



MOVEMENTS

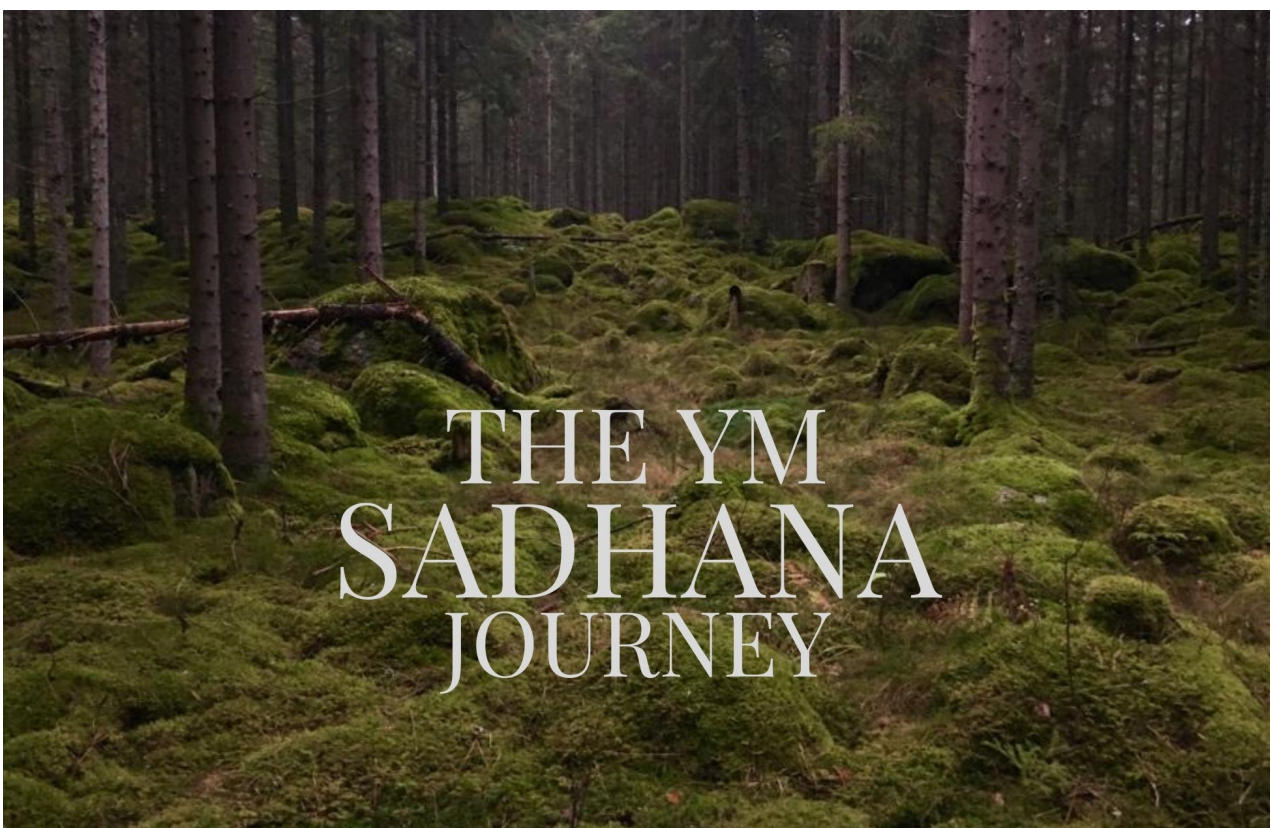


BREATH



MEDITATIONS

*"A wonderful personal and spiritual development journey"
Stefan - Information Architect at The Swedish eHealth Agency*



Year 1

...we discover and unravel the outer layers of tensions of the body, the fascinating fascial fabric that has formed itself according to our lifestyles, habits, karma (inherited traits, genetic traits, spiritual history, habitual behaviour), movement patterns etc...through precise and joyful direction of energy from the spine. The student experiences being not only more mobile, but physically stronger and emotionally lighter.

in the first year of YM Sadhana we explore 3-4 YM vinyasa routines, a breath practice lying down and a seated meditation practice

The gradual path of this practice enables each student to digest the changes that are taking place on a deep tissue level in the body, daily and over the course of the years of practice accumulates to an indescribable joy of feeling freedom in one's being beyond comparison to their first day of YogaMonks practice. Though the freedom and changes in the physical are felt immediately at the beginning of the course, the changes per year of daily practice adds up to a delicious existence in all the levels of being human: mental, emotional, physical in deep communion with spirit. Year 1-5 of the Sadhana Program is all about this.

- ONCE A MONTH MEETINGS WITH your teacher
- PRACTICE 15 MINUTES PER DAY yourself choosing between movement, breath or sitting meditation
- USE THE ONLINE VIDEO SUPPORT TO PREPARE FOR THE sessions with your teacher
- USE THE ONLINE VIDEO SUPPORT TO PRACTICE BY YOURSELF IN BETWEEN the sessions with your teacher

For a short video of sample of movements of Year 1 of practice, [use this link.](#)

In the first year of practice we learn routines called Plug, Wag and Half Moon.



“Fascial freedom - we get looser, lighter, softer and stronger in the body - leads to facial freedom - we find ourselves smiling more.”

for whom?

For all who wish to learn Hatha Yoga and a spiritual practice.

For all who wish to get to daily practice fulfilment.

For all who wish to practice something useful and healthy on a daily basis.

Age 18 and upwards (for younger students contact us for details on how to practice).

If you have severe health conditions, severe injuries/operated joints or organs or burn-out the Sadhana course programs may be too intensive and we would look at private sessions or learning at a slower pace, more frequently with a teacher. The YogaMonks method is adaptable to any level of physical capacity. There is a wide range of practices to choose from. The Sadhana Program is only one grouping of practices.

[Access Student Stories here.](#)

How can I get on the Sadhana Program with YM?

- [I am interested in the ONLINE LIVE classes with Mithila, to be able to attend from anywhere in the world.](#)
- [I am interested in a LIVE class program \(not online\) with a teacher in Sweden. Currently YM Sadhana Courses are available live in person with YM Professionals in Gothenburg, Halmstad and Varberg \(classes in Swedish/English\).](#)
- [I am interested in private sessions only.](#)

[Book a Free Consultation with Mithila to find out if this is the right program for you.](#)



Month 1

You are introduced to fundamental YM principles and the start of 1-3 movement routines. You are introduced to a breath-work and a meditation practice. You are given instructions on how to create your daily 15 minutes.

Month 2

Your daily first month is reviewed and you receive further instructions on Plug, Wag and Half Moon.



Month 3

The practices are taken further and your personal practice is reviewed, corrections made, individual adjustments given and guidance on how to get to daily in case it is needed.

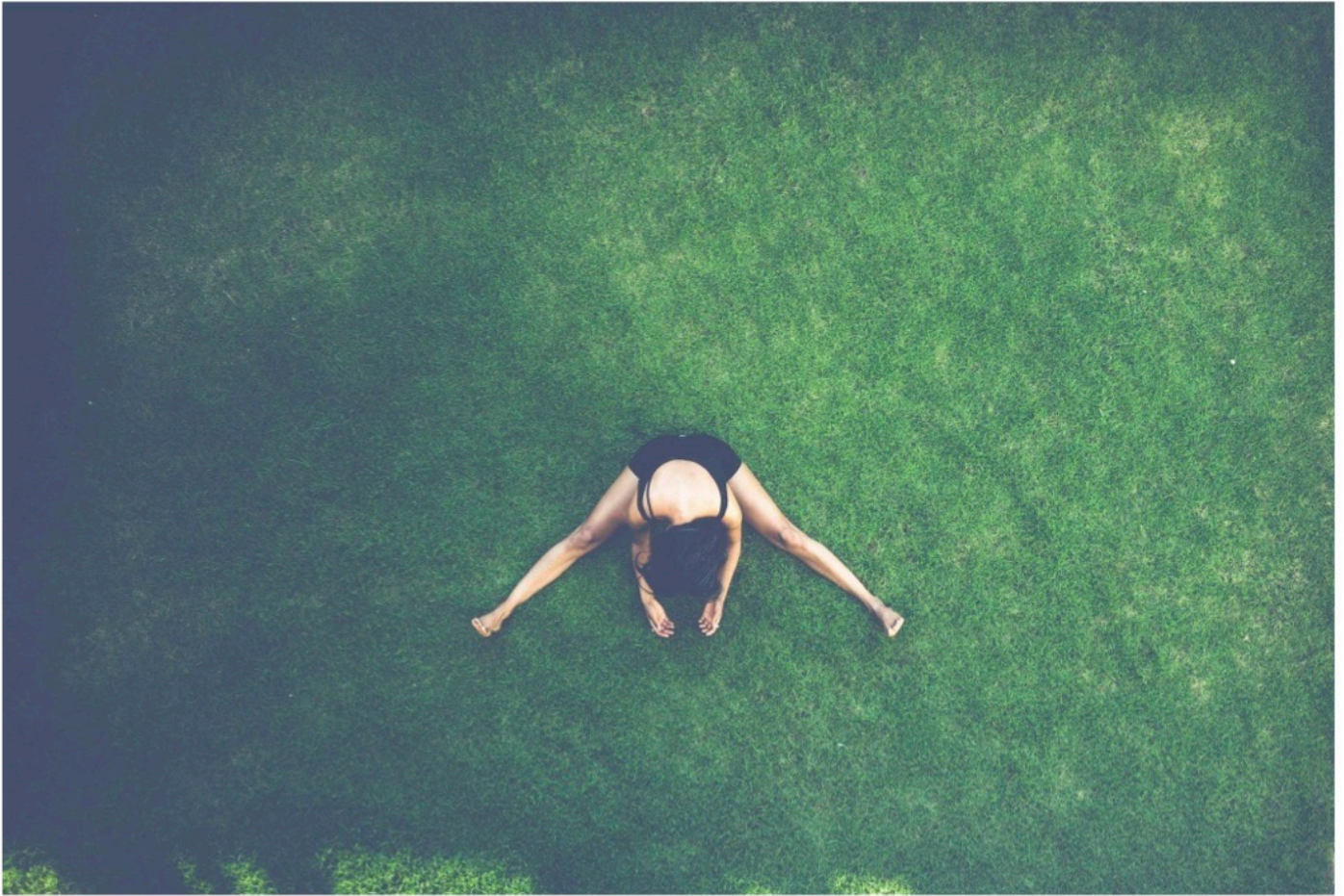
Month 4

We keep checking in that you are able to get to daily and that you have the support you need. Further practices such as the Hilary might be added.

Month by Month review cont...page 9.



THE YOGAMONKS SADHANA COURSES



By unifying the whole body and expanding the fascial tissue in every movement, YogaMonks frees the spine and brings about flexibility, strength and well-being to your whole being with surprising efficiency with just a little practice daily.

The purpose of this practice is to remind us what being soft and well-connected feels like and to recognise where disconnection/stuck-ness/blockages are and how to reach through this to connection.

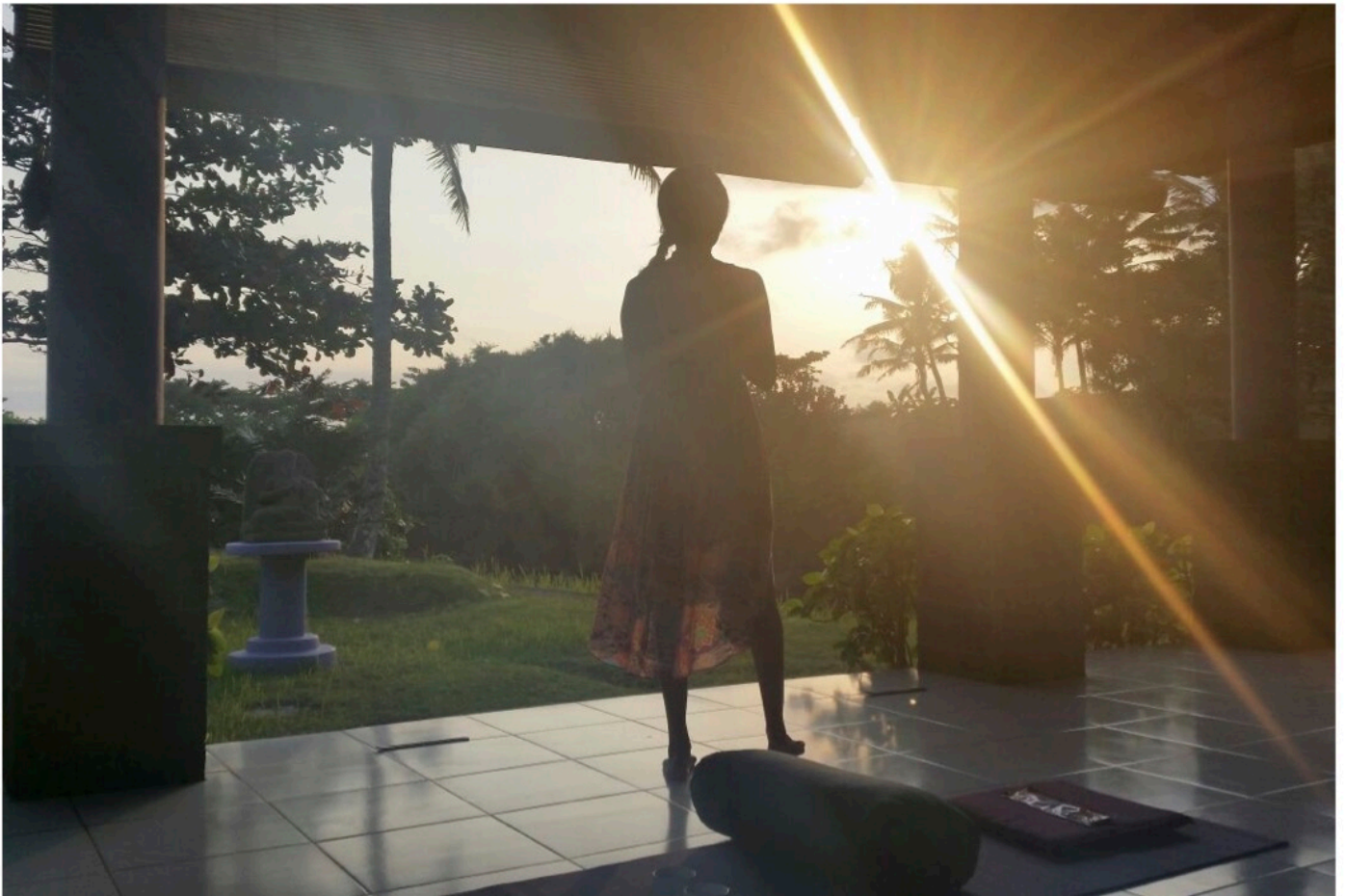
Welcome to the experience of this unique movement and meditation method steeped in the spiritual adventure of Yoga.

As you start this practice, wonderment accompanies you.

As you progress on this practice, Yoga Asana happens to you.

It is a journey. We welcome you to ours.

Sadhana Satisfaction



Sadhana
a daily spiritual practice gives

- a greater sense of purpose and creativity
- an expansion of ability, capacity and desire
- a greater sense of connection to that which we cannot see but sense
- becoming clearer about our purpose and path in life
- a sense of belonging to a community and a desire to be of service
- health and well being...and much more benefits.

Over the years of daily practice the practitioner also gains great skill and mastery in the tools of their practice.

YES to the YogaMonks Sadhana Courses?

The previously described benefits of any Sadhana is also true for anyone journeying with us on the YogaMonks Sadhana Courses...



...what we provide, specifically, is

- support and expertise in the YogaMonks tools
- a structure where you can begin or continue a daily self practice
- a teacher of high level of experience and who has a steady daily practice to guide you
- a correct technique and efficient method that brings delightful and quick Yogic practice results
- support through the challenges of change, change that is inevitable when practicing daily
- celebration with you the benefits of that change (changes we ourselves have been challenged by, and the benefits of those changes that we ourselves have celebrated)

The journey is individual but the path is common.

Sticking to a path is uncommon and that is where our Sadhana Courses come in.

Our toolbox of Sadhana is the practices of the YogaMonks Method.

what we have found to be true



...From the experience of over 120 students using the YogaMonks practice daily from 2009 we have come to see that the following occurs for any student who applies themselves to studying and practicing this work with continuity and interest...

We have not yet seen any Hatha Yoga method that allows this type of fluidity of movement to be available to a practitioner so quickly, as the YM method in those students who have lovingly followed the method of practice and the individual guidance of their YogaMonks professional teachers.

These are practices deeply quietening to the mind.

The art of vinyasa and the nature of asana comes from within to the student who stays true to their daily exploration of YogaMonks Sadhana.

States of deep and peaceful meditation and concentration can be accessed by the student with greater skill and ease as they advance in the practice.

Greater ease, softness, precision, peace in posture and breath within basic practices to more advanced practices are all desirable goals for the YogaMonks practitioner.

Wonderment is the natural outcome.

The practice does not induce injury in any way if practiced correctly as the teacher guides. It is taught in steady advancement and depending on the level the student has reached in their self practice. It is taught by highly self practiced teachers with long years in study and practice and ongoing study with a senior teacher.

“We (the YM teachers team) continue to live and develop this practice and are excited as to where it may take us and the Crew of Sadhana students applying themselves to this journey.

We are proud of and grateful for this fun and efficient practice of yoga and for the wonder filled results it yields.”

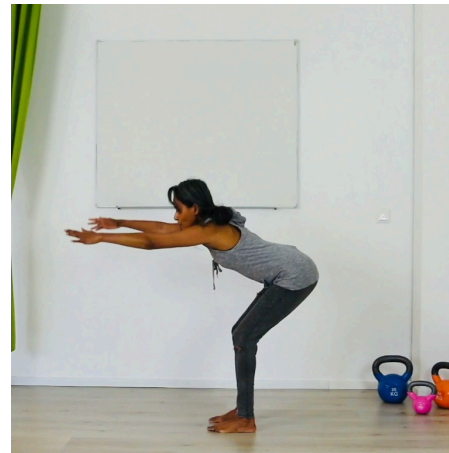


Month 5

All the practices continue to grow in length and depth of understanding. Breath theory and meditation is added. Note: Each individual teacher and group may follow slightly different order of practices each month.

Month 6

Most of the routines for Year 1 will be completed by now, and you may be adding the routine Skriiiiieeach (Yes, it's a fun one and the name makes sense when you do it...).

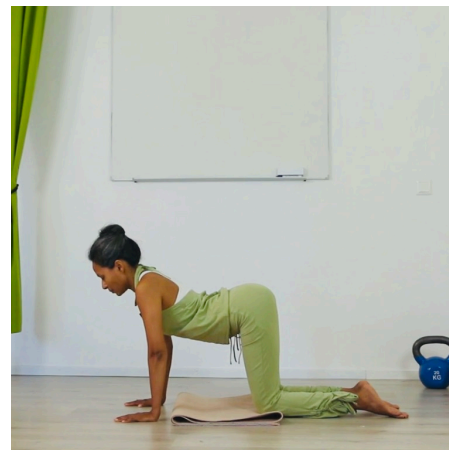


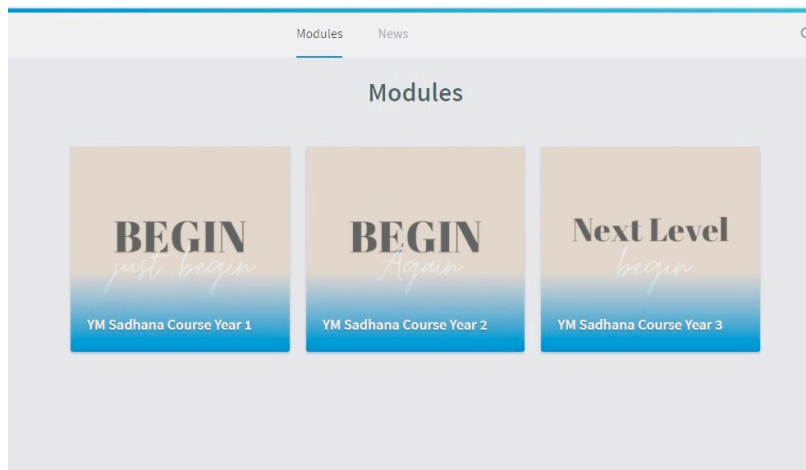
Month 7

You continue to move easier and more connected through the routines, breath-work is reviewed, meditation practice is looked over and more yoga theory is added to enhance your understanding.

Month 8-10

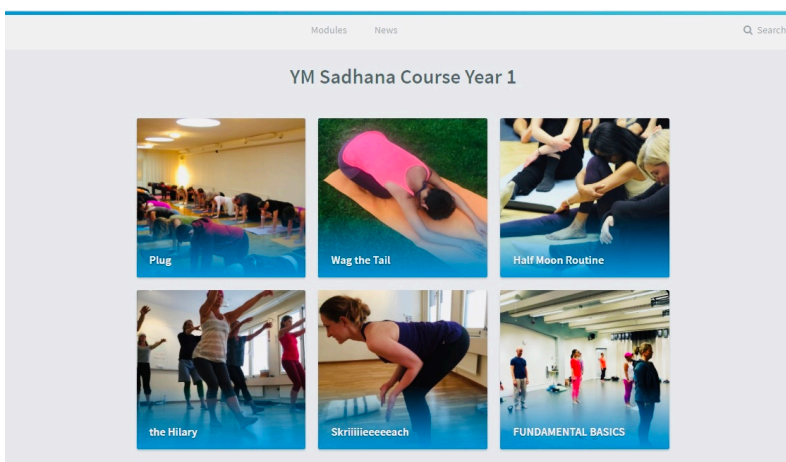
Repetition, repetition, repetition, and playing with rhythm and pace in movements, finding fluidity in the flow, enjoying the feeling of having learnt something really well, and having greater spinal flexibility, awareness of breath etc...



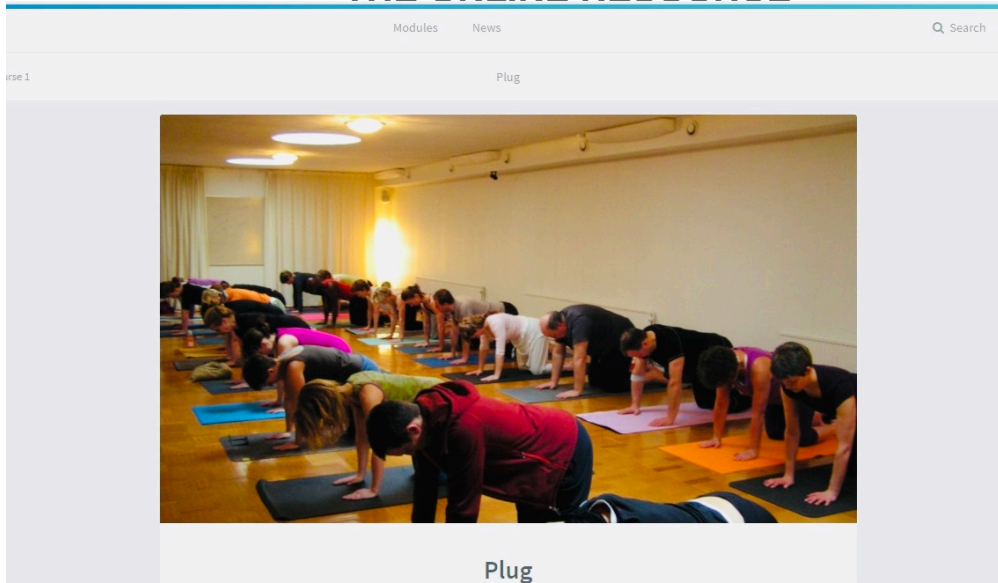


Online Resource for self study and preparation for class - Annual Subscription.

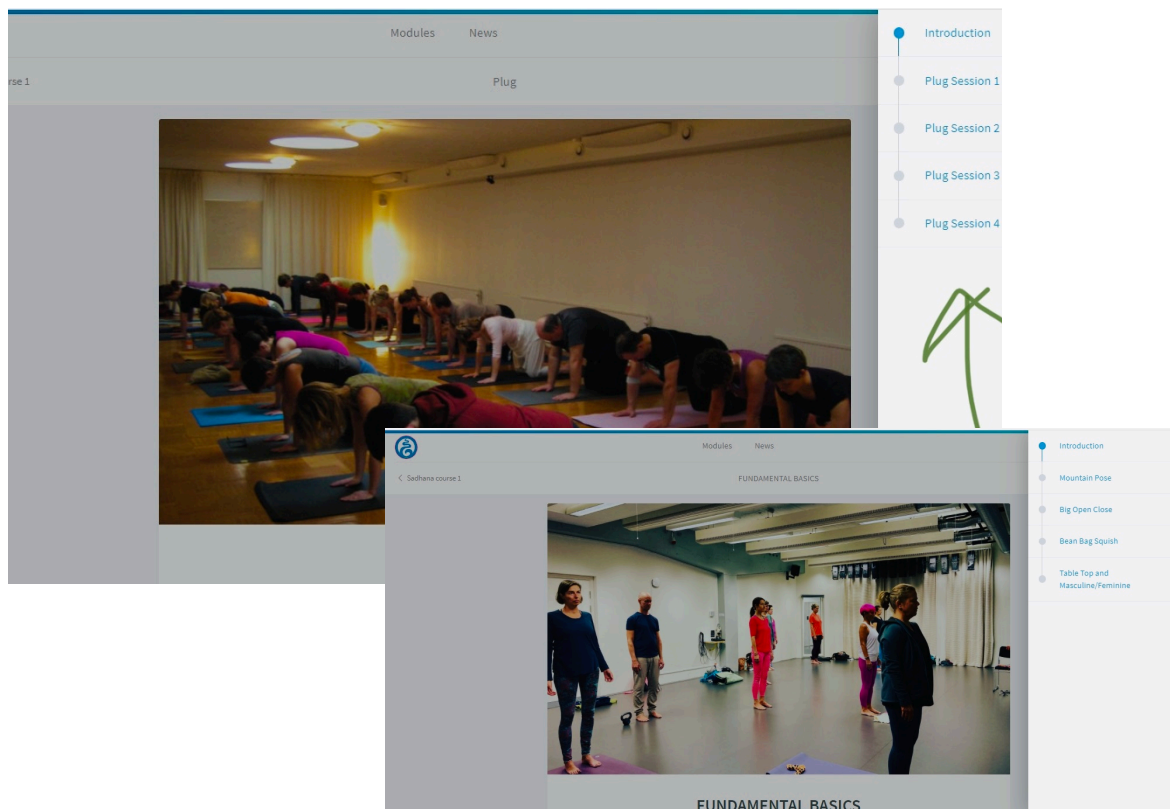
With your personal login you access the Year 1 material for Starting Sadhana. For every year you add on to your practice your content access grows to include the new year of practice, while you have access to the past year(s) for review. Other inspirational content above and beyond your Sadhana homework is added every year.



THE ONLINE RESOURCE



When you enter the routine the sessions are displayed in a content menu, from which you can prepare for the class with your teacher. Your teacher will assign which sessions to practice prior to class.



the YM method

The Yoga Monks technique is truly profound fascial work. It combines the physical body with the yoga prana work and energy awareness in a beautiful way. So grateful to sense my intellectual knowledge of fascia is integrating with this daily practice. Just what I was longing for.

Liselotte Reivén - Gothenburg Movement Center

the YM method

In the sixth year with YM and daily practice (at least nearly every day) - YM is still challenging me and I love the practice. During the year I have been more able to move and control the body. I'm smoother than I was years ago. In every day life I handle the different questions that occur in a more relaxed way. My advice - try YM you will not be disappointed!

Jag har praktiserat YogaMonks och Sadhana med Mithila i tio år. Mithila är en fantastisk yogalärare som jag varmt rekommenderar. Hon är inspirerande, full av energi och sprider glädje, visar och förklarar på ett sätt som är lätt att förstå.

Ann-Charlotte (2 reviews from when she was in Year 6 and now Year 10 of YM Sadhana Course)

[More Student Stories](#)

How do I register for the Course?

www.yogamonks.se for the latest schedules and registration pages or use the links below to show your interest and preferences.

[I am interested in the ONLINE LIVE classes with Mithila, to be able to attend from anywhere in the world.](#)

[I am interested in a LIVE class program \(not online\) with a teacher in Sweden. Currently YM Sadhana Courses are available live in person with YM Professionals in Gothenburg, Halmstad and Varberg \(classes in Swedish/English\).](#)

[I am interested in private sessions only.](#)

What does it cost?

between € 800 - € 1080 annually for the teachers fee and
access to an online self-study database included

Book a free consultation

[with a YogaMonks Teacher to discuss whether the Starting Sadhana Program is for you.](#)

What happens after Year 1?

Many of our students continue to Year 2 and onwards and gradually get deeper into their practice. For each year the practice becomes more complex in its meditations as the practitioner advances in relaxation, agility and stillness.

After 5 consecutive years of Starting Sadhana, the YogaMonks practice is then studied with increasingly more advanced techniques of vinyasa and asana, requiring greater skill and ability in being soft, in having strong connective tissue connections from spine to limbs and floor which then allow the student to work deeper in posture and breath-work at a new level of intensity in practice without overworking the nervous system.

An intermediate level Yoga Monks Asana and Vinyasa practice begins. Breathwork is now introduced to movements and everything becomes softer yet. This brings about even greater strength and capacity in the connective tissue, bones and breath. The practitioner starts to work with Asana on a deeper level.

THANK YOU!

Mithila and the YM Professional Team of Teachers