

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