

Silver Lotus Training Institute

Silver Lotus Training Institute, located in Lewes, Delaware, is a holistic center for healing arts. We have programs in Svadhyaya Yoga™, Tai Chi, Yoga Therapy and Psychotherapy. Our in-depth Yoga Teacher Training is registered with the National Yoga Alliance, and we offer both 200- & 500-hour level programs.

At Silver Lotus, Svadhyaya Yoga™, Tai Chi and other complimentary systems of health are viewed as integral aspects of health and wellness. When done in conjunction with Western medicine including use of medications, physical and psycho therapies, an individual can improve overall functioning and maintain better health throughout the aging process.

Silver Lotus celebrates diversity and embraces people of all races, ethnic backgrounds, religions, genders and sexual orientations. We welcome bodies of all sizes, shapes and levels of fitness. Call, or visit us online for more information about all of our programs, classes and trainings.

For your health... for your Self!

(302) 644-0130

www.SilverLotusTrainingInstitute.com



Yoga Alliance
Registered School



**Member of
Tai Chi for Health Community**

Silver Lotus Training Institute

*1307 Savannah Road
Lewes, DE 19958*



Yoga for Health Programs



Silver Lotus Training Institute

*1307 Savannah Road
Lewes, Delaware 19958*

(302) 644-0130

www.SilverLotusTrainingInstitute.com

Svadyaya Yoga™ for Health and Wellness

More than 70 scientific trials regarding the health benefits of yoga have been published in major medical journals. These studies have shown that yoga is a safe and effective way to increase physical activity and has important psychological benefits as well.

For many people, yoga is an enjoyable way to increase muscle strength and to improve flexibility. It can enhance respiratory endurance and improve balance. It is also associated with increased energy and reduced aches and pains. It has been associated with increased positive feelings and fewer negative feelings. Enjoyment is an important factor in exercise for those who live with chronic pain. Research suggests that, on average, more than half of sedentary individuals drop out of exercise programs within 6 months.

The style of yoga taught at Silver Lotus is called **Svadyaya Yoga™** and was developed by the Institute Director, Susan Hamadock. "Svadyaya" is a Sanskrit word meaning "self-study." This style fosters exploration of the inner self, radical self-acceptance, deep relaxation, and inner peace. **Svadyaya Yoga™** emphasizes adaptation of the practice to meet the needs of each individual. Small class sizes ensure that student and teacher alike have an opportunity to really work together on the student's learning.

All Silver Lotus instructors are highly trained and registered with the Yoga Alliance. We emphasize safety, comfort, and individualization of the practice. Silver Lotus Training Institute also offers



Benefits of Svadyaya Yoga™

- Self-knowledge & self-acceptance
- Stretches & tones muscles, joints, organs & glands
- Improves postural alignment
- Improves heart & lung function
- Increases mental & physical flexibility
- Relieves stress & improves concentration
- Improves strength & balance
- Increases energy
- Reduces the effects of aging



Yoga for Arthritis & Fibromyalgia

Physical activity is an important part of effective treatment of rheumatic diseases. **Svadyaya Yoga™** is especially useful because each pose is custom designed to suit the needs of each individual. It emphasizes gradual strength building and increased flexibility in gentle, **safe** stretches. **Svadyaya Yoga™** helps students to develop an "at home" practice, thereby taking greater control of the overall impact these conditions may have on their lives.

Yoga for Back Pain

By emphasizing precise alignment in standing, sitting, supine and prone postures, **Svadyaya Yoga™** can improve back pain and fatigue that is caused by postural problems and weakened muscles. Improved respiratory function can alleviate stressed and tense muscles, also alleviating pain common to problems caused by muscular tension.

Yoga for Osteoporosis

Gentle yoga creates mild stress to the bones and joints encouraging their production of osteoblasts – bone producing cells. In addition, **Svadyaya Yoga™** safely builds muscles, creating greater support for the bones.

Yoga for Mental Health

By exploring the various "levels of consciousness" or "kosas", **Svadyaya Yoga™** encourages deep self awareness, and radical self acceptance. Students of this style of yoga learn to observe all subjective experience without judgment. As skill develops, students learn to access the still point within. The still point refers to the place of quiet that resides within each human being. These practical skills of self-awareness and non-judging support an increase in positive emotion, reduction in stress and a sense of well-being.