

Teacher Training course plan

Venue: Lotus loft yoga studio, Exeter

Year I:

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Aims: To teach students the basic muscle functions and lesson planning skills and give them the chance to practice it, teach it and assess the teaching, teach and practice the yamas and niyamas and open up a view of the deeper meaning yoga can have on life.

Learning outcomes: By the end of the year students should:

cognitive:

- know the function and location of the major muscle groups
- know the difference of the function of the respiratory system and the pranic movement
- know how to do a posture analysis and how to devise a lesson plan
- know how to modify for common medical conditions
- know some facts about the history of yoga
- know the yamas and niyamas and Patanjali's interpretation of them
- know the content and meaning of some Upanishads
- know that yoga is more than stretching muscles

psychomotor:

- be able to analyse a posture, find suitable preparations and device a lesson plan
- be able to teach a class building up to a peak posture
- be able to formulate the role of the breath in yoga
- be able to set up a yoga class and start teaching
- teach yoga postures integrating breathing and simple yogic wisdom

affective:

- look forward to get started with the teaching
- feel confident about having the necessary skills to face a class
- feel that their personal practice has deepened
- feel the movement of prana in their practice

Practical tasks and assignments:

- complete one posture analysis
- complete one detailed 30 minutes lesson plan
- write a personal statement on yamas and niyamas
- teach the 30 minutes lesson plan to the peer group, peer group teaching (pgt) 1
- Give a talk about one Upanishadic theme, pgt 2
- Teach 15 minutes breath exploration to the peer group, pgt 3
- A one to one tutorial with the tutor

Day	Hour 1	2	3	4	5	6	7	Homework, set on that day
Introduction	-Course intro. -Filing systems - dropbox	-How to analyse and prepare postures	Example: -adho mukha svanasana -teach the preparations and posture	- drawing stick people -students device a little practice	-students yoga background -questions -reasons for doing the course, strengths and weaknesses	-Difference breathing / pranayama	- Students go through their practice plan -Savasana	Familiarise yourselves with DK: the boy
1	Ashwa Sanchalana. Emphasise: kinesiology theme: the mobile body	Joints and kinesiology	Breath and prana	Practical: kinesiology	Muscle function isotonic/ isometric eccentric/ concentric	Practical: analyse muscular movements	same	Sort paperwork

2	Utkanasana emphasise: role of gravity	How to write an essay	“Simon says” specify kinesiology and muscle function	Posture Analysis, complete one on uttanasana	-same -lesson plan format	Complete lesson plan for uttanasana	-Set up: presentation 1 Yoga is Self- Realisation	
3	Core postures A	- intensity curve -prepare/ limber	Respiratory system – pranic system	Tutor taught breath exploration	Common medical conditions I	How to modify for common medical conditions	Yamas	Read Chadogya Upanishad
4	Marjariasana theme: body awareness	Vulnerable areas	1) pgt 3 2) pgt 3	Muscle analysis practice	Chandogya Upanishad	Static / dynamic	Questions and answers, how does it go so far?	-Read Kata Upanishad - read in Patanjali
5	Virabhadrasana I, strength Pat 3,25	3) pgt 3 4) pgt 3	1) pgt 1 trikonasana	Patanjali, overview	Blooms taxonomy	Kata Upanishad	Niyamas	
6	2) pgt 1 Salabhasana+ feedback	5) pgt 3 6) pgt 3	Role of the breath in the asanas	same	Back bends, dangers	Gomukasana posture profile	Gomukasana Lesson plan on wallpaper	
7	Virabhadrasana III: balance, drishti and focus	7) pgt 3 8) pgt 3	Savsana, relaxation?	3) pgt 1 Bujangasana + feedback	4) pgt 1 Supta pandagathasana	Workshop: modify all sorts of postures	same	Read Taitireya Upanishad
8	Pat 1,2: interpretation, practical	9) pgt 3 10) pgt 3	5) pgt 1 Vrkasana feedback	props	6) pgt 1 Navasana + feedback	-Taittireya Upanishad -set up pgt 2	11) pgt 3 12) pgt 3	
9	7) pgt 1 Baddha konasana + feedback	Yogic element in a class	8) 1.1b Baradvajasana + feedback	1) pgt 2 2) pgt 2 3) pgt 2 4) pgt 2	9) pgt 1 Virabhadrasana II + feedback	Setting up a yoga class	Finances taxes	Consider the role of yamas and niyamas in my life

10	10) pgt 1 Bakasana + feedback	Yoga History overview	11) pgt 1 Dwi Pada Pitham + feedback	Quads double action Natarjasana+var	How to work with classical texts	Difference: Vedanta, classical Yoga, Hatha	Yamas and Niyamas in my life	Read Brihadaranyaka Upanishad
11	12) pgt 1 Purvottanasana + feedback	13) pgt 3 14) pgt 3	5) pgt 2 6) pgt 2 6) pgt 2 8) pgt 2	The eight limbs	Ardha chandrasana, the importance of the inner legs	Brihadaranyak a Upanishad	Benefits, sense yourself	Write a personal statement on Yamas and niyamas
12	13) pgt 1 Prasarita Padottanasana + feedback	Introduction to meditation	Workshop: observing	9) pgt 2 10) pgt 2 11) pgt 2 12) pgt 2	14) pgt 1 Chaturanda dandasana+ feedback	Teaching so far and plans for teaching	13) pgt 2 14) pgt 2	Revise course notes from year 1

Year II:

Aims: To teach the pranic body in theory and practice, familiarise the students with Kriyas Pranayama, Mudras and Bandhas, and consider a frame for a 6-10 week course

Learning Outcomes: By the end of year the students should:

cognitive:

- know the teachings of the pranic body
- know how pranayama is described in the texts
- know the Hatha Yoga Pradipika
- know about kriyas, mudras and bandhas
- know how to tackle a series of 6-10 weeks

psychomotor:

- be able to practice pranayama at home
- be able to teach some pranayama practices
- be able to practice and teach kriyas, mudras and bandhas
- be able to write an essay about the HYP
- be able to write an essay about the pranic body
- be able to see the pranic practices in the context of the yoga history

affective:

- feel the pranic movement in their bodies
- feel reaching into deeper layers with their practice
- feel a greater understanding of the Hatha tradition
- feel the effect of pranayama, mudras, and bandhas
- feel enthusiasm to research further

Practical tasks and assignments

- write a summary of the Hatha Yoga Pradipika
- write an essay about the pranic body
- create a frame for a 6-10 week planning

- teach pranayama and a mudra, bandha or kryia to the peer group, pgt 4
- add pranayama to the daily practice according to the plan
- start teaching
- be assessed by the tutor outside of the course meetings
- 15 minute improvement on class assessment, pgt 5
- a one to one tutorial with the tutor

	Hour 1	Hour 2	Hour 3	Hour 4	Hour 5	Hour 6	Hour 7	Homework
1	Surya Namaskara analyse, teach theme: ishvarapranidhanat	same	Prana: experience: -3D pictures -see aura -feel aura -feel prana through asana Pat 1.35	Prana in the tradition, Prashna Upanishad	Workshop: adjusting	same	Yoga History I	Read the Shvetashvatara Upanishad
2	Jathara parivrtti, expand prana	Pranayama (py) in HYP and Patanjali	Practical py: develop bk, cleanse nadis	set up the year II breathing practice	Neck problems and how to protect the neck	Svetashatara Upanishad	Yoga History II	Start reading in the Bhagavad Gita
3	The koshas	The koshas in practice	First month py Bramahri	Knees problems and how to protect	Analyse and prepare varjasana	6-10 week plan: how to do it	6-10 week plan: example	Devise a frame for a 6-10 week plan
4	Lumbar problems and how to protect the lumbar	The vayus	Second month py: the vayus	Complete 90 minute plan difference to	Introduction to the Bhagavad Gita	Shatkarmas: theory	Practical: neti trataka Kabalabhati (as kriya and py)	
5	Urdha mukhasvanasana, and the vayus	-Nadis -Third month py: nadi	Mudras general	Hastha Mudras	Practices to prepare py: lion, tadagi, agni	Pranayama practices	-Set up pgt 4 -needy students	Start reading Patanjali

		sodhana			sari			
Ashram visit	Teach a complete 90 minute plan	Discuss the plan and session	-Karma Yoga -introduction into Ashram life	Manipooora and the role of breath	Teach a complete 90 minute plan	Discuss plan and session	-check up: how does it go? -set up 4.3	
6	Practical: work to activate the chakras	1) pgt 4: bramahri + trataka 2) pgt 4: kabalabhati as Kriya + as py	Yoga History III	Chakras	3) pgt 4: Kapalabhati as py + neti 4) pgt 4: brahmari + tongue cleanse	Bandhas in theory	-Bandhas in practice - Fourth month py: vayu movement	Write essay on the pranic body
7	Practical: asanas with bandhas	Head mudras	5) pgt 4: alternate nostril breath + nasikagra 6) pgt 4: nadi sodhana + hasta mudra	Yoga History IV	Hatha Yoga Pradipika: in history and overview	Adjustments: -verbal -demonstrations -touch -intensify	-same -Fifth month py: Kapalabhati	
8	Practical: asanas with bandhas	7) pgt 4: kapalabhati and hasta mudra 8) pgt 4: ujjaiy + hasta mudra	Teaching so far	Topics of the Gita: the gunas and maya	Karma and bakthi	Uddiyana bandha, soft and strong	Observation skills	
9	Practical: postural Mudras	9) pgt 4: bramahri + shanmukhi 10) pgt 4: ujjaiy + kechari	Hatha Yoga Pradipika (HYP) introduction	Chapter 1	Create a posture analysis, lesson plan with one peak and one chakra	same	-Seventh month py: -sitali sheetkari -ratio breath	
10	Practical: asanas to activate	11) pgt 4 sitali + moola bandha 12) pgt 4:	Attachments In hatha yoga: granthis	-Attachments in Raja Yoga: Kriya yoga, Pat,	HYP chapter 2	HYP chapter 3	1-3: pgt 5	

	mooladhara and swadisthana	sheetkari + uddiyana bandha		2.1 -Eighth month py : bastrika				
11	Practical: asanas to activate manipoora and anahatha	4-6: pgt 5	HYP chapter 4	13) pgt 4: ratio + maha bandha 14) pgt 4: bastrika and shambhavi	Kundalini	7-9: pgt 5	Introduction to Raja	
12	Practical: asanas to activate vishuddhi and ajna	10-12: pgt 5	Yoga history V Yoga after Patanjali	Catch up topic	Catch up topic	Student report, what have I learned, where am I unsure	Feed back on Year 2, overview of Year III	

Year III

Aims: To teach meditation in theory and practice, to interpret the whole of Patanjali practice integrating Patanjali's instructions into practice and teaching and to support students in their teaching process

Learning Outcomes:

cognitive: By the end of the year the students should:

- know the techniques and purpose of meditation
- the content of Patanjali
- be familiar with all the common Upanishads and the Gita
- know elements of the whole Yoga history
- know the concepts of karma, reincarnation and maya
- know the text evidences which describe the Self, Atman, Purusha
- know the meaning of OM

psychomotor:

- be able to work with Patanjali
- be able to explain the meaning of Self, Purusha, Atman
- be able to maintain the discipline to meditate regularly
- be able to integrate the meaning of the classical texts into their teaching
- be able to instruct meditation
- to teach good and meaningful yoga classes

affective:

- feel transformed in themselves
- feel confident about yoga teaching
- feel the importance of the spiritual yoga
- feel enthusiasm for further learning
- see themselves on a spiritual path
- feel the wish to help others on the path of yogic transformation

Practical tasks and assignments:

- write a Patanjali summary and discuss one topic in detailed
- write an essay about one Vedanta topic
- teach a 20 minutes meditation to the peer group, pgt 6
- teach a 15 minutes yoga class on one verse of Patanjai, pgt 7
- add meditation to their practice, according to the plan
- be assessed by the tutor outside of the course meetings

	Hour 1	Hour 2	Hour 3	Hour 4	Hour 5	Hour 6	Hour 7	Assignment in
1	Introduction to meditation	Meditation in the Gita, Upan and Pat	Meditation methods and traditions (samatha, vipasyana)	-Meditation practical - meditation plan	Pat 1.1-16	Practical: mind control in asana	Mantra	
2	Practical: Pat 1,2 in asana	-First month meditation -mindfulness and meditation	Purusha, Atman, Self	Purusha, Atman, Self	Pat 1.17-29	13-14: pgt 5	Mantra meditation	
3	Sirshasana I and recognising Purusha	Pat 1: 30-41	Kena and Manduka Upanishad	OM	Mandukya Upanishad	- Set up pgt 6 -Second month meditation	Om in Patanjali	7.1
4	Sirshasana II and recognising purusha	1) pgt 6 2) pgt 6	Pat: 1,41-51	Yoga History "test"	Complete run through Yoga History	How to integrate Patanjali into teaching	-same -third month meditation	Summary Pat 1
5	Parvriti Trikonasana and karma and reincarnation	3) pgt 6 4) pgt 6	Karma and Reincarnation	Pat: 2,18-28	-Fourth month meditation	5) pgt 6 6) pgt 6	Aitareya and Isha Upanishad	Write an essay on one Vedanta topic
6	Chakrasana and aversion	7) pgt 6 8) pgt 6	Set up pgt 7, choose you own	Pat: 2:, 28-3,3	Workshop: weave in themes,	-same -fifth month	Kirtan	

			verse		plan and teach	meditation		
7	Padmasana and Om	Pat 3	Pat 4	-same 9) pgt 6	Teaching meditation (in yoga class and extra)	1-3: pgt 7	-10) pgt 6 -sixth month meditation	Summary Pat 2
8	Simhasana and breath and detachment	-seventh month meditation 4+5: pgt 7	11) pgt 6 12) pgt 6	Non-duality	6-8: pgt 7	Report teaching joys and problems	Report teaching joys and problems	Summary Pat 3+4
9	Supta virjasana and non duality	-eighth month meditation - chant OM	9-11: pgt 7	Topic to revise	Topic to revise	13) pgt 6 14) pgt 6	12-14: pgt 7	Write a discussion one one Patanjali topic
10	Ardha chandrasana and the antarayas	Antyartayas in our life, practice and teaching	How to progress as a yoga teacher	Shared lunch	-Teaching days and bigger courses -One to one teaching	Tips on home practice	Feedback on the course	