

**GENERAL CONTENT OF THE COURSE 2016**  
**(Subject to modification, expansion)**

|  |  |
|--|--|
| <p>1.Course introduction<br/> How to be<br/> Course objectives<br/> Requirements<br/> Reading Assignments</p> <p>2. Philosophy<br/> Introduction<br/> Yamas &amp; Niyamas<br/> Yoga Sutras<br/> Stages of Yoga<br/> Metaphor for Life<br/> Holistic Health Paradigm<br/> Communication Skills<br/> Art of Teaching</p> <p>3. Concept of Hara</p> <p>4. Anatomy and Physiology and Chakras<br/> Body Reading<br/> Hands on Adjustments</p> <p>5. Warm Ups<br/> Families of warm ups<br/> Back care<br/> Doubles yoga<br/> Tie Stretches<br/> Hara exercises</p> <p>6. Asanas (Postures)<br/> Standing<br/> Balancing<br/> Belly Downs<br/> Sitting<br/> Kneeling<br/> Shoulder Squeezes<br/> Inversions<br/> Points of focus (press points and dristis)<br/> Routines and Sequencing<br/> Alternative postures, modifications<br/> Props<br/> Benefits and contraindications<br/> (e.g. high blood pressure, hypertension)<br/> Contraindications for women: menstruation,<br/> pregnancy, menopause<br/> Yoga therapy for multiple conditions</p> <p>7. Pranayama (Breathing) and Kriyas (Purifications)<br/> Art of Breath<br/> Energizing<br/> Balancing<br/> Relaxing<br/> Special Situations</p> <p>8. Relaxation<br/> Basic principles<br/> Mechanics of Yoga Nidra<br/> Benefits</p> | <p>9. Meditation, Visualization, and Affirmations<br/> Slow motion prana<br/> Chakras<br/> Mantras</p> <p>10. Yoga of Food<br/> Ayurveda<br/> Macrobiotics</p> <p>11. Teaching methodologies<br/> Focus mind on body<br/> Use of Conscious Language<br/> Creating environment<br/> Centering a group<br/> Point of focus - press points<br/> How to teach a new posture<br/> Demonstrations<br/> Partners,<br/> Props, ties, wall<br/> Summary outline for facilitating a class</p> <p>12. Planning a yoga class<br/> How to create a complete experience<br/> Lesson plans<br/> Questions students may ask</p> <p>13. Hands On Assisting</p> <p>14. Professional Practice<br/> Principles of promotion<br/> Publicizing<br/> How to give a lecture/demo<br/> Financial and Legal Matters</p> <p>15. Resources<br/> Books<br/> CDs</p> <p>16. Inspiration and personal notes<br/> Purpose of the practice<br/> How to be effective<br/> Quotations<br/> Prayer to the Body</p> <p>17. Practice Teaching<br/> Roles : teacher, student, student facilitator,<br/> teacher facilitator<br/> Observation questions<br/> Facilitator format<br/> Simple lesson plans</p> <p>18. Integration of coursework<br/> Group Sharing<br/> Personal Growth Reflections<br/> Journalling</p> <p>19. Karma Yoga<br/> The Yoga of Service</p> <p>20. Sanskrit Alphabet &amp; Pronunciation</p> |
|--|--|

This is a very comprehensive program. The above outline is just a summary.

Individualized attention and group dynamics make the instruction unique.