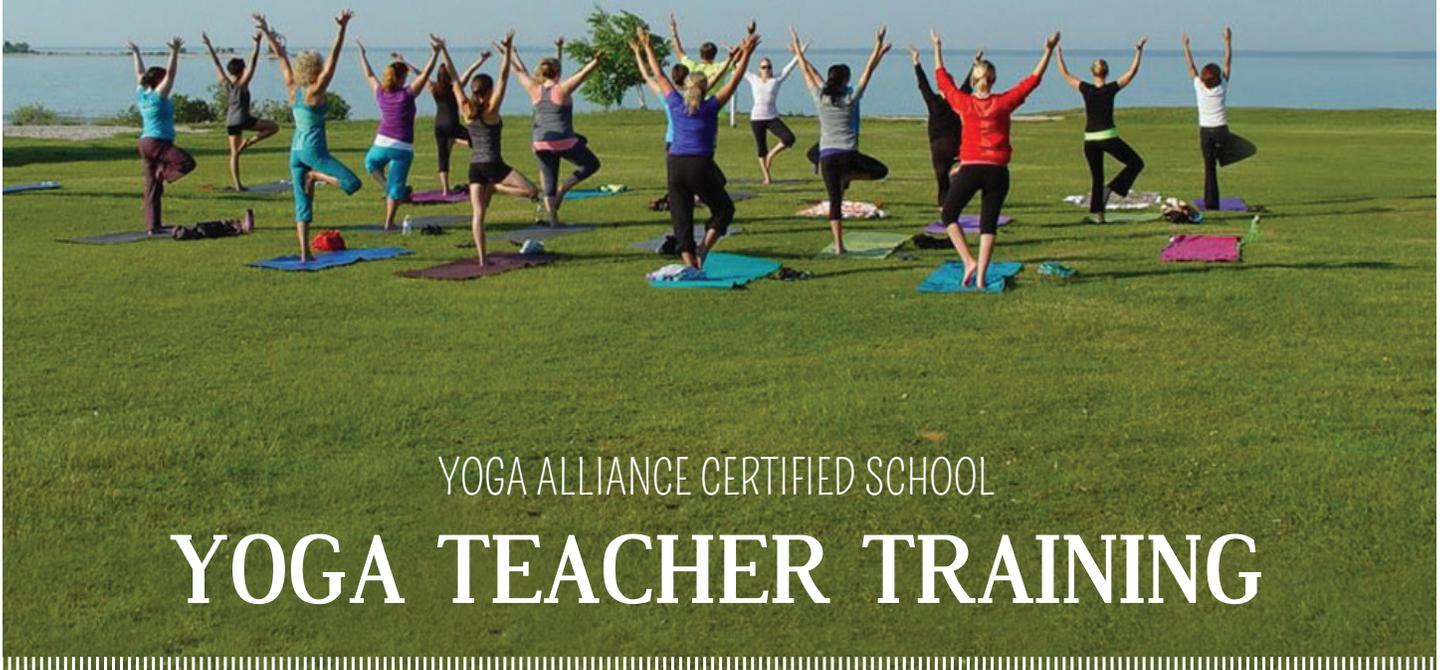


Be the Love



YOGA ALLIANCE CERTIFIED SCHOOL

# YOGA TEACHER TRAINING

BE THE LOVE YOU WISH TO SEE IN THE WORLD

Learn the benefits of classical yoga postures and how to weave them into sequences that create the graceful flow and meditation in motion of vinyasa yoga. Inspire your community by teaching people to empower their health and strengthen their vitality. This training will leave you with the confidence to teach to all ages, body types and abilities. You will be trained in the art of compassion and develop the ability to create sacred space for others. This path will change your life and the lives of many others for the greater good.



HOSTED AT:

444 E. Mitchell St. Petoskey, Michigan  
(231) 838-8992

Visit [YogaRootsPetoskey.com](http://YogaRootsPetoskey.com)

*In conjunction with North Central Michigan College*



YOGA ALLIANCE CERTIFIED SCHOOL

# YOGA TEACHER TRAINING

## BE THE LOVE

Welcome	4
Sangha	5
Schedule	6
Training Etiquette/What to expect	10
Class requirements	11
Teacher Training Feedback	12
Exceptional Yoga Teacher?	13
Volunteer Project	13
Declaration of Intentions	15
Children of Light	16
I will not die an un-lived life	17
Return of the Bird Trees	18
The Secret	19
Seven Dimensions of Wellness	20
Yoga Alliance info	21

## JNANA - THE PATH OF WISDOM

History of Yoga	23
Time line	26
Swami Kripalu's Inspiration	30

## BHAKTI - THE PATH OF LOVE & DEVOTION

Living in love - ego vs. soul	36
Experiments in Love	38
Four Brahmaviharas	42
Yoga Sutras	42
Mala & Mantra	43
Forgiveness Prayer	44
Affirmations	45
The Power of Kirtan	50
Chanting & Kirtan	53
Prayer for the welfare of all beings	54
Compassion & Creating Sacred Space	55
Affinity Group Facilitation	56
Partner Yoga	58
Personal Path of Devotion	59

## RAJA - THE ROYAL PATH

Eight Fold Path: Ashtanga	61
Teaching the Yamas	63

Teaching the Niyamas	66
Benefits of Meditation	69
• Meditation	70
• Tibetan Light	71
• Chakra	72
Teaching grounded meditation	73

Pranayama	
• Dirgha	76
• Ujjayi	79
• Nadi Sodhana	78
• Anuloma Viloma	78
• Bhramari	80
• Parvatasana	81
• Kapalabhti	82
• Aum	83
Teaching Pranayama	84

Asana	
Asana Tips	94
Asana Journal	95
Asana Warm-ups	96

Asanas	
• Seated	111
• Standing	126
• Kneeling	150
• Inversions	154
• Arm Balances	160
• Reclining	166
• Restorative	176

Using Props to Deepen Poses	179
Sun Salutations	180
Sury Namaskara A	182
Sury Namaskara B	184
Chatturanga	186
Sunday Driving	187
Create your own sun salutation	187
Vinyasa	187
Sequencing a Practice	188
Designing a Practice	189
Diverse Language	190
Teaching to the Crowd	191
Ethics & Assisting, Privates	192
Teaching Philosophy	193

Bandha	
• Mula	194
• Jandalahara	195
• Uddiyana	196
• Nauli Kriyas	198

## PHYSICAL ANATOMY

The Bones of the Axial Skeleton	201
The Bones of the Human Skeleton	202
Internal Anatomy	203
The Digestive System	204
The Respiratory System	205
The Muscles of the Upper Limbs	206
The Muscles of the Lower Limbs	207
Torso	208
Anatomy Crossword	209
Anatomical Vocabulary	210
Positional Release Therapy	211

## ENERGETIC ANATOMY

Vayus	215
Koshas	216
Chakras	
• Balancing with Bija Mantras	219

## KARMA - THE PATH OF SELFLESS SERVICE

Working with special populations	
• Elder/Chair	
-Yoga for the 50 +	221
-Senior Chair Yoga	227
• Prenatal & Plus Size	230
• Kids	231

## AYURVEDA

What is Ayurveda?	233
Kapha: An Overview	237
Pitta: An Overview	241
Vata: An Overview	245
Dosha Quiz	249
Neti Pot	250

## COURSEWORK

- Journal
- Meditation, Asana, Gratitude
- Reflections
- Film Responses
- Special Population Volunteer Project
- Practice Teaching Feedback form
- Class observation form

## INCLUDES

- Reiki Energy Healing, Level One Certification
- Be the Love, 200 Hour Yoga Teacher Training Manual
- Unlimited Yoga for the duration of your training at Yoga Roots, 25% off all retail purchases
- Certificate of completion from North Central Michigan College
- Be the Love, 200 Hour certificate endorsed by Yoga Alliance

## WEEKENDS

Commitment includes 13 scheduled weekends September–March, 14 hours each. Additional class time, volunteer project, and coursework is required.

## TIMES

Saturdays 1:00–8:30 PM

Sundays 12:30–8:00 PM



## TIFFANY LENAU, E-RYT 500

- Award-winning Yoga Instructor
- Founder of Yoga Roots & Healing Arts
- Founder and Dean of *Be the Love, RYS-200*
- Integrated Positional Release Therapist
- Reiki Practitioner
- Certified Senior Level Graduate of Kripalu Center for Yoga

# BE THE LOVE

Welcome to the 200 hour Yoga Teacher Training with Be the Love, a Yoga Alliance Certified School. We are honored that you have chosen to learn with us and are delighted that you are embarking on an incredible journey which will change your life and the lives of many others. What you learn will ripple out.

## BE THE LOVE

With compassionate hearts we instill the art of creating sacred space for healing, peace and presence in ourselves. So we may hold space for the same peace and presence in our community. It is our intention to be symbols of love, strength and positivity, to live authentically intentionally and to teach others to do the same. It is our intention to be the love we wish to see in our world.

“A world full of peaceful people makes a peaceful world.  
World peace begins with inner peace.”  
*-Dr. Wayne W. Dyer*

“When you are inspired by some great purpose, some extraordinary project, all your thoughts break their bonds; your mind transcends limitations, your consciousness expands in every direction, and you discover yourself in a new great and wonderful world. Dormant forces and talents become alive, and you discover yourself to be a greater person by far than you ever dreamed yourself to be.”  
*-Patanjali*

Intensive study is one of the best ways to learn and grow, so please make sure to use the best of your time here. To have fun, take careful notes, make new friends, help each other study, drink lots of water, breathe deeply and love freely.

Stay open hearted and minded to everyone, hold affinity space with all your interactions. As you begin to cultivate witness consciousness you will see your judgments. Watch them, learn from them and let them go. Choose love and acceptance at each moment.

Teach me what I cannot learn alone  
Let us share what we know, and what  
we cannot fathom. Speak to me of  
mysteries, and let us never lie  
to one another.

May our fierce and tender longing  
fuel the fire in our souls. When we stand  
side by side, let us dare to focus  
our desire on the truth. May we be  
reminders, each for the other, that  
the path of transformation passes  
through the flames

To take one step is courageous;  
to stay on the path day after day,  
choosing the unknown and facing  
yet another fear, that is nothing  
short of grace.

*-Danna Faulds*

*Go In and In*

# SCHEDULE

## WEEKEND 1

Welcome. Meet & greet. Course requirements. Partner savasana adjustments. Elevator speeches. Dirgha breath. Comfortable seated. Hero. Chair. Down dog. Up dog. Mountain. Tree. Standing FWB. Warrior I. Crescent warrior. Cobra. Sphinx. Locust. Bow.

- Why do I want to be a yoga teacher?
- What does it take to be an exceptional yoga teacher?
- What changes when we shift from student to teacher?
- Dear Body Letter.
- Begin a daily gratitude journal.
- Bring 108 beads and one special bead next weekend

## WEEKEND 2

Mala & Mantra. Aham prema. Love vs. Ego. Creating the witness. Reverse thinking. Second sutra. 4 B's. Nadi Sodhana. Drishti. Half sun salutation. Empty coat sleeves. Bridge. Pigeon. Cow. Boat. Child's. Temple. Goddess. Wide legged FWB. Windmill.

- What does your inner critic say? How can you reverse that thought?
- What is your mantra? Practice with your mala and reflect.
- Journal about instances when you shift from ego to love.
- What helps you create the witness? What are the results of cultivating the witness?
- Practice the 4 B's and reflect.
- Practice Nadi Sodhana during your morning/evening meditations for one week and reflect.

# SCHEDULE

## WEEKEND 3

History. Yamas. Niyamas. My joy is divine and so is my suffering. Affinity Circle. Forgiveness Prayer. Nothing in life is personal. Bandhas. Sloshing. Reclined Asana. Triangle. Side Angle. Dandasana. Hurdlers. Ujjayi. Nauli. Supported flow with assists.

- Who are you willing to forgive and why?
- Reflect upon using the forgiveness prayer for others and yourself.
- Reflect upon the Yamas and Niyamas in your life. Which are the most difficult to adhere to? Which ones come naturally?

## WEEKEND 4

Teaching philosophy. Prayer for the welfare of all beings. Elevator speeches. Meditation lecture. Plank. Side plank. Dolphin. Dolphin plank. Yoga mudras. Warrior II. Dancing warrior. Sun salutations. Mountain breath. Sequencing lecture. Creating a sequence with a partner.

- Create your teaching philosophy.
- Write out your elevator speech.
- Practice the prayer for the welfare of all beings as part of your meditation.
- Reflections on your meditation practice. When and how long do you meditate? How has your practice evolved over time? What are your experiences with the practice?

## WEEKEND 5

Reiki attunements on Sunday. Energetic anatomy. Bija Mantras. Beginner Inversions. Plow. Shoulder Stand. Bridge. Chair prep for headstand. Continue & count sun salutations. Divide body parts to study muscles for next class.

- Give yourself Reiki once daily in the morning and/or evening for two weeks. How does this support your yogic path?
- Share Reiki with people or pets and reflect.
  - Use bija mantras to tune chakras. What did you learn, which were weaker and which were stronger? Were you able to notice a difference once you balanced the energy?
- Create your own sun salutation and prepare to teach it next time we meet.

# SCHEDULE

## WEEKEND 6

Physical anatomy. Volunteer project. Tibetan light meditation. Flamingo. Dancer. Eagle. Seated poses: Twist. FWB. Wide FWB. Tortus. Bound Angle A & B. Fish. Upward plank. Present sun salutation.

- Practice Tibetan Light Mediation and reflect.
- Create an opportunity for yourself to volunteer working with special needs individuals, Chair/Elder, Kids, At-risk-youth or Plus. Journal your experience.

## WEEKEND 7

Flow. Wording. Koshas. Vayus. Advanced inversions: Wheel, Headstand, Handstand, Forearm stand, Scorpion. Describe each body part, with simple wording piece by piece. Shoulder massage vs. reiki. Holding meditation.

- Begin creating flows and practicing them.
- Write scripts for poses using minimal wording.
- Are you able to notice when Koshas are out of alignment? Which one/ones and how does it make you feel?
- Where are the vayus present in the world around you?
- How does understanding the Vayus deepen your teaching?
- How does understanding the Kosha's deepen your teaching?

## WEEKEND 8

Review warm ups and cool downs. Teaching to the crowd. Neti Pot. When do we demonstrate. Waterfall warrior. Warrior III. Standing split. Flying pigeons. Camel. Crow. Side crow.

- Practice neti until you feel successful. Then, teach neti to friends/family until you feel comfortable teaching it. Write, reflect.

## WEEKEND 9

Using props to deepen poses (FWB, Child's, Pigeon, Lotus). Kaphalabhatti. Half moon. Half frog. Lotus. Fire log. Standing hand to big toe. Standing hand to foot twist. Revolved: Side angle, Triangle, Half moon. Positional Release Therapy. Co-listening.

# SCHEDULE

## WEEKEND 9 *continued*

- What did you learn about using props to deepen poses?
- How does PRT inform your practice and teaching?
- Practice co-listening with a friend or family member and reflect. What did you learn about them or your relationship with them?
- Practice Kaphalabhatti upon waking up for one week. Reflect upon the experience.
- What poses work well with Kaphalabhatti? Why? What are the effects?

## WEEKEND 10

Ayurveda. Denacharya. Affirmations. Restorative. Mermaid twist. Bound angle. Legs up the wall. Fan fold. Scapula roll. Two block back bend. Legs on chair. Foam roller.

- Practice Sesame Oil Denacharya after the shower for two weeks. What are the results?
- What is your experience with the use of Affirmations? How have they empowered your thoughts and your life?
- What have you learned about your doshic constitution that will help you to take better care of yourself? or understand yourself and others in a new way?
- Dear Body Letter.

## WEEKEND 11

Practice teaching & assisting. Client clinics. Teach what you practice. Pranayama review. Mudras.

- What did you learn from the client clinics?

## WEEKEND 12

Practice teaching & assisting. Teacher ethics. Instructor bio. Kirtan. Chanting. The Business of Yoga. Themes.

- What does it mean to be an exceptional teacher?

# SCHEDULE

## WEEKEND 12 *continued*

- Write an instructor bio, look back at your teaching philosophy for inspiration.
- Sunday: Turn in journals, teaching feedback forms, video responses and class observations.
- Bring poster board, magazines, inspirational quotes/pics and scissors to create dream boards next time we meet.

## WEEKEND 13

Dream Boards. Bucket List. Special Populations. Practice Teaching. AcroYoga, Graduation. Partner Yoga. Letter to Self.

- What does “Be the Love” mean to you?

# TRAINING ETIQUETTE/ WHAT TO EXPECT

- Arrive early to settle in, class starts on time.
- Remove your shoes upon entering the studio.
- Silence your cell phone and stow it in your pocket or bag. It does not enter the studio space unless you are using it to play a playlist.
- Visual learners may want to take pictures, this is acceptable if your phone is set to Airplane Mode or Do Not Disturb.
- All beverages must have a closed top.
- If you are late, enter quietly and wait, see if class is in discussion or meditation.
- Do not enter in the middle of meditation.

# CLASS REQUIREMENTS

## 180 CLASSROOM HOURS (13 x 14 hour weekends)

*In addition, students are required to attend one class a week at Yoga Roots (Total of 20)*

## 20 OUTSIDE OF CLASSROOM HOURS

*Includes observations, teaching, volunteer project, journal*

### Observations

*Attend a minimum of 10 classes to observe the teacher.*

*Please take notes in your journal.*

### Teaching-

*Teach a minimum of 10 classes and receive feedback from your students.*

### Volunteer Project-

*Create an opportunity for yourself to work with a special population. You may choose Elder/Chair, Kids, At-Risk-Youth, Plus Sizes, and Special Needs.*

*At least one class will be taught in the community.*

### Journal-

*Please respond to the questions in our the schedule.*

### Daily Gratitude

### Yamas and Niyamas

### Class Observations

### Teaching Reflections

### Volunteer Project

### Video Discussion Questions

### Teaching Neti

### Personal Asana Practice

### Pranayama Practice

### Meditation

### Mala

### Chanting

### Forgiveness

### Teaching Philosophy

### Denacharya

### Affirmations

### Dear Body

### Four Brahmaviharas

### Choosing Love

### Yamas/Niyamas

### Elevator Speech

*Videos- You will be creating discussion/study questions for every video you watch.*

- Yoga: Unveiled
- Elighten Up
- Titans of Yoga
- Bapuji: Path of Love
- Ayurveda, the Art of Being
- Healers, Journey through Ayureveda
- Anatomy with Paul Grilley
- Living in Yoga: The life and teachings of Swami Satchidananda
- Kripalu video: Arm Balances and Inversions
- Forks over Knives or Food, Inc (*own time*)
- Happy
- The Secret
- I am

# Be the Love

## TEACHER TRAINING FEEDBACK

NAME:  
ADDRESS:  
EMAIL:

BIRTHDATE:  
PHONE:

HAVE YOU PRACTICED YOGA BEFORE? FOR HOW LONG? WHAT STYLES?

PHYSICAL LIMITATIONS, INJURIES OR HANDICAPS (HEARING, VISION, ETC.)

MAJOR ILLNESS OR SURGERY IN THE PAST 5 YEARS

PLEASE KEEP IN MIND.....

- WE PRACTICE YOGA IN HONOR OF OUR BODIES, PLEASE DO NOT FORCE OR STRAIN ANY POSES
- LISTEN TO YOUR BODY & RESPOND TO IT'S NEEDS AT ALL TIMES, EVEN IF IT MEANS COMING OUT OF THE POSE EARLY OR ASKING YOUR INSTRUCTOR FOR A MODIFICATION
- KEEP YOUR BREATH FULL, SMOOTH & EVEN

WHAT WERE THE HIGHLIGHTS OF YOUR EXPERIENCE?

WHAT ARE YOUR INSTRUCTOR'S BEST QUALITIES?

WHAT FEEDBACK CAN YOU GIVE YOUR INSTRUCTOR FOR IMPROVEMENT?

THANK YOU. YOUR TIME & SUPPORT IS DEEPLY APPRECIATED!

# INQUIRY: *Discussion*

What does it take to be an exceptional yoga teacher?



# PROJECT: *Volunteer*

What population would you like to work with? Why? Who should you contact?



# INSPIRATION: THE POWER OF YOUR WORD SHALL MAKE IT SO

## *Declaration of Intentions*

I am here to love myself. I am here to re-establish a relationship of gentleness and kindness with myself.

As I do this for myself, I do this for all others.

I am here to re-discover that I am born free of guilt,  
I am worthy and whole.

As I see this in myself, I see this in all others.

I am willing to let go of who I've thought I should be.

I am willing to let go of the security of my past self-image.

I am willing to enter the adventure of who I really am.

I am willing to light the lantern of self-love so that I may see my inner beauty, my original innocence, and genuine gifts.

As I discover these in myself, I discover them in all others.

I am here to know the truth: I am an offspring of  
Divine Love, born in the image and likeness of God.

As I see the divine in myself, I see the divine in all others.

*-Carolyn Dell'uomo*

# INSPIRATION: *Children of Light*

CHILDREN OF LIGHT,

The time of the Great Awakening is come. You who have chosen to lift your eyes from darkness to the light are blessed to see the advent of a new day on the Planet Earth. Because your heart has yearned to see real peace where war has reigned, to show mercy where cruelty has dominated, and to know love where fear has frozen hearts, you are privileged to usher real healing to your world.

The Planet Earth is a blessing to you. She is your friend and your mother. Always remember and honor your relationship with her. She is a living, loving, breathing being, like unto yourself. She feels the love that you give as you walk upon her soil with a happy heart.

The Creator has chosen your hands to reach the lonely, your eyes to see innocence in the guilty, and your lips to utter words of comfort to the wounded. Let pain be no more! You have wandered in dark dreams for too long; now you must step into the light and stand for what you know is true. The world has suffered not from evil, but from the fear of the acknowledgment of good. That fear must be ended now, forever, and it is within your power to do so.

No one can find yourself but you. All of your answers are within. You must now teach the lessons you have learned. Your understanding has been given not only for yourself, but to guide a sore and tired world to a place of rest in a new consciousness.

Here before you is your vision come true. Here is your answer given you, a song to soothe a weary soul and make it new again. Here is the bridge that joins you to your brothers and sisters. Here is your Self. Look gently upon your Self, and allow yourself to be filled by the light you have been seeking. True love comes from yourself, and with such a power your every thought is a blessing to the entire universe.

All areas of your life will be healed. You will shine with a golden splendor that speaks of the One who created you in wisdom and glory. The past will dissolve like a dark dream, and your joy will be so brilliant that you will have no recollection on the night.

Go forth then, and be a messenger of hope. Point the way to healing by walking in gratefulness. Your brothers and sisters will follow, and as you pass beyond the portal of limitation you will be united and reunited with all who seem to be lost. There is no loss in Creator. Choose the path of forgiveness, and you will weep tears of joy for the goodness you find in all.

Go forth and live the life of the radiant soul that you are. Glorify the Creator in your every deed. You are important, you are needed and you are worthy. Never allow the dark cloak of fear to hide the light from your view. You were not born to fall; you are destined to succeed. The hope of the world has been planted in your breast, and you are assured of success as you stand for the One who Created you.

This then is the healing of the Planet Earth. All of your doubts and fears can be set aside as you know that the healing will come through the love in your heart.

## INSPIRATION:

*I will not die an unlived life.*

I will not die an unlived life.

I will not live in fear of falling or catching fire.

I choose to inhabit my days, to allow my living to open me, to make me less afraid, more accessible, to loosen my heart until it becomes a wing, a torch, a promise.

I choose to risk my significance; to live so that which comes to me as seed goes to the next as blossom and that which comes to me as blossom, goes on as fruit.

*-Dawn Markova*

# INSPIRATION:

## *Return of the Bird Tribes*

Trust in God is trusting the God who lives within you;  
trusting your spirit's ability to respond to each situation beautifully,  
impeccably, individually, creatively.

When you doubt your native ability to breathe the air of spirit into  
your world and create according to your divine thought,  
you are doubting both God and the Universe. You are rejecting  
life's most precious gift to you- your own inner knowing-  
and you are presuming to replace it with values, judgments and  
opinions you have acquired secondhand.

Trust in God by honoring and trusting your intuitive sense.  
No God would create a creature without the wisdom to chart its own course!

Trust the nature of your design. God's actions appear within your  
awareness as to the most the natural thing for you to do.  
Following them will connect you with the awesome  
powers of the Universe, for all you actions will be in harmony  
with the underlying intent of the life force itself.

The incarnational process us a process of relaxation.  
It is a process of relaxing all thinking that is born from straining and holding on.  
It is a process of choosing not to struggle against the current of  
what comes to you through the natural movement of you own heart.

*Excerpt from Return of the Birds Tribes by Ken Carey*

# INSPIRATION:

## *The Secret*

### I Promise Myself

To be strong that nothing can disturb my peace of mind.

To talk health, happiness, and prosperity to every person I meet.

To make all my friends feel that there is something worthwhile in them.

To look at the sunny side of everything and make my optimism come true.

To think only of the best, to work only for the best and to expect only the best.

To be just as enthusiastic about the success of others as I am about my own.

To forget the mistakes of the past and press on to  
the greater achievements of the future.

To wear a cheerful expression at all times and give a  
smile to every living creature I meet.

To give so much time to improving myself that I have  
no time to criticize others.

To be too large for worry, too noble for anger, too strong for fear,  
and too happy to permit the presence of trouble.

To think well of myself and to proclaim this fact to the world,  
not in loud words, but in great deeds.

To live in the faith that the whole world is on my side,  
so long as I am true to the best that is in me.

*-Christian D. Larson*

*Modified by the Secret 2007*

# INSPIRATION:

## *Seven Dimensions of Wellness*

**1** Physical wellness encompasses a variety of healthy behaviors including: adequate exercise, proper nutrition, abstaining from harmful habits such as drug and alcohol abuse and smoking. It's learning about keeping our health in a proactive state, getting regular medical exams and protecting the body against harm.

**2** Environmental wellness is an awareness of our surroundings, nature, your universe and any outside effects on your physical health. It consists of maintaining a way of life that maximizes harmony within your environment while minimizing harm to that same environment. It may even include socially responsible work to protect the environment.

**3** Intellectual wellness is characterized by the ability to make sound decisions and to think critically. It includes openness to new ideas, motivation to master new skills, a sense of humor, creativity and curiosity.

**4** Emotional wellness is a dynamic state that fluctuates frequently within the other wellness dimensions. Being emotionally well is defined as possessing the ability to feel and express human emotions such as happiness, sadness, anger and remain balanced. Your temperament is very much tied to your genetics, but you may achieve emotional wellness when there is a healthy sense of feeling loved, being able to express love, and achieving a sense of fulfillment in life.

**5** Occupational wellness involves preparing and making use of our skills, life's gifts, talents and other dimensional wellness attributes in order to gain a purpose in life. Once a purpose is achieved, happiness and life enrichment become easy. This translates to an overall improvement within the other wellness dimensions. With occupational wellness, our attitude toward our work is improved, and we've integrated a commitment of our work toward a total lifestyle that is satisfying and rewarding.

**6** Social wellness refers to our ability to interact in our global community and to meet the demands we have placed on ourselves within that same community. Good communications skills, developing intimacy with other, and creating a healthy support system of friends and family allow us to utilize the other wellness dimensions successfully.

**7** Spiritual wellness involves a deeper understanding of ourselves in relation to guiding beliefs, principles and values that assist us in giving direction to our lives. It encompasses a high level of faith, hope and a commitment to our individual beliefs providing a sense of meaning and purpose. Spiritually transcends the individual and provides a common bond with humanity, nature and our universe. It is the fulfillment of all seven wellness dimensions in perfect harmony.

# YOGA ALLIANCE INFORMATION



Be the Love Yoga Teacher Training is a registered Teacher Training Program with Yoga Alliance. Completion of the 200-Hour Program automatically qualifies you for candidacy to become a Registered Yoga Teacher with Yoga Alliance at the 200-Hour level.

In order to register with YA you will submit a copy of your Teacher Training Certificate along with your completed application to YA.

Once approved you will be able to use the Yoga Alliance logo and place "RYT" at the end of your name on your business cards or other promotional materials. You will be listed with Yoga Alliance's registry of yoga teachers. In addition to the professional integrity of this national designation, it is often a key element of being hired as a yoga teacher.

*For further information visit [www.yogalliance.com](http://www.yogalliance.com).*

*Inana*  
THE PATH OF WISDOM

# HISTORY OF YOGA

The practice predates written history; the specific time period is unknown. Stone carvings depicting yoga poses have been found in archeological sites in the Indus Valley dating back 5,000 Years or more. There is a common misconception that yoga is rooted in the Hindu religion. Hinduism's religious structures evolved much later and incorporated various practices of yoga. Buddhism and many other spiritual practices around the world have also incorporated practices and ideas related to yoga.

For thousands of years yoga was an oral tradition passed from teacher to student. The different styles that are now known as yoga are based on the evolution of many individuals passing down their teachings.

## FOUR MAIN TIME PERIODS

THE VEDIC  
(ROUGHLY 5000-1700 BCE)

PRE-CLASSICAL  
(ROUGHLY 1600-100 BCE)

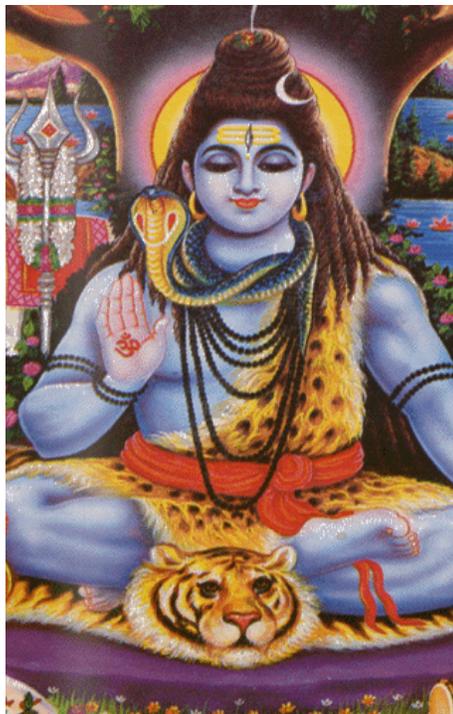
CLASSICAL  
(ROUGHLY 110-500 BCE)

POST-CLASSICAL

## THE VEDIC

The existence of the Vedas marks this period. The Vedas is the sacred scripture of Brahmanism that is the basis of modern-day Hinduism. It is a collection of hymns which praise a divine power. The Vedas contain the oldest known Yogic teachings and as such, teachings found in the Vedas are called Vedic Yoga. This is characterized by rituals and ceremonies that strive to surpass the limitations of the mind.

During this time, the vedic people relied on rishis or dedicated Vedic Yogis to teach them how to live in divine harmony. Rishis were also gifted with the ability to see the ultimate reality through their spiritual practice.



## PRE-CLASSICAL

The creation of the Upanishads marks the Pre-Classical Yoga period. The 200 scriptures of the Upanishads describe the inner vision of reality resulting to devotion to Brahman. These explain the subjects: the ultimate reality (Brahman), the transcendental self (atman), and the relationship between the two. The Upanishads further explain the teaching of the Vedas.

Later, around 500 BCE, the Bhagavad Gita was created and this is currently the oldest known Yoga scripture. It is devoted entirely to Yoga and confirms that yoga is an ancient practice; however it doesn't point to a specific time wherein Yoga could have started. The central point to the Gita is that the difficulties in the lives of ourselves and of others can be avoided when we remove ourselves from our egos.

Just as the Upanishads further the Vedas, the Gita builds on and incorporates the doctrines found in the Upanishads. In the Gita, three facets must be brought together in our lifestyle: Bhakti or loving devotion, Jnana which is knowledge, contemplation, and ultimately wisdom, and Karma which is about selfless service. The purpose of the Gita was to unify Bhakti Yoga, Jnana Yoga and Karma Yoga. It is because of this that the Gita has gained so much importance.



## CLASSICAL

The classical period is marked by another creation – The Yoga Sutras. Written by Patanjali around the second century, it was an attempt to define and standardize Classical Yoga. It is composed of 196 sutras (from the Sanskrit word meaning thread) that expound upon the Raja Yoga and its underlying principle, Patanjali’s Eightfold Path of Yoga.

At this time, due to Patanjali’s teachings, Yogis focused exclusively on mediation and neglected Asana. This is due to his belief that every individual consists of two parts – matter (prakriti) and soul (purusha), and the goal of yoga is to free the soul from the material world in order to take its original form.

It was only later that the belief of the body as a temple was rekindled and attention to the importance of Asana was revived. This time, Yogis attempted to use Yoga techniques to change the body and make it, in connection with the mind, enlightened.

## POST-CLASSICAL

At this point, we see a proliferation of literature as well as the practice of Yoga. Post-classical Yoga differs from the first three since its focus is more on the present, in no longer strives to liberate a person from reality, but rather teaches one to accept and live in the moment.

Yoga was introduced in the West during the 19th century. It was first studied as part of Eastern Philosophy and began as a movement for health and vegetarianism around the 1930’s. The new generation for yogis developed a system where different exercises- in conjunction with breathing and meditation- would keep the body young and prolong life. By the 1960’s there was an influx of Indian teachers who expounded on Yoga. In 1961, Hatha Yoga was broadcast on American Television by Richard Hittleman, presenting his book “The-Twenty-Eight Day Yoga Plan,” which sold millions. Another

prominent Yogi was Maharishi Mahesh, the Yoga who popularized Transcendental Meditation to popstars such as the Beatles. Yoga Guru Swami Sivananda was a doctor in Malaysia and he later opened schools in American and Europe.

The most prominent of his works is his modified Five Principles of Yoga, which are:

- 1) Savasana (proper relaxation)
- 2) Asana (proper exercise)
- 3) Pranayama (proper breathing)
- 4) Sattvic Diet (proper nourishment)
- 5) Dhyana (positive thinking and meditation)

Sivananda wrote more than 200 books on Yoga and Philosophy and had many disciples who furthered Yoga. Namely Swami Satchidananda, who introduced chanting and Yoga to Woodstock; Swami Sivananda Radha, who explored the connection between psychology and Yoga, and Yogi Bhajan who started teaching Kundalini yoga in the 70's.

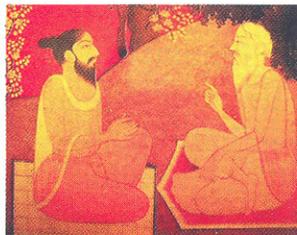
Today, Yoga is one of the most rapidly growing health movements, crossing the boundaries of culture and language. There are an estimated 30 million practitioners globally.



# TIMELINE

## one definition of yoga

The Upanishads define yoga as the restraint of the senses, and explain some of its practices.



## first documented pose

Five mysterious “Pashupati” seals (later found in the ruins of northwest India’s Harappan culture) depict the seated pose Mulabandhasana.

## wisdom, condensed

The Yoga Sutra, a collection of 196 short verses describing the nature of the mind and the way to train it, is composed by the sage Patanjali. It will become a key text of the modern tradition.

## body as temple

Tantra, a philosophy that sees everything worldly as an expression of the Divine energy, takes shape in India. Tantra will evolve over many centuries, validating the body as a spiritual vehicle and including women and other members of society previously barred from sacred ritual.

c. 3800-1800

c. 600

c. 450

BCE

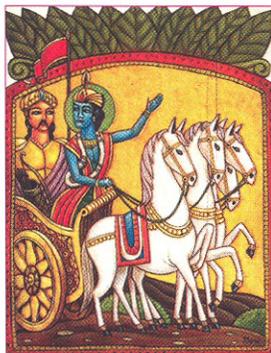
c. 1200

CE c. 200

c. 1005

## earliest scripture

The Rig Veda tells of the Kesins: long-haired yogis who sail through the air, cavort with heavenly girls, and hang out with Kunamnama, a deity similar to Kali.



## all about Tantra

The great sage Abhinavagupta composes the 5,800-verse Tantraloka, making the philosophies and practices of Tantra easier to understand and contributing aesthetic elements that will increase Tantra’s accessibility for the modern yogi.



\* line illustrations  
by Roderick Mills

## inspired storytelling

The Bhagavad Gita makes yoga accessible to householders by describing Krishna’s teachings to his friend Arjuna in the midst of a great war. In simple poetry, Krishna describes the yogas of devotion (*bhakti*), service (*karma*), meditation (*raja*), and study (*jnana*) as well as dozens of yoga techniques.



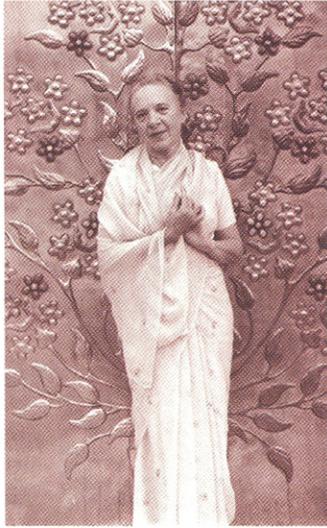
A video timeline of recent yoga history can be found at [yogajournal.com/livemag](http://yogajournal.com/livemag).



CLOCKWISE FROM TOP LEFT: RANCHO LA PUERTA; BETTMAN/CORBIS; BIKRAM YOGA COLLEGE OF INDIA; BILL TIPPER; DAVID MARTINEZ; TIME 2001; GOVINDA KAI; 3HO FOUNDATION INTERNATIONAL; CHANDRA MELWANI; OLAF HAJEK

## yoga goes Hollywood

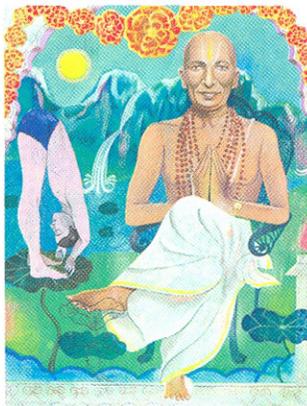
Indra Devi, the first Western student of Krishnamacharya, opens a yoga studio in Hollywood. There, she teaches Magaña Baptiste, who will become the mother of America's "First Family of Yoga" (Magaña's children Devi, Sherri, and Baron will all become yoga teachers). In 1955, Magaña and her husband, Walt, open San Francisco's first yoga center. Decades later, their son Baron Baptiste will popularize Power Yoga.



1947

## forefather of a yoga nation

Tirumalai Krishnamacharya, with seven years of yoga training with a cave-dwelling master in Tibet and six degrees in philosophy and Indian sciences, is hired by the king of Mysore, who will open a school for him. Krishnamacharya taught his brother-in-law, B. K. S. Iyengar, Ashtanga Yoga founder K. Pattabhi Jois, and his own son, T. K. V. Desikachar. Though he never visited the U.S., Krishnamacharya's teaching became the basis for much of what is taught in American yoga today.



## yoga TV

Richard Hittleman produces the television series *Yoga for Health*. He goes on to become a yoga TV star and write numerous books, translating Indian philosophy and yoga practice with a clear-cut approach appreciated by millions of Americans.

1961



## clinical application

T. K. V. Desikachar quits a budding engineering career to study yoga with his father, Krishnamacharya. He will go on to become a leader in the science of yoga therapy, which uses yogic techniques to treat physical and psychological ailments.



## all you need is yoga

The Beatles meet Maharishi Mahesh Yogi and travel to Rishikesh, India, to study Transcendental Meditation, an experience that inspires many of the songs on their *White Album*. This "celebrity bump" gives yoga credibility and leads millions to the practice.

1967

1966

## teaching teachers

Swami Vishnu Devananda, the Sivananda disciple and "Flying Swami" who took his psychedelic Peace Plane around the world, founds the first modern yoga teacher training course.

1969

## kundalini rising

Yogi Bhajan teaches yoga in Los Angeles and founds the 3HO (Happy, Healthy, Holy Organization). His international Sikh communities teach yoga to thousands during the 1970s and beyond, propelling yoga's growth and shaping the Kundalini Yoga style championed by Gurmukh Kaur Khalsa.

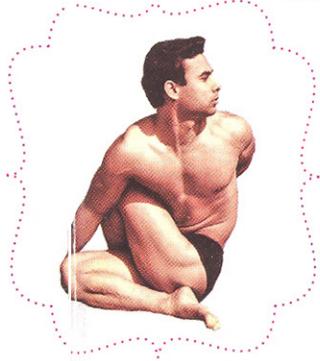


## modern guidebook

B. K. S. Iyengar's *Light on Yoga* becomes the new yoga bible and the starting point of practice for thousands worldwide.

## Lilias brings it home

Lilias Folan cheerfully teaches asanas in *Lilias, Yoga and You*, a PBS television program that airs for the next 20 years.

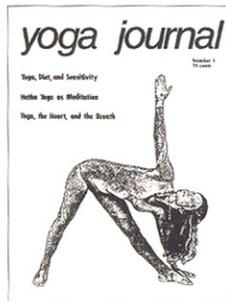


### getting hot in here

After becoming a yoga champion in India, Bikram Choudhury brings his methods to Hollywood and invents hot yoga, which begets more than 300 international studios.

## chronicles of practice

*Yoga Journal* is founded by members of the California Yoga Teachers Association to provide material that combines the essence of classical yoga with the latest understanding of modern science.



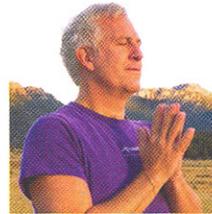
## Anusara graces the stage

John Friend founds Anusara Yoga, a potent synthesis of the ancient and modern traditions. Friend's charisma, interpretation of Tantra, and signature language for describing postures form the basis for a community-based yoga movement that prospers worldwide.



### enter acrobatics

Jason Nemer and Jenny Sauer-Klein hold the first workshop in an acrobatic, social style of partner yoga called AcroYoga. The following year, Jason Magness and Sam Salwei invent slackline yoga, which soon becomes a high-flying companion to the AcroYoga style.



### standards of practice

Yoga Alliance establishes teacher licensing and standardizes teacher training programs.

1971

1972

1975

1997

1999

2004

1973

1983

2001

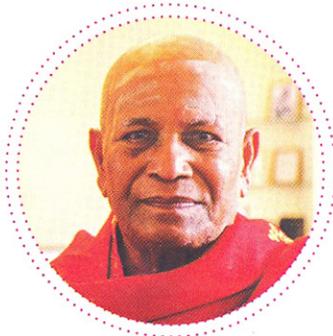
2010

### heart song

The great *bhakti* saint Neem Karoli Baba, who coined the phrase "Love All, Serve All," dies in Vrindavan, Uttar Pradesh. In the last decade of his life, he taught the three men who brought *kirtan* to the West: Krishna Das, Jai Uttal, and Bhagavan Das as well as Ram Dass, who opened millions to yoga through his 1971 book, *Remember, Be Here Now*.

### vinyasa flows

Norman Allen, David Williams, and Nancy Gilgoff discover Krishnamacharya's longtime student K. Pattabhi Jois, and learn his flowing Ashtanga Yoga in Mysore. Two years later, they bring Jois to California, and the American Ashtanga revolution begins.



### scientific proof

Dr. Dean Ornish, a follower of Swami Satchidananda, conducts his Lifestyle Heart Trial research, establishing yoga's positive impact on heart disease and legitimizing yoga for Westerners. A yoga boom follows, accelerated by the appearance of celebrity yoga teachers.

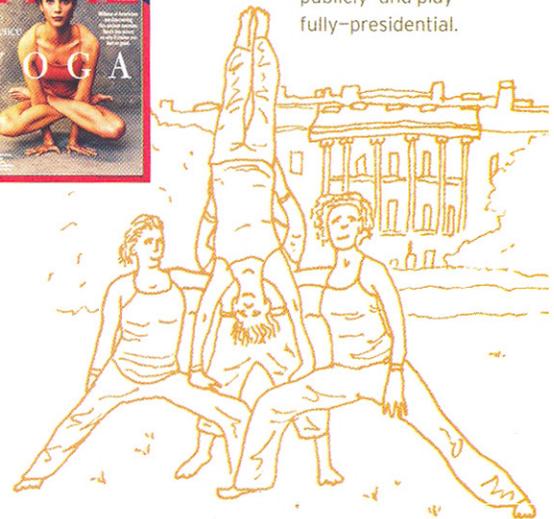
### cover story

*Time* magazine features Christy Turlington in Urdhva Kukkutasana (Cock Pose) on the cover. Inside, the model talks about her practice of the eight limbs of yoga.



### presidential seal of approval

For the second year in a row, the Obama White House includes yoga among the fitness-day activities at the annual Easter Egg Roll. Yoga has become publicly—and playfully—presidential.



Timeline compiled by Eric Shaw. He teaches the history, philosophy, and practice of yoga worldwide and is writing a history of modern yoga for Anusara Press. Visit him at [prasanayoga.com](http://prasanayoga.com).

# SWAMI KRIPALU'S INSPIRATION FOR YOGA TEACHERS

BY SHOBHAN RICHARD FAULDS  
WINTER 2010-11

THE KRIPALU APPROACH:  
YOGA FOR EVERYBODY  
<http://kripalu.org/article/375>

ARTICLE:  
WHAT IS AYURVEDA?  
[www.kripalu.org/article/223/](http://www.kripalu.org/article/223/)

Swami Kripalu (1913–1981) was a remarkable man, a bridge between the traditions of ancient India and contemporary Western society. A yoga master renowned in India for the intensity of his spiritual practice and the depth of his compassion, Swami Kripalu came to America in 1977 and spent the last four years of his life in residence at the original Kripalu Center.

Maintaining his schedule of 10 hours of Kundalini Yoga meditation per day, Swami Kripalu taught a small number of close disciples, including Yogi Amrit Desai. He also made weekly public appearances that catalyzed the growth of the Kripalu Yoga community. In these ways, Swami Kripalu played an essential role in the transmission of a spiritually potent tradition to a large community of Western practitioners.

An articulate speaker and talented musician, Swami Kripalu had a genuine love for people that set him apart. His singing stirred deep feelings of devotion within the hearts of his listeners. Discourses were peppered with captivating stories, eliciting tears of sorrow and peals of uncontrollable laughter. A prolific writer, Swami Kripalu wrote books of practical spiritual guidance uplifting the lives of his many devotees. He radiated a palpable energy of compassionate love and spiritual power, and few came into his presence without being touched, moved, or changed in some way.

Swami Kripalu returned to India in 1981 and died shortly thereafter. He was held dear by a multitude of Indians and Westerners, and his death was honored as the passing of a humanitarian saint. His teachings on yoga practice and supportive lifestyle still form the basis of the Kripalu Yoga approach. The following quotes were drawn from a number of sources and convey a small portion of his guidance to yoga students. While remaining true to Swami Kripalu's original teachings, they have been edited and in some places paraphrased to make their meaning more accessible.

## ON THE NEED FOR PRACTICE

To read uplifting books or listen to spiritual discourses is good. But to practice even a little is of the utmost importance. The profound meaning of yoga is understood only by those who study it through regular and systematic practice. The day you start to practice, your true progress will begin.

Accepting the truth proclaimed by the scriptures does not produce knowledge. Real knowledge is only obtained through personal experience. For experience, practice is indispensable.

Through various yoga experiences, a seeker goes on intensifying his faith, courage, knowledge, zeal, and devotion. In this way, he progresses on the path of yoga, gaining the knowledge of yoga through the practice of yoga.

Do not give up virtuous conduct and self-discipline, even in the face of death. Keep unflinching faith in the Lord and continue to practice mantra repetition, chanting, meditation, pranayama, postures, observing holy vows, fasting, moderation in diet, scripture study, and other disciplines. I extend my blessings to everyone.  
*(Farewell speech before returning to India 9/27/81)*

## ON YAMA AND NIYAMA

The scriptures of all the religions have given attention to the principles contained in yama and niyama. By genuinely pursuing yama and niyama, anyone can prosper materially and spiritually. The success achieved by influential men and women in their various fields is founded upon the practice of these principles. I can confidently state that anyone who ignores yama and niyama is clearly stunting his or her own development.

Yama and niyama build a person's character so thoroughly that by sincerely practicing them one ceases to be an animal, grows into a real human being, and can even transform into the Lord. Although their practice is arduous, fear is unwarranted because we are required to practice yama and niyama to the best of our capacity. By firmly grasping the flower of a single virtue, a person can lift the entire garland of yama and niyama.

## ON HATHA YOGA

The body is stimulated by proper exercise, which both strengthens and relaxes. We all must travel a long distance in this physical body. If we do not care for it, how can we reach our goal?

The body benefits most when the postures are performed consciously and with full understanding. It takes time to accomplish difficult postures. Avoid forcing the body into them prematurely. Work into them gradually. Otherwise, the body can be harmed. Pranayama is the king of all exercises. Under conditions of heightened respiration, the heart, arteries, capillaries, veins, and lungs perform many days' labor in only a few hours. As blood circulation increases, basic nutrients are distributed to all the tissues in the body. Waste products accumulating in the cells are eliminated into the veins. Indeed, one can comprehend the significance of all forms of exercise by understanding this process alone. The body parts are moved merely to churn and stimulate the respiratory process.

Kripalu Yoga is the most advantageous practice for a person living an active life in society. Success in life requires both mind power (chitta) and life force (prana). Chitta and prana usually work independently. While waking, chitta is dominant and controls the body. While sleeping, prana is dominant and controls the body. While practicing Kripalu Yoga, a smooth flow of attention is maintained on the body while gracefully passing from posture to posture. Through regular practice, prana awakens. Chitta and prana become friends of equal strength who cooperate closely with one another. The uniqueness of Kripalu Yoga is that postures, breath regulation, introversion, concentration, and meditation are all happening simultaneously. In the beginning

stages, the practice of postures is primary and the other aspects of yoga are secondary. In the final stage, meditation is the primary experience.

Asanas performed with a deep sensitivity to the breath are ten times more beneficial than those without breath awareness.

The cause of all agitation is the constant modification of mind. The mind easily becomes concentrated and one-pointed through the practice of yoga. When control of the mind is obtained, the kingdom of peace is established.

## ON STRUGGLE AND DIFFICULTIES

In the entire world, there is not one human being who is free from pain. Even in favorable conditions, a person encounters struggle. The external form of struggle appears to be cruel. Some describe it as a horrible demon, but its nature is not malicious. Struggle keeps us from being sluggish. It keeps us aware and in the end bestows true knowledge. Struggle is actually an angel and the well-wisher of everyone.

It is proper to welcome struggle. Its arrival is always auspicious. Struggle changes a sub-human into an ideal person. It transforms an ordinary human into a spiritually awake person respected by the world. Struggle is a subtle sculptor who shapes the life of every great spiritual master into a unique and unparalleled work of art.

Difficulties are bound to come. Just sitting still, difficulties appear all around you. Difficulties get in the way when you act. If there were no difficulties, you would never realize your inner strength. Strength is always within us, but it only comes out when difficulty appears. When difficulties arise, do not stop. Instead, continue on your way by having faith in God.

Seekers who believe they must practice yoga only in the meditation room are under a great illusion. They must practice yoga in society as well. Practicing yoga in the meditation room is easy because there are no external disturbances. But one encounters many disturbances while practicing yoga in society, which makes it very difficult. The true yogi is one who can successfully protect his mental steadiness while in society.

## ON PURIFICATION AND GROWTH

Physical waste products are often not excreted completely. They go on collecting in the body. In the same way, negative ideas accumulate in the mind. Purifying the body and the mind is not as easy as one might think. It is necessary to be very patient.

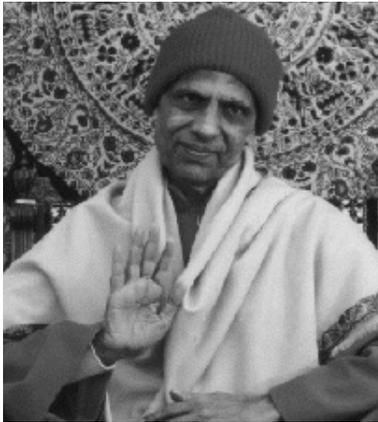
A significant number of earnest spiritual seekers take up the practice of yoga. Unfortunately many stop because exactly the right things happen.

Growth can only be gradual. The seed that is sown today does not sprout into a tree the next day. It does so only in the course of time, at its own pace, and by its own order.

Do not wrestle with a fault that you want to remove. Wrestling increases the disturbance of the mind and allows the excited fault to lift you up and slam you to the ground. Unable to pull yourself up to fight again, you will eventually give up the fight forever. The best way to remove a fault is to practice its opposite virtue. Practicing virtue decreases mental restlessness and increases happiness. Eradicate your bad character traits by strengthening good character traits.

## ON SELF-OBSERVATION

The highest spiritual practice is self-observation without judgment.



Self-observation cannot be done perfectly right away. It takes time, as you have to pass through stages and learn it gradually. When performing actions, allow a part of the mind to observe yourself objectively. At first you see only your faults and lower qualities, which is why you must always do your self-observation with love. Gradually you begin to recognize there are good qualities also. By letting go of lower qualities, higher qualities naturally come in and go on increasing. One must sincerely want to see his faults and increase his good qualities. As long as that determination is not firm, self-observation is not possible.

Self-observation brings us closer to truth. When the mind is steady, we can see a little truth. When the mind is disturbed, we can't see anything. Growth allows a portion of the mind to remain an objective witness even in a disturbed state. The witness is always there, if one can keep a wakeful attitude in one's self.

## ON LOVE

Truly, the wise proclaim that love is the only path, love is the only God, and love is the only scripture. Only love can bring unity and remove the separation between all living beings. Only love purifies the body and mind. Love is not far away; it is as close as your heart. You can find it living there without walking a single step. Love is my only path. I am, in fact, a pilgrim on the path of love.

We can love no matter where we are. We can love under any circumstances, whether we have our arms and legs straight, or we are lying down, whether we are sitting or walking. We could be doing anything. The only thing is that we simply have to keep our mind attuned to God. There are two things which help love to increase and those are self-control and good character or right behavior.

The major characteristic of love is the absence of conflict. When conflict is born and increases daily, true love gradually diminishes. Where conflict finds fault, love sees virtue. When love increases daily, its flower blossoms fully, spreading its sweet fragrance everywhere.

The highest religious principle is Vasudhaiva Kutumbakam: the whole world is one family. No matter what religion we are following, if we cannot love others then we are not following religion but the illusion of religion. Where there is no unity, no love, no harmony among each other, how can there be religion?

## ON SERVICE

Love is the seed, surrender the bud, and service the fruit. Serving others is such an effective method for attaining personal growth that it excels any other means that may be employed.

Serve with a full heart. By making others happy, you make yourself happy. The key to your heart lies hidden in the heart of another.

The nectar in the heart of an individual is not for himself. It is for others. As we serve others this nectar, its flow into our own heart goes on increasing. Our family and friends are thirsty for love. If we do not offer them our cup of love, the reservoir of our heart will become an impure and a poisoned reservoir. Go on giving love to your loved ones until they are fully satisfied. Then they also will never leave you unsatisfied.

## ENDING BLESSING

Swami Kripalu always ended his public discourses with a blessing such as the one that follows:

May everyone here be happy.  
May everyone here be healthy.  
May everyone here be prosperous.  
May no one be the least little bit unhappy at all.  
My auspicious blessing to you.

*Compiled by Danna Faulds and edited by Shobhan Richard Faulds.*

