

## Course Information

### Duration:

Spring Session: January - June

Winter Session: October - January

<u>Total Hours:</u>	<u>Course</u>	<u>YA Required*</u>
	Techniques Training & Practice:	151
	Teaching Methodology:	64
	Anatomy & Physiology	20
	Yoga Philosophy, Lifestyle & Ethics	20
	Practicum	54
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		309
		175 *(+25 elective/contact hrs)

### Required Reading:

The Yoga Sutras of Patanjali, Sri S. Satchidananda

Light on the Yoga Sutra of Patanjali, B.K.S. Iyengar

The Bhagavad-Gita: A New Translation, Georg Feuerstein and Brenda Feuerstein

Yoga Anatomy-2nd Edition, Leslie Kaminoff and Amy Matthews

Yoga: The Iyengar Way, Silva Mehta, Mira Mehta and Shyam Mehta

Yoga for Body, Breath, and Mind, A. G. Mohan and Tirumalai Krishnamacharya

How Yoga Works, Michael Roach and Christie McNally

### Suggested Reading:

Meditations from the Mat: Daily Reflections on the Path of Yoga, Rolf Gates

Light on Yoga, B. K. S. Iyengar

Light on Life, B. K. S. Iyengar

Yoga International Magazine, Various

Yoga Journal Magazine, Various

Yoga Therapy Today Magazine, Various

### Suggested Associations:

Yoga Alliance

International Association of Yoga Therapists (IAYT)

Yoga Teachers Association

**Syllabus (subject to change)**

(begin observing classes)

1/2: History, Lineage, Modern Yoga, Yoga Life Style, Developing a Home Practice

3/4: Introduction to the Yoga Sutra, Meditation, Pranayama, Respiration

(begin partner teaching)

5/6: Introduction to the Yoga Sutra, Prakriti, Gunas, Pose Basics, Loops

7/8: Sutra, Skeleton, Muscular System, Nervous & Circulatory System

(begin in-class demonstrating)

9/10: Sutra, Alignment Props, Adjustments, Koshas

11/12: Sutra, Mantra, Mudra, Nadis, Cakras, Kriyas, Bandhas

(begin in-class assisting)

13/14: Introduction to Bhagavad Gita, Ethics & Morals, Teaching Styles, Contraindications

15/16: Bhagavad, Practice to Teach, Sequencing, Sanskrit, Shatipat, Sankalpa

17/18: Bhagavad, Dharma Talks, Dharma/Karma, Mala, Dogma, Spirituality

19/20: Bhagavad, Psychology of Yoga, Teaching Philosophy, Dharma Projects

21/22: Practicum

23/24: Final Exam

**Class Schedule (subject to change)**

Meditation

Arrival & Homework

Lecture & Discussion

Break

Lecture & Discussion

Silent Closing & Journaling

Required Items for Each Class:

Journal/Notebook

Writing Utensils

Open Mind

Positive Attitude

Acceptance

Homework

Each session will include a 3-part homework assignment:

"On The Mat" - Your at-home practice which will eventually include all 8 limbs.

"Off The Mat" - A written assignment to be handed in at the next session.

"Into The World" - Intended to encourage self-study and karma yoga.