

Elevated Yoga Studio
Yoga Teacher Certification Course
Fall – Winter Program Syllabus
August 27, 2017 – February 27, 2018
Winter break: 12/18/17 – 1/6/18

"The mediocre teacher tells. The good teacher explains. The superior teacher demonstrates. The great teacher inspires.", William Arthur Ward

I. Introduction to Yoga

1. Yoga History
2. Yoga Ethics
3. Yoga Philosophy
4. Yoga Related Literature, scriptures - from Vedas to Sutras
5. Yoga Lifestyle - Eight Limbs - Intro
 - a. 10 Living Principles
 - b. 6 Meditative Principles

II. Gita and Yoga Sutras Study

1. Bhagavad Gita
2. Yoga Sutras of Patanjali
3. Types of Yoga
4. 8 Limbs of Yoga - Flow, Essence and Practice
 - a. Yamas
 - b. Niyamas
 - c. Asanas
 - d. Pranayama
 - e. Pratyahara
 - f. Dharana
 - g. Dhyana
 - h. Samadhi

III. Path of Yoga

1. Forty Types of Hindu Yoga
2. Tree of Hindu Yoga
3. Styles of Hatha Yoga
4. Vedic and Upanishads Material

IV. Art of Teaching Yoga I

1. Who Yoga Teacher is
2. Role of the teacher (sacred)
3. What we teach
4. Why we teach
5. Yoga Teacher - Student Relationship:
 - a. Mentor
 - b. Healer
 - c. Parent
 - d. Friend
6. Ethics and Ethical Behavior

V. Physical Body

1. Skeletal and Muscular Anatomy
 - a. Bones and ligaments
 - b. Connective Tissue
 - c. Vertebral Column (Spine)
 - d. Lower Extremity (pelvis, hips and legs)
 - e. Trunk (abdomen and diaphragm)
 - f. Upper Extremity (shoulder girdle, neck, arms, hands)
 - g. ROM (Range of Motion)
 - h. Muscle Movements
 - i. Breathing System
2. Physiology
 - a. Nervous System
 - b. Immune System
 - c. Lymphatic System
 - d. Endocrine System
 - e. Digestive System
 - f. Circulatory System
 - g. Respiratory System
 - h. Urinary System
 - i. Genital System
 - j. Integumentary System
3. The Brain and Mind
4. Moving Principles

VI. Subtle Body and Ayurveda

1. Koshas
2. Nadis and Chakras
 - a. Philosophy
 - b. Working with Chakras

3. Meridians
 - a. Description
 - b. Identifying meridians and acu-points
 - c. Association with inner organs
4. Ayurveda
 - a. Doshas
 - b. Gunas
 - c. Dhatu, Ojas and Tejas
 - d. Prana
 - e. Agni

VII. Mudras and Asanas

1. Mudras
2. Asanas
 - a. Commonalities
 - b. Posture Phases
 - c. Movement/Flow ('tapas' points, rebound)
 - d. Inner Exploration
 - e. Physical sensations
 - f. Breath
 - g. Emotions
 - h. Mind (placement, thoughts)
 - i. Purpose and Use of Props

VIII. Subtle Side of Asanas

1. History of Asana
2. Asana for Body and Mind
3. Breath of Life
4. Cultivating Wisdom

IX. Study and Practice of Asanas

1. Standing
 - a. Studying postures
 - b. Practicing postures
 - c. Teaching postures
 - d. Assisting and Correcting
2. Sitting
 - a. Studying postures
 - b. Practicing postures
 - c. Teaching postures
 - d. Assisting and Correcting
3. Kneeling

- a. Studying postures
 - b. Practicing postures
 - c. Teaching postures
 - d. Assisting and Correcting
4. Prone
- a. Studying postures
 - b. Practicing postures
 - c. Teaching postures
 - d. Assisting and Correcting
5. Supine
- a. Studying postures
 - b. Practicing postures
 - c. Teaching postures
 - d. Assisting and Correcting
6. Inversions
- a. Studying postures
 - b. Practicing postures
 - c. Teaching postures
 - d. Assisting and Correcting

X. Pranayama

- 1. Principles
- 2. Types of pranayama
- 3. Practicing Pranayama
- 4. Teaching Pranayama

XI. Meditation

- 1. What is meditation
- 2. Meditation Types
- 3. 'Practicing' Meditation
- 4. Teaching meditation

XII. Bandhas

- 1. Philosophy
- 2. Types of Bandhas
- 3. Practicing Bandhas
- 4. Teaching Bandhas

XIII. Teaching Principles and Methodology

- 1. What do we teach?
- 2. Respect and compassion

3. Respect for where the students are
4. Voice (calm, not disruptive)
5. Instructions (passive, active, concise instruction giving students time to explore and to inquire)
6. Language and prompts (body movement, posture name, both)
7. Prompting inner inquiry (general, specific, leave the journey and encountered experiences to the students)
8. Allowing a self-practice of asana flows (one side, the whole flow, allow for changes)
9. Demonstrating and/or using a model
10. Assisting and adjusting
11. Timing (holding time, timing prompts, number of postures and posture types)
12. Program and content based on where the group is at the moment
13. Observation and assessment (how to, passive, active)
14. Sequencing of asana flow (principles, building up and relaxing)
15. 'Personalizing' the class (individual or group modifications, changing program)
16. Modifications and use of props (different props, mods with or without props)
17. Other: chanting, inspirational readings and talks, contemplations, etc.
18. Designing class program (centering, warm-up, asanas, pranayama, mantras, savasana, meditation)

XIV. Designing and Structuring a Yoga Class

1. The students: abilities, level of 'experience', needs
2. Type of yoga
3. Sequencing
4. Class segments
5. Holding Time
6. Duration

XV. Different Yoga Types

1. Iyengar Yoga
2. Viniyoga
3. Kundalini Yoga
4. Ashtanga Yoga
5. Sivananda Yoga
6. Ananda Yoga
7. Kripalu Yoga
8. Somatic Yoga

9. Eco-Yoga
10. Vinyasa Flow
11. Yin Yoga
12. Restorative Yoga
13. Acu-Yoga
14. Energy Medicine Yoga
15. Yoga Nidra

XVI. Yoga as Therapy

1. The Spirit of Yoga Therapy
2. Observing Principles and Methodology
3. Yoga for Neurological Ailments and Imbalances
4. Yoga for Medical Ailments and Imbalances
5. Yoga for Orthopedic Ailments and Imbalances

XVII. General Study of Eastern Philosophies and Practices

1. Vedas and Rishis
2. Upanishads
3. Buddhism
4. Hinduism
5. Taoism
6. Zen
7. Tai Chi
8. Qigong
9. Martial Arts

XVIII. Spirituality

1. What are we?
2. The Self and Self-Realization
3. The Awakening and The Enlightenment
4. The Emptiness
5. The Liberation

XIX. Art of Teaching Yoga II

1. Teaching as an art of the soul
2. Teaching as a service to the souls
3. Creativity in teaching Yoga
4. Teaching as a selfless act
5. Teaching is to inspire one to ...

XX. Becoming a Yoga Teacher - Graduation Session

1. Why we teach
2. Lifestyle and ethics for yoga teachers

3. Teaching yoga as a service
4. Being a Yogi/Yogini vs. Being a Yoga Teacher
5. Developing your own teaching practice
6. Owning a studio - 'business' suggestions
7. Additional readings and studies
8. Group discussion:
 - a. What is the most important thing I have learned?
 - b. What is the most inspiring thing I have learned?
 - c. What is that I need to continue studying?
 - d. How do I feel about teaching yoga?
 - e. I can teach now! I will _____ (tell us about your plans, if any)
9. Course Concluding Remarks

Required Books and Additional Study:

Required course books:

- "The Bhagavad Gita", by Eknath Easwaran
- "Yoga Sutras of Patanjali", by Chip Hartranft
- "Yoga Mind, Body & Spirit", by Donna Farhi
- "Teaching Yoga: Essential Foundations and Techniques", by Mark Stephens and Mariel Hemingway
- "Yoga Anatomy", by Leslie Kaminoff

Material for additional study (also available from studio library):

- "The Heart and Science of Yoga", by Leonard Perlmutter
- "Anatomy for Yoga", by Paul Grilley (DVD)
- "The Deeper Dimension of Yoga", by Georg Fuerstein
- "The Science of the Rishis", by Vanamali
- "Zen Mind, Beginner's Mind", by Shunryu Suzuki
- More resources are available from the studio library

Course Requirements

1. Class and Home Study Participation

- a. Minimum 300 hrs. of Learning and Study
 - Course Lectures
 - Home Study
 - Instructional Asana Sessions
 - Yoga Class Participation (in-studio)
 - Personal Yoga Practice (at home)
- b. Minimum 100 hrs. of 'hands-on' participation
 - Instructional Asana Sessions
 - Yoga Class Participation (in-studio)

2. Practicum

- a. Practicing asanas, pranayama, meditation and sequences - individual and in groups
- b. Practicing teaching short classes (5 classes minimum)

3. Tests and Writings

- a. Written tests (at home) based on:
 - Bhagavad Gita
 - Yoga Sutras of Patanjali
 - Anatomy
 - Yoga Philosophy
 - Yoga Class Design
 - Teaching Two Complete Classes
- b. Essay on Individual Yoga Experience and Transformation
- c. Synopsis of Eight Limbs of Yoga