

Gayatri - Hatha & Vinyasa YTTC

Trainer(s) Radhika Priya Krishan Kaur, Sam Exley, Kiran Prem Krishan Singh

Session / Topic #	Title	Educational Category	Contact Hours	Contact Hours with Lead Trainer	Total Hours	Trainer
1/1	Surya and Chandra Namaskar - Classic Asanas of Hatha and Vinyasa Yoga - The Sivananda Series	Techniques, Training and Practice (TTP)	65.00	25.00	72.00	Radhika Priya Krishan Kaur

Description

Trainees will learn how to practise and correct classic yoga asanas which include backwards and forwards bends, spinal twists, inversions and standing poses, which are later used in flow sequences. These include techniques for beginner and intermediate students and provide trainees with an understanding of the benefits and contraindications of each Asana in the group. It also includes; how to reduce risk of injury, how to adapt Asanas to different needs and levels of students, all while developing the correct language for teaching and correction.

Learning Objectives

They will learn that Asana are to be done with slow movement and under control. That Asana are to be accompanied with correct breathing and held in steadiness for certain period of time, with relaxation of muscles, concentrating the mind on infinity, as mentioned in the Yoga Sutras of Patanjali: 'Steady and Comfortable Posture is Asana'. This way, Asanas become a tool for the mind and an active meditation. Overview of Asana Groups: Meditation Asanas - Relaxation Asanas - Asanas in Supine Position - Asanas in Prone Position - Asanas in Sitting Position - Asanas in Standing Position - Inverted Asanas

1/2	Pranayama - Bandha - Mudra - Meditation - Yoga Nidra and Bhakti Yoga	Techniques, Training and Practice (TTP)	28.00	25.00	28.00	Kiran Prem Krishan Singh
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Description

Trainees will learn different techniques of Pranayama, Bandha and Mudra, plus their effects and how to use these techniques to create harmony between Ida and Pingala Nadi (and their effect on body and mind). Trainees will learn the various aspects of breathing, how to guide, help and correct students. How to use Pranayama as an active meditation and learn how to adapt all techniques to the needs of their students, while developing correct language for teaching. Practical knowledge and instructions on different Meditations and Yoga Nidra techniques are given. These are helpful examples for students to use, especially for the end-relaxation of a yoga class. Students will understand why these techniques are important and how to use them to release tightness and to initiate relaxation of body and mind.

Learning Objectives

Trainees will understand the versatility of these techniques which provides understanding of the benefits and contraindications of Pranayama and why all these techniques are powerful tools for inducing a healthy life and for spiritual awakening. Nidra helps the student to withdraw the senses from external world and prepare and stabilise Chitta (the mind) for Dharana (the one pointed concentration), which will lead to Dharana or Meditation. Students will learn that they have to follow the stages of Ashtanga Yoga to reach Samadhi, the union between Atma (the Individual Soul) and Paramatma (the Universal Soul). This includes theoretical and practical lessons on the following techniques: Pranayama - Bandha - Mudras - Mantras and Bhakti Yoga - Antar Mouna - Yoga Nidra - Chakra Meditation.....and other Meditation techniques.

2	Assisting and	Practicum	19.00	15.00	25.00	Kiran Prem Krishan
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Description

Assisting as student while someone else is teaching. Observing others teach and giving feedback.

Learning Objectives

These classes include techniques for beginners and intermediate classes. This provides the trainee example classes for the teaching of Asanas, Pranayama and Meditation. It will help the trainee to structure classes in the correct way, avoid mistakes and provide helpful examples on how to guide and correct students.

3	Class Presentation and Feedback	Teaching Methodology (TM)	25.00	25.00	25.00	Kiran Prem Krishan Singh
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Description

Students will teach yoga classes under the supervision of a lead instructor. The classes will be presented to the other trainees. After the class the student receives feedback. Attention is paid to intelligent sequencing, avoiding injury, proper tone, articulation, and correction.

Learning Objectives

In these practical lessons, students will confidently apply the knowledge and experience gained in prior lessons. The practice includes the planning and presentation of beginner and intermediate classes: Preparation - Introduction - Mantra Chanting - Sanskrit Names of all Pranayamas and Asanas - Communication between teacher and student - Benefits and Contraindications for each technique and group settings - Demonstration with controlled breath - Guiding with calm voice and short, precise information - Checking the students - Correcting the students - End Relaxation - Mantra Chanting

4/1	The Basics of our Body Structure	Anatomy & Physiology (AP)	6.00	6.00	6.00	Radhika Priya Krishan Kaur
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Description

This helps the trainee to understand the aspects and effects of Asana and Pranayama, their benefits and contraindications. How Yoga and nutrition can help to manage imbalances of these systems. The trainees become familiar with possible negative influences for individual health problems and what students should avoid.

Learning Objectives

This section includes the study of the basic structure and the functions of the bodily systems and organs and their connection to each other. Their relationship to yoga and their effect on each specific system. This section includes the study of the human subject and the application of its principles to the practice of Yoga. Trainees will understand the basic functions of the body and apply this knowledge to develop specific asana sequences, beneficial to each system. This includes the basic structure and functions of the following systems: The Skeletal and Muscular System - The Respiratory System - The Circulatory System - The Nervous System - The Immune System - The Lymphatic System - The Digestive System - The Urinary System - The Endocrine System

4/2	Restorative Yoga Classes	Anatomy & Physiology (AP)	8.00	8.00	8.00	Kiran Prem Krishan Singh
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Description

Trainees will be able to prepare classes for students with special needs and know how to avoid injuries. Students will confidently apply their knowledge regarding benefits and contraindications of different Pranayamas and Asanas and prepare yoga classes with physical awareness points, while developing the correct language for teaching and correction.

Learning Objectives

The trainees will understand the value of these restorative movements is to improve holistic wellbeing, and why the asanas are useful tools if students suffer from pain, or for recuperation or maintenance of a strong and healthy body. This includes lecture and practice on the following topics: Back and Spine Problems - Arthritis - Asthma - Depression - Diabetes - Digestive Disorders - Hypertension - Gynecological Disorders - Thyroid Disorders - Obesity - Prenatal Yoga Asanas - Yoga for Children - Yoga for Seniors

4/3	The Yogic View of Anatomy	Anatomy & Physiology (AP)	6.00	6.00	6.00	Radhika Priya Krishan Kaur
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Description
 This includes analytical training and techniques for beginners and intermediate students and will provide trainees with the understanding of the benefits and contraindications of Asanas and Pranayama. The trainees will understand why the different Yogic techniques are useful tools for spiritual awakening.

Learning Objectives
 This includes the study of the Koshas, Nadis, Chakras, Marma Points and Prana. The grouping of the Chakras, their nature, localisation points and corresponding nerve plexuses in the physical body. The trainees will understand the meaning of Prana, its interaction and effect on the Chakras and on Pranayama Kosha. Students will understand how to use corresponding Yogic techniques to balance body and mind.

5/1	Samkhya Philosophy and Ayurveda	Yoga Philosophy/LifeStyle Ethics (YPLE)	12.00	12.00	12.00	Radhika Priya Krishan Kaur
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Description
 Understanding the connection between Ayurveda (Ayu - life / Veda - knowing) and Samkhya (Sat - truth / Khya - to know). The close relationship between man and universe and the understanding of the elements. Trainees will understand why Yoga and Ayurveda are sister sciences and their connection to each other. This will help to adjust Pranayama and Asanas to the individual constitutional types of Vata, Pitta and Kapha.

Learning Objectives
 The topic of History and Philosophy includes: The Human Nature - Purusha and Prakruti the philosophy of creation, cause and effect - The Three Gunas: Sattva / Rajas / Tamas - The Five Elements - Prakruti / Constitution Test - Tridoshic Balance: Vata / Pitta / Kapha - How to Balance the Doshas - Diet and Daily Routine - Easy Ayurvedic Remedies

5/2	The Sutras of Patanjali and Yogic History	Yoga Philosophy/LifeStyle Ethics (YPLE)	11.00	11.00	18.00	Radhika Priya Krishan Kaur
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Description
 This includes lessons on the Yoga Sutras of Patanjali and a range of different topics concerning philosophy, history, different yoga styles, classic traditions, how to adopt a yogic lifestyle, and how to follow the ethics of Yoga teachers. Trainees will get a basic overview on Gods, Goddesses and understand the basic meaning of the Vedas, the most ancient texts expressing knowledge of the whole universe.

Learning Objectives
 Trainees will be able to explain the traditions and philosophy as the basis for their teachings, as written in the Yoga Sutras of Patanjali, also called Raja or Ashtanga Yoga and how to adopt a yogic lifestyle. The classic yoga styles for god realization are also explained. Among other things, lectures on the following topics are held: The eightfold path of Patanjali - Ethics for Yoga Teachers - Karma - Dharma - Sattvic Diet - Atma & Paramatma - Gods & Goddesses - Om - Maya - Reincarnation - Tantra - Moksha - The Classic Yoga Styles: Jnana, Kundalini, Bhakti and Karma Yoga - Hatha and Vinyasa Yoga