

# Hatha Yoga Teacher Training Level 1 Certificate

incorporating

## Course 1 Sadhana - the Living Path of Yoga

This course is for those who wish to train as Hatha yoga teachers, who have some knowledge of Hatha yoga or are already teaching and wish to study all aspects of yoga practice and philosophy.

Participants will graduate as instructors who place asana **postures** and pranayama **yoga breathing techniques** within the intended context: part of a rich array of practices for achieving whole life transformation.

Course 1 is also for those with a vision to share the gifts of this complete practice outside yoga studios and gyms, the environs of the very able bodied, and into the wider community for the benefit of every body and every life situation. Graduates will leave with internationally recognised **Yoga Alliance** accreditation.

The course includes morning sessions of formal study and discussion to: discover the origins of yoga's wisdom, explore the philosophies that are its unique foundation, examine the various schools of practice, become familiar with the esoteric science of personal transformation that yoga initiates, practice methods of self inquiry, and learn ways to maintain a living practice within a contemporary lifestyle.

The afternoon sessions will explore the theory and practice of asana and pranayama, to enhance personal practice, learn skills for instructing others and implement the basic principles of yoga as therapy. The final week of Course 1 covers the process of class design and delivery, as well as assessments for certification.

## Curriculum

### 1 **Origins of the yogic tradition**

Exploring the birthplace of yoga's ancient Saraswati civilization, the findings of current archeological sites, the first documents the Vedas, humanity's oldest philosophical texts revealing ancient truths in poetic form

### 2 **Foundational philosophies of yoga**

The Vedas, the Upanishads, the Agamas

### 3 **Sanskrit, the sacred language of yoga** An introduction

### 4 **Perennial Philosophies**

The Shad Dharshanas, Vedanta and Classical Yoga

### 5 **Major and minor branches of yoga**

### 6 **The paths of Shaivism and Tantra**

Tantra, Agamas and Kashmir Shaivism. The tattvas, a cosmology for the play of consciousness, involution and evolution. Upayas/Shaktipat - the dance of power

### 7 **Kundalini**

Awakening, evolution, the subtle anatomy, 4 bodies, 5 koshas, energetic matrix.

### 8 **From mind to meditation and beyond**

Dharana, Dhyana and Samadhi

### 9 **Living yoga**

Building vitality in daily life, introduction to Ayurvedic health

### 10 **Prana** - The vital force, the anatomy of breathing

### 11 **Yoga as Therapy**

### 12 **Anatomy and physiology**

Foundational studies for asana practice

### 13 **Asana** - Theory and practice

### 14 **Running a class** - Class design, structure and style

### 15 **Ethics of teaching**

### 16 **Assessment and review** - Accreditation