

## 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.

## *Curriculum*

### LEVEL 2

#### 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

Practicum- practicing one on one sessions.

### LEVEL 3

#### YOGA PSYCHOLOGY AND MEDITATION

Transformation of the Fourfold Psychic Instrument, Antarkaranah (yogic definition of mind)-  
Practices for release of tendencies, habits, and patterns, instinctual nature, purification of the  
mind. Karma-seeds of mental conditioning

Counter -Posing the Nine Obstacles on the path

Conscious Human Relationships

Ahamkara 'I maker' – understanding the egoic nature

Human Evolution -Aspects of personal-transpersonal development

Spectrum of Consciousness, the four states: waking, dreaming, deep sleep, turiya and samadhi  
states

Koshas and the Vital Force: Integration of physical, vital, mental, intuitional intelligence and  
pure feeling levels of being, Breath as the bridge.

Cultivation of Lucid Awareness and Sattvic Mind - the gunas(qualities) and the mind.

Meditation- cultivating the state, refining the practice. Revealing profound stillness, silence and  
eternal wakefulness. Establishing the seat, asana, for practice. Guiding Meditation for others

Aestheticism (cultivation of Beauty) v's asceticism (tapsya)

The Ecstasy of Everyday Life