



Wise Living Yoga Academy

INTERNATIONAL YOGA SCHOOL OF SCIENTIFIC AND ORIGINAL YOGA EDUCATION

A HIGH QUALITY & LIFE TRANSFORMATIVE TRAINING WITH JEENAL MEHTA

**20 hour/50 hour/75 hour Neuroscience Based Advanced Yoga Teacher Training
(at Yoga4you, Landau, Germany)**

COURSE OVERVIEW AND SYLLABUS

20 hour YTT - (3 Days - Fri, Sat, Sun - 9th to 11th May - 9:30 am to 4.00 pm)

Note: The remaining 30-minute is kept as a buffer time for pre-course preparation.

Title:

Healing the Heart and Brain: The Neuroscience of Yoga and Pranayama for Emotional Healing and Brain Health

Course Description:

This 20-hour workshop explores the neuroscience behind emotional healing and brain health, and how yoga and pranayama can help us process and release grief, trauma, guilt, anger, and childhood pains, while also improving our brain function and overall well-being. We will examine the brain regions and systems involved in emotional regulation and breathing, and have dedicated practice of selected yoga techniques and pranayama that can help us cultivate emotional resilience, brain health, and well-being.

Course Outline:

1. Neuroscience of Emotional Regulation

- Overview of the brain regions and systems involved in emotional regulation, including:
 - The amygdala and emotional processing
 - The prefrontal cortex and emotional regulation
 - The default mode network and self-referential thinking
- Discussion of how emotional trauma and pain affect the brain and nervous system

2. Yoga Practices for Emotional Healing

- Techniques that can help to process and release grief, trauma, guilt, anger & childhood pains:
 - Pranayama (breath control) practices to regulate the emotional response
 - Asana (posture) practices to release physical tension and promote relaxation
 - Meditation practices to cultivate mindfulness and self-compassion
- Using visualization and intention to rewire the brain and promote emotional healing
- Guided yoga practice to experience the healing power of yoga

3. The Neuroscience of Pranayama



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- Exploration of the brain regions and systems affected by pranayama, including:
 - The brainstem and the regulation of breathing
 - The limbic system and the emotional response to breathing
 - The prefrontal cortex and the cognitive effects of breathing
- Discussion of the neural mechanisms underlying the benefits of pranayama, including reduced stress and anxiety, improved focus and concentration, and enhanced overall well-being

4. Practicing Pranayama for Emotional Healing and Brain Health

- Guided sequence of pranayama practice and Exploration of how pranayama can be used to regulate the emotional response and promote emotional healing
- Discussion of how to incorporate pranayama into daily life for optimal emotional healing and brain health

5. Healing the Gut-Brain Axis: The Microbiome-Mental Health Connection

Overview: In this special 2 hour session, we'll explore the groundbreaking connection between our microbiome and mental health. Discover how the trillions of microorganisms living within us influence our mood, cognitive function, and overall well being. Learn how to nurture a balanced microbiome through yoga diet practices to support optimal mental health.

1. Importance of the Microbiome and Gut-Brain Axis for Mental Health
2. Current research on the microbiome's influence on mental health.
4. How animal products, processed foods, and sugar disrupt the microbiome & affect the mind.
5. The benefits of a diverse, plant-based diet for brain health, including:
 - Increased fiber and polyphenol intake
 - Support for beneficial gut bacteria
 - Reduced inflammation and oxidative stress
6. Exploration of specific plant-based foods and their potential mental health benefits.

Course Objectives:

- Understand the neuroscience behind emotional regulation and brain health
- Practice techniques of yoga and pranayama that can help us process and release grief, trauma, guilt, anger, and childhood pains
- Understand how to integrate yoga and pranayama for emotional healing and brain health
- Develop a daily yoga practice that promotes emotional resilience, brain health, and well-being
- Learn how to nurture a balanced microbiome through yoga diet practices for mental health.

Note: A yogic way of diet and mindful eating practice is an important part of the course. A wholesome healthy lunch will be served. Instructions about the diet and lifestyle will be explained to the participants after registration.



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HIGH QUALITY & LIFE TRANSFORMATIVE TRAINING WITH JEENAL MEHTA

20 hour/50 hour/75 hour Neuroscience Based Advanced Yoga Teacher Training (at Yoga4you, Landau, Germany)

50 hour YTT (7 Days - 9th to 15th May - Friday to Thursday - 9:30 am to 4.00 pm)

Note: 4.5 hours are kept for online course meetings, Q & A for preparation which is an important part of the course.

Title - Course Part 1:

**Breaking Free: Neuroscience of Attachments, Relationships & Addictions.
Emotional Regulation and Decision Making with the Power of Yoga & Meditation.**

Description: This course explores the neuroscience behind attachments, emotions, and decision making, and how yoga and meditation can help us break free from toxic attachments, cultivate emotional regulation and resilience, and develop greater self-awareness and introspection. We will examine the brain regions and systems involved in attachment, emotional regulation, and decision making, and discuss the yoga and meditation practices that can help us cultivate detachment, liberation, and mental clarity.

Course Outline:

1. Introduction to the Neuroscience of Attachments and Emotions

- Overview of the brain regions and systems involved in attachment and emotional regulation
- Discussion of how attachment and emotional dysregulation affect our brain chemistry and behavior

2. The Frontal Lobe and Meditation: Neuroscience of Emotions and Decision Making

- Overview of the frontal lobe and its functions
- Anatomy and function of the prefrontal cortex
- Role of the prefrontal cortex in attention, emotional regulation, and decision making
- How meditation affects the prefrontal cortex and attention

3. Yoga Techniques for Mental Clarity, Emotional Detachment, and Liberation

- Yoga practices that can help us cultivate detachment and liberation, including:
 - Pranayama (breath control) practices to regulate the emotional response
 - Asana (posture) practices to release physical tension and promote relaxation
 - Meditation practices to cultivate mindfulness and detachment
- Guided practice to experience the liberating power of yoga



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4. Meditation Techniques for Frontal Lobe Development and Emotional Regulation

- Introduction to meditation techniques for frontal lobe development and emotional regulation
- Guided meditation practice,
- Using visualization & intention to rewire the brain, promote emotional healing and brain health
- Incorporating mindfulness and self-compassion into daily life
- Discussion of the neural mechanisms underlying these techniques

5. Putting it all Together - Creating a Personalized Yoga and Meditation Practice

- Discussion of how to create a personalized yoga and meditation practice that addresses your specific needs and goals
- Guided practice to help you integrate the techniques and principles learned in the workshop into your daily life

Course Objectives:

- Understand the neuroscience behind attachments, emotions, and decision making
- Learn about the brain regions and systems involved in attachment, emotional regulation, and decision making
- Understand and practice the yoga techniques and meditation practices that can help us cultivate detachment, liberation, and mental clarity
- Develop a personalized yoga and meditation practice that addresses your specific needs and goals

Title - Course Part 2:

The Mind-Body Connection: Neuroscience of Asana for Optimal Brain Health

1. Introduction to Asana and Brain Function

- Overview of the neural mechanisms underlying the practice of Asana
- Introduction to the concept of neuroplasticity and its relationship to Asana practice
- Discussion of the brain regions and systems involved in Asana practice, including:
 - The motor cortex and motor control
 - The somatosensory cortex and proprioception
 - The prefrontal cortex and executive function

2. The Impact of Asana on Brain Structure and Function

- Discussion of the impact of Asana on brain structure and function, including:
 - Increased gray matter in the hippocampus and prefrontal cortex
 - Increased white matter integrity in the corpus callosum and anterior cingulate cortex
 - Improved cognitive function, including attention, memory, and executive function



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- Exploration of the role of Asana in promoting neuroplasticity and brain health

3. Practicing Asana for Brain Health

- Guided Asana practice, focusing on postures that promote brain health and neuroplasticity
- Discussion of how to incorporate Asana into daily life to promote brain health and well-being
- Exploration of the role of Asana in promoting mindfulness and reducing stress

Course Objectives:

- Understand the neural mechanisms underlying the practice of Asana
- Learn about the impact of Asana on brain structure and function
- Understand the role of Asana in promoting neuroplasticity and brain health
- Develop a practice of Asana that promotes brain health and well-being

Important Guidelines and Regulations for the Teacher Training Course.

We provide a deep transformative experience of a lifetime. We respect everyone's time and energy. Therefore, in order to have the maximum benefit, all the participants are required to follow certain guidelines/rules and regulations. It will enhance the impact of the Yoga techniques on the minds and body. After registration we will guide you with the regulations of the program.

75 hour YTT (7 Days in person - 9th to 15th May - Friday to Thursday - 9:30 am to 4.00 pm + 25 hour Online): Join for 25 hour Online to upgrade to 75 hour YTT

Online Course Title:

Rooted in Science, Guided by Heart: Neuroscience-Based Yoga of Circadian Rhythm for Enhanced Wellbeing

Course Outline:

Deepen your understanding of the intricate relationships between neuroscience of yoga with circadian rhythm for brain health. This comprehensive course is designed to inspire you to follow a yoga lifestyle and diet to experience the deeper benefits of yoga, empowering you to create transformative and long lasting changes. This 25-hour online course is specifically designed for graduates of our 50-hour in-person Neuroscience-Based Yoga Teacher Training program, providing a comprehensive and structured approach to further your Yoga education and practice under the expert guidance of Jeenal Mehta.

Through engaging discussions, this online course is your opportunity to:

- Refine your practice and all that you learnt in 50 hours to gain more clarity and confidence
- Safe space for growth with a private online group of like-minded people.
- Online meetings with Jeenal Mehta and the group to stay inspired



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- Cultivate a deeper understanding of the intricate relationships between body, brain, and mind with neuroscience based Yoga practices for the circadian rhythm
- Connect with a community of like-minded professionals for ongoing support and inspiration
- Learn through inspiring documentaries.

Includes: 4 Online Sessions in June 2025, guided study of Interesting Documentaries and articles, assignments and self - practices (12 hours), Diet and Lifestyle (8 hours).

Course Options and Investment:

- "1-day option" in-person or online training: 185,- EUR
- 3-day in-person or online training (20 hour): 549,- EUR
- 7-day in-person or online training (50 hour): 1149,- EUR
- 7-day in-person training + online (75 hour): 1399,- EUR (with a healthy lunch included, Certification included)

Lunch + Food:

We offer a lovely vegan lunch, special "active water", nice teas, some snacks (nuts, fruits).

Accommodation/Staying facilities: Different possibilities to stay during this week/(end).

<https://www.landau-tourismus.de/buchen-genuss/gastgeber-buchen/ferienwohnung>

There are two cosy hotels near the studio:

<https://www.maximilians-landau.de/>

<https://www.parkhotel-landau.de/>

For Registration+Questions+Information.

info@yoga4you.eu (Note: places are limited)

A private group of the participants will be formed. After registration you can connect with each other if you wish to share the transportation and stay.

Location:





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Yoga4you
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+49 157 343 60 343

www.yoga4you.eu

<https://goo.gl/maps/dmehJJBXUMS2>

About Wise Living Yoga Academy & Jeenal Mehta (Director, Co-Founder & Head Teacher)

A premier and globally renowned Yoga School headquartered in Thailand, also having its reputed courses in India, is dedicated to providing scientific and holistic education in yoga. Affiliated and accredited by The Yoga Institute, India and also accredited and recognized worldwide, our prestigious certification, comprehensive syllabus, and excellent methodology have earned international recognition. Since 2007, we have empowered thousands of aspiring yoga seekers, transforming lives and careers. Expert faculty, led by Jeenal Mehta, provide guidance and mentorship, ensuring excellence in Yoga. Beyond the comprehensive curriculum and depth, our courses offer a profoundly relaxing and healing experience. Within our supportive community, forge lasting connections with like-minded individuals from around the world. Our compassionate community and faculty, led by Jeenal Mehta, provide a nurturing environment, fostering deep friendships and a sense of belonging. As you embark on this transformative journey, you will discover a renewed sense of purpose, clarity, and inner harmony.

Jeenal Mehta is a renowned Senior Yoga Teacher Trainer with a depth of experience guiding and transforming lives worldwide. She has trained and certified over a thousand Yoga Teachers globally. Her presence and voice are elevating and life-transforming, expertly integrating Neuroscience, Yoga, and holistic wisdom for profound growth, self-awareness, and empowered living. What sets Jeenal's training apart is their extraordinary depth and impact. This is not just training – it's a profoundly transformative experience that will awaken your true potential and elevate your life to new heights. As the Co-founder of Wise Living Yoga Academy in Thailand and India, Jeenal is now graciously sharing her valuable expertise in Germany. This 3- or 7-day Yoga Teacher Training course is a rare opportunity to learn from her vast experience & wisdom.

Please note: this will be the only TT with Jeenal in Germany in 2025. Places are limited.

Thank you! See you soon for a life changing 7 days of Yoga!