

The Lake Tahoe Yoga School  
*Discover Your Self*



Lake  
Tahoe  
Yoga

200hr Registered Yoga Teacher Training

Course Outline Booklet

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# The Lake Tahoe Yoga School

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The Lake Tahoe Yoga School offers a comprehensive  
200hr Yoga Teacher Training Program.

This booklet is available to the public. Those practitioners who desire to receive a certificate for the course must apply and be accepted to the entire program. Practitioners who choose to deepen their practice without the option of a certificate are welcome to audit the classes included in this course booklet.

## Course Audit Guidelines

- It is required that all auditing participants register at least one week prior to the class they desire to attend.
- The audit fee is to be paid before attendance of the session.
- Please respect that this course is designed for Yoga Teachers in training and that the trainees will be given precedent.
- Please arrive no less than 10 minutes prior to the start of the session.
- Each session will begin with a meditation, please honor this time.
- Audited classes do not count toward a Yoga Teacher certificate.
- Teacher trainers enrolled in another program may audit classes for credit if approved of by their training program.

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## Session 1

### Topics:

-Training Lineage

-History of Modern Yoga

The first session of the course will include distribution of materials and a brief discussion of the program as a whole. Participants not enrolled in the course are invited to arrive 30 minutes late.

The lineage of the philosophies and style of The Lake Tahoe Yoga School as well as Svadhyaya Yoga Studio will be discussed. We will review the American and traditional influences on the program and classes.

Modern Yoga as it is practiced in the United States will be reviewed. We will engage in discussion regarding how modern Yoga is viewed in the world. The various styles of modern Yoga will be introduced and discussed.

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## Session 2

### Topics:

- Yoga Lifestyle
- Developing a Home Practice

**Yoga as a lifestyle** will be discussed. Living as both a **Yoga practitioner** and **teacher of Yoga** will be presented. Teacher trainers will discuss how **Yoga** has influenced them in their lives. We will discuss how to honor the practice of **Yoga** as part of life.

Practitioners will learn the basics of creating a home practice. We will discuss the importance of practicing outside of the studio and what this means. We will discuss our **Yoga** practice as more than just the asana and how this applies to the rest of our life.

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## Session 3

### Topics:

-Introduction to the Yoga Sutra

-Meditation

-Intro to Respiration

Teacher trainers will be required to read the Yoga Sutra as part of the course. During this session we will engage in a brief discussion about the Sutra. You will learn about the history of the book as well as how it applies to our practice and teaching approach.

Sessions 3 and 4 begin the discussion on meditation, pranayama and respiration. We will begin discussing the practice of meditation. Teacher trainers will be expected to develop a meditation practice.

This session will begin the discussion on respiration as it relates to our practice of pranayama and meditation.

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## Session 4

-Respiration Continued

-Pranayama

Our discussion on respiration continues as we learn about the apparatus of breathing.

Practitioners will learn about the physical aspects of breathing in order to develop an in-depth understanding of breath.

We will deepen the practice of breathing by learning about the specifics of Yoga breathing.

We will discuss pranayama as a practice and attempt various breaths.

Practitioners will learn how to practice and teach basic breath practices.

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## Session 5

-Prakriti

-Gunas

-Posture Basics

Prakriti is your nature or constitution. It is a reflection of your lifelong characteristics, qualities and tendencies. This session will give practitioners the opportunity to explore their own nature. We will identify and understand the gunas and how they affect us.

We will also begin the study of Yoga asana through an initial exploration of postures. We will begin the study with the basics of Mountain Pose, Downward Facing Dog Pose and Child's Pose.

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## Session 6

-Posture Continued

-Loops

This session will continue with a discussion of posture. Teacher trainers will apply what they have learned and demonstrate how the basics apply to more advanced postures.

We will discuss the concept of loops and spirals as they relate to each individual's body. As practitioners and teachers, having the ability to understand how the body moves and finds balance, helps us to develop control in each pose.

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## Session 7

-Skeletal System

-Muscular System

Understanding how the body functions helps practitioners and teachers alike deepen their practice. Although the physical aspects of the practice are not the most important, for many, they are the beginning. A strong teacher and practitioner has a solid grasp of the skeletal and muscular systems.

We will review, in relation to Yoga, how the skeleton supports us in our practice and how the muscle body can be repaired, re-trained and strengthened through Yoga Asana.

Session 8

7

-Nervous & Circulatory Systems

-Pathology & Precautions

Looking inward, an understanding of our internal systems is said to occur when we find Siddhi. As just beginners, we will work to understand the functioning of our internal systems. Knowing the body as a whole helps us to deepen our practice on all levels.

Many practitioners enter the studio with ailments and issues. It is important to understand pathology and the precautions that go along with practicing. Teachers will be expected to understand common issues faced by practitioners and appropriate precautions to be taken are offered.

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## Session 9

-Alignment

-Prop Usage

Having now developed a solid grasp of the physical body, we will address the concept of alignment. Each style of Yoga has its own approach to the postures. Alignment has more to do with the individual body than the individual pose.

In order to develop a strong practice, we need to use the proper tools. Our alignment can be improved, the poses made more accessible or more challenging dependent upon the tools that use.

This session will involve a discussion and practice of proper alignment and prop use.

## Session 10

-Adjustments/Corrections

-Koshas

Providing physical adjustments to practitioners can help them to better understand where their body is in space. During this session we will discuss how to offer verbal and physical adjustments and corrections.

Understanding the space around us, helps us to understand our own bodies. The Koshas or layers of the self draw our attention from outside to within.

During this session we will cover the connection between our physical self and the inner self.

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## Session 11

-Mantra

-Mudra

Sounds vibrations effect us on many levels. As part of the practice of Yoga, we use Mantra or verbalizations of sound in order to affect us inwardly.

The use Mudra or gestures can shift energy and act as a representation or symbol. The combination of Mantra and Mudra shifts our Prana.

This session will cover some of the basics Mantras used at Svadhyaya Yoga Studio as well as common Mudras.

## Session 12

-Nadis & Cakras

-Kriyas

-Bandhas

The energy pathways within us allow Prana to move. In this session, we will discuss the Cakras as well as the movement of Prana through Ida, Pingala and Sushumna Nadis. We will discuss how to focus upon the movement of Prana as part of our practice.

Hatha Yoga utilizes the practice of Shat Karma to cleanse the body. We will discuss and attempt a few of the practices of Kriya or cleansing.

Adding to our internal focus and practices, we will learn about and practice using the Bandhas. These locks within us allow us to facilitate and control the movement of Prana. Combining the practices of Shat Karma with Pranic movement within deepens our energetic awareness.

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## Session 13

-Introduction to the Bhagavad Gita

-Ethics & Morals of Yoga Teachers

The Baghavad Gita is a sacred text in the Hindu religion. It tells the story of a warrior who faces the challenges that we all face as Yoga practitioners. This text is a guide for all of us as we enter into and deepen our practice. This session will begin our study of the Bhagavad Gita as it applies to Yoga.

As teachers, we are viewed as experts in the practice. The Yoga Alliance has in place specific ethical and moral guidelines. In addition, recent situations cause us to review our place as teachers in the studio. We will discuss and review these guides as well as specific situations that can arise as teachers.

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## Session 14

-Teaching Styles

-Contraindications

Since the practice began, the way in which we find Yoga has been broken down and modified to suit our needs. We will review the various styles of practice and discuss how they affect us as teachers and practitioners.

It is important to understand what could happen as we practice Yoga Asana. Although recommended for injury recovery and prevention as well as relaxation and restoration, the postures of the practice can result in injury.

Each style of practice has a different approach to the poses. We will discuss, in this session, common contraindications in regard to illness, disease, disability, etc.

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## Session 15

-Practice to Teach

-Introduction to Sequencing

Our style of teaching comes directly from our own individual practice. Each teacher has their own approach to their class. A strong home practice allows each individual to gain strength & individual understanding of the practice.

Sequencing is the key to a solid class. During this session, we will discuss how to connect poses not only in a vinyasa style but also to build toward a particular goal. Practitioners will learn to work both forward and backward in building a class sequence.

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## Session 16

-Sequencing Continued

-Sanskrit

-Shaktipat & Sankalpa

The skills of sequencing will continue to be refined by our teacher trainers. The key pieces of putting together a class will be reviewed and teacher trainers will demonstrate their sequencing skills.

Teaching Yoga requires a solid grasp of Sanskrit. We will discuss proper pronunciation of commonly used poses and words. Participants will be expected to be able to express at least the basic postures in both English and Sanskrit.

The exchange of energy and the intentions set forth by both practitioners and teachers in a class will be covered. We will discuss the importance of awareness of the energy that is shared in the studio.

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## Session 17

-Dharma/Karma

-Dharma Talks

Sharing the philosophies behind the practice of Yoga is just as important as knowing the mechanics of a posture.

This session will discuss the concepts of Dharma and Karma. Practitioners will understand Karma as it relates not only to Yoga but to various practices and common beliefs. Dharma as it relates to us in our lives and practice will be discussed.

We will also discuss the practice of Dharma talks as they relate to teaching Yoga. This practice is a very important part of the practice at Svadhyaya Yoga Studio.

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## Session 18

-Mala

-Dogma

-Spirituality

This session will begin with a discussion on the use of mala or prayer beads. We will discuss Japa; the repetition of mantra using a beaded strand.

The concept of dogma and how it relates to our Yoga practice will be discussed. We will consider various dogmatic practices, the effects that dogma has on them and how to incorporate our individual beliefs into our practice while remaining accepting and understanding of others'.

Spirituality, its influence and expression as part of Yoga will be discussed. We will take into consideration of the practices of Hinduism and Buddhism and how these practices have influenced the practice of Yoga.

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## Session 19

### Topics:

- Psychology of Yoga
- Teaching Philosophy

In order to teach, we must understand the psychology of Yoga. This course will discuss the various ideologies surrounding our practice and teaching. We will discuss the depth of practice and how it effects practitioners and teachers beyond the physical.

We will consider the philosophies behind teaching in the various styles as well as how each of the teachers in training views their own practice and approach to teaching others.

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## Session 20

### Topics:

#### -Dharma Project Presentations

During the final session of the course we will be discussing the use of mala or prayer beads. We will discuss Japa; the repetition of mantra using a beaded strand.

The concept of dogma and how it relates to our Yoga practice will be discussed. We will consider various dogmatic practices, the effects that dogma has on them and how to incorporate our individual beliefs into our practice while remaining accepting and understanding of others'.

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