

Discover Your Authentic Self

Vidya Yoga School

Required Readings

Teaching Yoga by *Mark Stephens*

Yoga Anatomy by *Leslie Kaminoff*

The Heart of Yoga: Developing a Personal Practice by *TKV Desikachar*

Table of Contents

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.

- Introduction To Yoga
- The History & Fundamental Principles of Yoga
- Yoga Periods & Scriptures
- The Teachers
- Discussion
- Yoga Anatomy

Section 2 – 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
- Yamas & Niyamas
- Psycho-Social growth
- Discussion
- Yoga Anatomy

Section 3 – Begin Your Spiritual 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!)

- Meditation
- Pranayama
- Subtle Energy
- Discussion
- Yoga Anatomy

Section 4 – 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.

- Gunas
- The Complete System
- The 7 Chakras
- Discussion
- Yoga Anatomy

Section 5 – The Asanas

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.

- Asanas
- Best Practices
- Special Populations
- Discussion
- Yoga Anatomy

Section 6 – 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.

- Seated Asanas
- Standing Asanas
- Hip & Back Asanas
- Warm Ups Asanas
- Transition Asanas
- Twist Asanas
- Inversions

Section 7 – 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.

- Yoga Alliance
- Business Plan
- Promotion
- Tips