

## Curriculum

### LEVEL 1

#### STUDY COURSE & YOGA TEACHER TRAINING CERTIFICATE (200 hour)

##### Common Curriculum (for both courses)

Origins of the Yogic Traditions

Foundational Principles of Yoga: the essential knowledge and practices that make yoga work

Founding Traditions: Shad Darshanas (Paths to Freedom), including Samkhya, Patanjali Classical Yoga, and Vedanta- yoga's evolution to contemporary practices.

Subtle Anatomy: maps of energy and mind

Foundational Meditation: principles and practice

Introduction to Ayurvedic Health

How Yoga Works - seven stages

##### Yoga Teacher Certificate Training Components

Asana - Theory and practice, modifications and restorative methods, stages of practice

Anatomy and Physiology: application to yoga practice

Finding Structural Alignment: releasing postural habits.

Foundational Pranayama: principles and practices

Class Design, Structure and Style

Ethics of Teaching

Designing a Personal Practice

### LEVEL 2

#### STUDY COURSE & YOGA TEACHER TRAINING CERTIFICATE (300 hour)

##### Common curriculum (for both courses)

What is Enlightenment? Developing the skills that access spiritual intelligence across the full spectrum of human experience.

The Science of Sound: an exploration of mantra, sanskrit, the liberating language of yoga

Understanding the Yogic Science of Karma, Death, Rebirth and Liberation.

The Yogi's Mind Map: the four fold psychic instrument and how it works. Navigating and transcending the mind field. Consciousness research East & West

The Yogic Science of Subtle Energy and Potential (Kundalini Yoga)

Dharana, Dhyana and Samadhi: stilling the mind, meditation, spectrum of consciousness, the natural steady state

Pathways of Kashmir Shaivism and Vedanta: dynamic stillness & unitive self inquiry.