

TEACHER TRAINING

YOGA ALLIANCE REQUIREMENTS FOR PHILOSOPHY 200 AND 500 HOUR

EIGHT 3-HOUR SESSIONS

INSTRUCTOR: KATE VOGT

INDIA: ANCIENT TREASURES

- Yoga – Indus Valley, Naga, and other early people
- Infinity, physical and supra-physical, wholeness

HIDDEN SYMBOLISM IN THE ASANA PRACTICE

- Philosophical meaning within vinyasa, specific poses, preparation, and full cycle of a practice
- Formless in form: Inner posture

ANCIENT ROOTS – YUJ TO YOGA

- Ritual, sacrifice, and origins of techniques: *Vedas*
 - Mind, senses: Taittiriya, Svetasvatara, and Maitri *Upandishads*
 - Eight Limbs: Yanjavalka in Brihad-Aranyaka *Upanishad*
- (Separate sessions: *B. Gita, Yoga Sutras, Tantra, Hatha Yoga Pradipika*, and modern yoga from 1890 to present)

PATANJALI'S YOGA SUTRAS – Part 1 and 2

The Yoga Sutras can be hard to follow in traditional order. This session covers key topics in the first and second chapter relevant to the contemporary yoga teacher and student. Topics include: purusa, prakriti, citta, vritti, gunas, samskara, abhyasa, vairagya, kleshas, kriya yoga, ashtanga yoga including yamas/niyamas, and kaivalya. Discussion and practices to explore these concepts.

TANTRA AND HATHA YOGA PRADIPIKA

The origins of Tantra are little understood. The literature is vast and the practice comes to life in historical and contemporary Hatha-Yoga. Topics: kali-yuga, devi, kundalini-shakti, hamsa, chakra, shodhana, yantra along with role of Hatha-Yoga concepts covered in the techniques modules for yoga teacher training (e.g., pranayama, mantra, mudra, dhyana, and asana.)

TEACHING: ETHICS ROOTED IN PHILOSOPHY

- Yamas and niyamas
- Feuerstein's 17 ethical guidelines

LIFESTYLE: INDIAN ARTIST AS INSPIRATION

- 9 emotions: Natya Shastra
- Discipline and Practice: Creativity