



# Course 2

## Sadhana The Living Path of Yoga

This program is designed to appeal to anyone drawn to the experience of yoga in its broad sense. We will explore yoga's fascinating origins and strategies for creating transformation and vitality. This course covers the same curriculum as Course 1 for the first three weeks, then in the fourth week Course 2 students convene separately to engage in a rich program entitled Practical Wisdom.

The Practical Wisdom component, taught by Janine Sagert and Larry Holmes, will specifically focus on skills for keeping the understanding of yoga alive and active at home, in the workplace and in the community.

Through experiential activities, simulations, group discussions and self-examination, students will strengthen their ability to translate their understanding of yoga philosophy into action. The aim is to embody what has been discussed:  
***How to maintain a still mind in an active world.***

### 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***  
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- 17 ***Priorities*** - Keeping your focus on what is important
- 18 ***Ego*** - Understanding and transcending it
- 19 ***Staying connected*** - With yourself and others
- 20 ***Communication*** - Keeping it real
- 21 ***Daily practice*** - Integrating it into a busy life