

Curriculum

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.

Yoga Teacher Certificate Training Components

- **Deeper Dimensions of Asana Practice:** evolution through the three stages of asana
- **Yoga as Therapy:** applying yoga practice to meet therapeutic needs and context.
- **Ayurveda and Yoga Practices:** practice according to life stage, constitution and season.
- **Pranayama:** anatomy of breath, relationship to physical and subtle bodies, prana and the mind. Advancing practice
- **Cultivating Inner Radiance:** expanding Ojas Tejas and Prana
- **Science and Practice of Nyasa or Yoga Nidra**
- **Applied Anatomy & Physiology**
- **Facilitating Adjustments:** verbally, manually and by example.
- **The Subtleties of the Teacher Student Relationship**
- **Dynamics of Personal Practice**