

300 HOUR COURSE TEXTS & YOGA TEACHER TRAINING CURRICULM

300 Hour Course Texts

Required

- Light on Life B.K.S. Iyengar
- Light on Yoga
- The Key Poses of Yoga, Ray Long Book 1 , Book 2
- The Yoga Sutras of Patanjali, Sri Swami Satchidananda
- Yoga Teachers Toolbox, Joseph & Lillian LePage
- Hatha Yoga Pradipika, Brian Dana Akers

300 Hour Curriculum/ Weekend Intensives

I. Sadhana

Yama & Niyama as Advanced Sadhana
Yoga Sutras-Asana, Pranayama & Meditation
Origins of Asana & the Margas
Into the Fire-Teaching Yoga
Technique, Teaching Methodology, Practice Teaching

II. Asana - Advanced Awareness

Hatha Yoga Pradipika & 84 Classic Asana
Asana-Cultural & Meditative Perspectives
Practice of Advanced Asana w/ Bandhas
The Subtle Body: Chakras, Granthis, Koshas Bandhas
Advanced Level - Gross Anatomy & Postural Alignment
Techniques, Teaching Methodology, Practice Teaching

III. Pranayama-Advanced

The Science of Breath
Advanced Pranayama Techniques
Kumbhak with Pranayama
Nadis, Prana Vayus
Techniques, Teaching Methodology, Practice Teaching

IV. Pratyahara-Sense Withdrawal

Mudras for Reflection
Meditative Breath Practices
Meditation Concepts
Techniques, Teaching Methodology, Practice Teaching

V. **Dharana-Focus of the Mind**

Vrittis
Yoga Nidra
Tratak
Space Clearing
Guided Meditations
Techniques, Teaching Methodology, Practice Teaching

VI. **Dhyana – Concentration**

Meditation – Learning to teach the Continuous Flow
Introduction to Puja
Chants and their use
Meditation & Asana
Techniques, Teaching Methodology, Practice Teaching

VII. **Samadhi – Transformation**

Raja Yoga
Devotional Practices & Fire Ceremony
The Importance of Sacred Space
Techniques, Teaching Methodology, Practice Teaching

VIII. **Community, Business Awareness & Graduation**

Teaching Diverse Communities (cultures, health, addiction etc.)
Retreats & Workshops
Yoga Business Practices
Final Project(s) due
Techniques, Teaching Methodology, Practice Teaching