Protection Provisions

The data of the participant is treated confidentially and is subject to legal data protection regulations. Data is used for the purpose of contract fulfillment and possibly for own advertising purposes and is not passed on to third parties. The participant agrees that personal data provided to Matsya Yoga and its staff will be electronically stored and used for the purpose of the contract.

Photos and videos from classes and workshops can be used for documentation, publication, and advertising purposes, as well as on social media (e.g. Facebook, Instagram ...) without further consent, unless there is explicit objection from a participant.

#### 7. Jurisdiction, Applicable Law

Austrian substantive law applies, excluding any reference norms. If the KSchG (Consumer Protection Act) is not applicable to the contractual relationship, the jurisdiction is Vienna, and the materially competent court in Vienna is responsible for any disputes between Matsya Yoga and its employees and the participant.

#### 8. Miscellaneous

There are no side agreements to these Terms and Conditions. Changes to these T&Cs require written form, as does a waiver of changes. If individual clauses of these T&Cs are wholly or partially ineffective, this does not affect the effectiveness of the remaining clauses, and the contract remains in principle, with the ineffective clause being replaced by a clause that comes closest economically to the purpose of the ineffective clause. The requirement for written form is maintained by transmission as an email. If the participant has provided an email address, all messages between the contractual parties can be made by email.

Thank you.

Namaste!