

Discover your authentic Self

Vidya Yoga School

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Section 1 – What is Yoga?

The many meanings of Yoga including a historical timeline begin to create the Path to Liberation. We will cover the history, literary heritage, and their insights as we begin to contemplate their application in our lives.

- The Fundamental Principles of Yoga
- The Deeper Dimensions of Yoga
- Yoga Unveiled (video)
- The Scriptures
 - Vedas
 - Upanishads
 - Bhagavadgita
 - Buddhism
 - Tantra
- The Tree of Hindu Yoga

Section 2 – Approaching Spiritual Practice

Liberation is our birthright. It is available to all of us and there are many paths. We will begin to explore the paths available and how we can approach a personal practice.

- The Quest for Happiness
- The 7 stages of Psycho-Social growth
- How do we Avoid Suffering?
- Yamas and Nyamas

Section 3 – Meditation

Meditation is the foundation of the spiritual path. The many forms of meditation will be discussed and practiced and time for personal experimentation and reflection will be provided.

Section 4 – Elements of the Spiritual and Physical Practice

There are many concepts/rituals contained within the understanding of practice. Exploring the meaning and application are evidenced here.(don't like the wording... help!)

- Mudras
- Koshas
- Nadis and Vayus
- Bandhas and Loops
- Pranayama
- The Practice of Mauna

Section 5 – Chakras

Understanding of the Chakras through sound, color, location, and relationship will be just some of the topics contained within this section. Exploration through art will be part of a guided practice to discover these energetic wheels and ways to open them.

- Qualities
- Energetic patterns
- Jung on Chakras

Section 6 – Anatomy Top to Bottom

This is a basic introduction with the purpose of providing an overview of the Body, the Systems and major muscle groups. Function and identification, including asana application will be covered

- Spine and Neck
- Major Muscle Groups
- Anatomy Practice

Section 7 – Asana Anatomy

Applying the concepts in the previous section, asanas will be explored and broken down into anatomical descriptions, benefits and contraindications. Alignment principles will be applied as they pertain to body movement and position.

Section 8 – Asana Practice

Alignment Essentials and modifications are key to instructing students how to enter a pose, adjust, and determine appropriate level. Through group work, experience with others will begin to build confidence and knowledge as we explore the many options.

- Core integration
- Standing Poses
- Backbends
- Forward Bends
- Balance
- Twists
- Inversions

Section 9 – The Business of Yoga

Yoga is a beautiful career, but requires an income as does every other career. Discussion on the challenges and benefits and how best to attain your objective will be covered.

- Marketing
- Business Plan
- Promotion

Section 10 – Tips for the Successful Yoga Teacher

Now that you have all the information and training, what is going to help you stand out?

What will bring students to you rather than another teacher? The answers lie here 😊