

Art Yoga Fusion



Art of Yoga Level 2: Therapeutic Essentials

Trainer(s) Nya Patrinos

Session / Topic #	Title	Educational Category	Contact Hours	Contact Hours with Lead Trainer	Total Hours	Trainer
1A	Standing Breathing Exercises with Vinyasa Movements	Techniques, Training and Practice (TTP)	3.00	3.00	3.00	Nya Patrinos

Description

An overview of the standing breathing exercises with vinyasa movements taught by and used in the Ghosh's Yoga College in Kolkata. These exercises include: Yoga Breathing, Standing Deep Breathing, Deep Breathing Normal, Deep (exhalation through the mouth), Deep Breathing Side and Front, Deep Breathing with Chest Expansion, Deep Breathing with Chest Expansion and Calf Exercises, Abdominal Breathing, Quick Inhalation and Exhalation Breathing through the nose, Quick Inhalation and Exhalation through the mouth, Blowing (with Resistance), Deep Breathing with Folded Arms.

Learning Objectives

To learn breathing exercises with vinyasa movements to restore general health and well-being.

1B	Standing Vinyasas	Techniques, Training and Practice (TTP)	4.00	4.00	4.00	Nya Patrinos
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Description

Overview of standing vinyasa movements to restore and enhance general health and well-being as taught by the Ghosh Lineage. Postures include: spot running, marching, bicycle movements, squats, side bending, back arching-toe touching, upper body twisting, upper body rolling, contraction and relaxation of the knees, truck twisting, legs apart toe touch, front kicking, back kicking, front and back kicking, side kicking, leg rotating, leg shaking, hand pulling against the chest, and back bending hand on waist with contraction of the buttocks.

Learning Objectives

To restore health and well being to the legs and spine.

1C	Shoulder Immersion: Asanas and Vinyasas	Techniques, Training and Practice (TTP)	4.00	4.00	4.00	Nya Patrinos
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Description

Overview of asanas and vinyasa movements with therapeutic elements related to the overall health of the shoulder.

Learning Objectives

To learn how to select and teach yoga asanas that improve the overall health of the shoulder.

1D	Seated Back Extension Asanas	Techniques, Training and	2.00	2.00	2.00	Nya Patrinos
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Description

Overview of Seated Back Extension Asanas and Vinyasas taught by the Ghosh Lineage. Seated Movements include: Back Extension with Hands Up, Extension and Flexion of Spine, Static Dangling Exercise, Static Dangling Exercise with Dorsi Flexion of Ankle Joints, Static Dangling Exercises with Self Resistance (Cross wise), Static Dangling Exercises with Upward and Downward Resistance, and Heel-Toe Exercise.

Learning Objectives

To learn asanas and vinyasa movements focused on the overall health of the back.

1E	Supine Asanas and Vinyasas	Techniques, Training and Practice (TTP)	4.00	4.00	4.00	Nya Patrinos
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Description

Overview of supine asanas and vinyasa movements to strengthen the core as taught by the Ghosh and Satyananda Lineages. Movements include: 1/4 sit up, 1/2 sit up, full sit up, arch up and down, leg crossing, peddling, leg circling, leg lifting, leg press and push, leg pulling,, crosswise heel to knee touch, knee rolling, dorsi flexion of ankle joints at 30, 45, 60, 80 and 90 degrees, toe flexion and leg raises.

Learning Objectives

To learn supine asanas and vinyasas that focus on the overall health of the legs, knees, feet and core.

1F	Side-lying Asanas and Vinyasa	Techniques, Training and Practice (TTP)	1.00	1.00	1.00	Nya Patrinos
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Description

Overview of Side-lying asanas and vinyasa movements as taught by the Ghosh Lineage to enhance and improve overall health and well-being.

Learning Objectives

To learn asanas and vinyasas movements that are performed lying on the side. Movements include: side kicking lying sidewise, ekapada salabhasana, and ekapada dharanusana.

1G	Prone Asanas and Vinyasas	Techniques, Training and Practice (TTP)	4.00	4.00	4.00	Nya Patrinos
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Description

An overview of asanas and vinyasas movements in the lying down prone position. Movements include: bhujanghasana, dhanurasana, jastiasana, leg crossing, ekapada salabhasana, noukasana, ardha nouskasana,

Learning Objectives

To learn asanas and vinyasa movements performed prone that improve overall health and wellness.

1H	Arm Immersion: Asanas and Vinyasas	Techniques, Training and Practice (TTP)	3.00	3.00	3.00	Nya Patrinos
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Description

An overview of arm exercises taught by the Ghosh Lineage to restore balance in the arms. Movements include: pendulum movements, single arm lifting against the wall, arm circling, arm circling against the wall, outstretching of arms regular and crosswise, inner rotation crosswise of arms, internal and external rotation of arms, elbow rolling, arm stretching against the wall on toes, arm lifting (holding with other arm) and plank against the wall

Learning Objectives

To learn asanas and vinyasas that bring balance and health to the arms.

1I	Hand and Finger Asanas and Vinyasas	Techniques, Training and Practice (TTP)	4.00	4.00	4.00	Nya Patrinos
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Description

An overall of exercises, asanas and vinyasa movements the focus on the hands, fingers and wrists from the Ghosh and Satyananda Lineages. Movements include: supination and pronation of the hand, dorsi flexion and extension of the wrist, lion pose, extension of the fingers, finger ring break exercise, squeezing of the fingers, outstretching of the fingers (normal and sideways), finger pulling with rolling, extension of the finger against the other finger, extension of the finger against the floor, and sponge gripping in 3 directions.

Learning Objectives

To learn asanas, vinyass movements and exercises that bring health and balance to the hands, fingers and wrists.

1J	Knee Asanas and Vinyasa Movements	Techniques, Training and Practice (TTP)	2.00	2.00	2.00	Nya Patrinos
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Description

An overview of seated asanas and vinyasa movements that bring overall health to the knees. Movements are from the Ghosh Lineage and include: chair pose, quadricep drill exercise, static quadricep drill exercise, quadricep drill exercise in elevated position, static quadricep drill in elevated position, lifting of knee joints with pillow under knee.

Learning Objectives

To learn movements that restore health and wellness in the knees.

1K	Yoga Exercises for the Eyes	Techniques, Training and Practice (TTP)	2.00	2.00	2.00	Nya Patrinos
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Description

Overview of eye exercises from the Ghosh, Integral Yoga and Satyananda Lineages.

Learning Objectives

To learn yoga exercises that emphasize health of the eyes.

1L	Pelvic Floor Immersion: Vinyasas and Asanas	Techniques, Training and Practice (TTP)	5.00	5.00	5.00	Nya Patrinos
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Description

Overview of asanas, exercises and vinyasa movements that focus on the health of the pelvic floor. Movements include: pelvic stretching, pelvic titling, pelvic lateral tilt, pelvic bridge, lifting of buttocks, lifting of buttocks with blanket/cushion under hips, suspension movement, hip adduction and hip abduction.

Learning Objectives

To learn asanas, exercises and vinyasas movements that are focused on the health of the pelvic floor.

1M	Quadruped Asanas and Vinyasas	Techniques, Training and Practice (TTP)	3.00	3.00	3.00	Nya Patrinos
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Description

An overview of asanas and vinyasa movements that start in a quadruped position. These movements come from the Kripalu, Satyananda and Ghosh Lineages. Movements include: bird dog, cat cow variations, marjari-asana, vyaghrasana, and back kicking,

Learning Objectives

To bring balance to the core, spine and legs by learning asanas performed from the quadruped position.

1N	Foot Immersion	Techniques, Training and Practice (TTP)	3.00	3.00	3.00	Nya Patrinos
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Description

An overview of yoga exercises, asanas and vinyasas that bring balance and health to the feet, ankles and toes. Movements are derived from the Ghosh and Satyananda Lineages.

Learning Objectives

To learn yogic movements that bring balance to the feet.

1O	Face Yoga	Techniques, Training and Practice (TTP)	2.00	2.00	2.00	Nya Patrinos
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Description

Overview of yoga exercises that focus on the head, nose, tongue, cheeks, and teeth. These movements come from the Ghosh College of India in Kolkata. Movements include: tongue exercises with three variations, extension of the jaw pressing the teeth, pumping the cheek, and pumping the cheek with resistance.

Learning Objectives

To learn yoga exercises that restore health and wellness to the face.

1P	Pawanmuktasana I	Techniques, Training and Practice (TTP)	2.00	2.00	3.00	Nya Patrinos
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Description

Overview of the group of Satyananda Lineage Asanas called Pawanmuktasana 1. These asanas are concerned with eliminated energy blockages in the joints and extremities. Students will use one non contact hour to practice the sequence of Pawanmuktasana 1 at home and journal on their experience.

Learning Objectives

To learn a group of asanas that focus on joint health.

1Q	Pawanmuktasana 2	Techniques,	2.00	2.00	3.00	Nya Patrinos
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Description

An overview of a group of asanas from the Satyananda Lineage called Pawanmuktasana 2. The focus of these asanas are to eliminate energy blockages in the abdominal area. Students will use one non contact hour to practice the sequence of Pawanmuktasana 2 at home and journal on their experience.

Learning Objectives

To learn a group of asanas that focus on removing energy blockages in the abdominal area.

1R	Pawanmuktasana 3	Techniques, Training and Practice (TTP)	2.00	2.00	3.00	Nya Patrinós
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Description

An overview of a group of asanas from the Satyanand Lineage that focus on energy blockages in the pelvic region. Students will use one non contact hour to practice the sequence of Pawanmuktasana 3 at home and journal on their experience.

Learning Objectives

To learn a group of asanas that promote health in the pelvic floor.

1S	Relaxation Asanas	Techniques, Training and Practice (TTP)	3.00	3.00	4.00	Nya Patrinós
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Description

An in depth study of asanas used for relaxation. Asanas include: shavasana, advasana, jyestikasana, makarasana, and matsya kridasana. Students will use one non contact hour to practice the sequence of Relaxation Asanas described in the book Asana, Pranayama, Mudram, Bandha in Swami Satyananda's book at home and journal on their experience.

Learning Objectives

To experience and learn to teach asanas that especially focus on deep relaxation.

1T	Meditation Asanas	Techniques, Training and Practice (TTP)	2.00	2.00	3.00	Nya Patrinós
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Description

An overview of asanas that are especially beneficial for meditation. Asanas include: Sukhasana, Ardha Padmasana, Padmasana, Siddhasana, Siddha Yoni Asana, Swastikasana, Dhyana Veerasana, and Simhasana

Learning Objectives

To experience and learn to teach asanas that focus on meditation.

1U	Vajrasana Group of Asanas	Techniques, Training and Practice (TTP)	3.00	3.00	4.00	Nya Patrinós
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Description

Overview of Asanas that are derived from Vajrasana including: Vajrasana, Ananda Madirasana, Padadhirasana, Bhadrasana,

Simhagarjanasana, Veerasana, Shashankasana, Supta Vajrasana, Ustrasana, Ardha Ustrasana, and Pranamasana. To learn about the vajra nadi. Students will use one non contact hour to practice the sequence of the Vajrasana Group described in Swami Satyanand's book, Asana, Pranayama, Mudra, Bandha at home and journal on their experience.

Learning Objectives

To experience and learn to teach the vajrasana group of asanas. To learn about the vajra nadi.

1V	Pranayama	Techniques, Training and Practice (TTP)	8.00	8.00	8.00	Nya Patrinos
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Description

Overview of Pranayama by performing and instructing: Natural Breathing, Abdominal Breathing, Thoracic Breathing, Clavicular Breathing, Nadi Shodhana, Anuloma Violoma, Sheetal, Seetkari, Bhramari, Ujjayi, Bhastrika, Kapalhati, Surya Bhedhana, and Chandra Bhedhana

Learning Objectives

To experience and instruct pranayama practices with understands of benefits and contra-indications.

1W	Bandhas	Techniques, Training and Practice (TTP)	3.00	3.00	3.00	Nya Patrinos
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Description

Overview of jaladhara, moola, uddiyana and maha bandha.

Learning Objectives

To experience and be able to instruct the four bandhas with knowledge and understanding of their benefits and contra-indications.

1X	Hasta Mudras	Techniques, Training and Practice (TTP)	4.00	4.00	6.00	Nya Patrinos
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Description

An overview of the hasta mudras for the chakras, elements, koshas, yamas, niyamas and koshas using the work of Joseph and Lilian Le Page. Students will practice and answer journaling questions on 10 Hasta Mudras taught in Joseph Le Page's book on Mudras.

Learning Objectives

To experience and be able to teach Hasta Mudras as part of a yoga class.

1Y	Mana Mudras	Techniques, Training and Practice (TTP)	3.00	3.00	3.00	Nya Patrinos
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Description

An overview of Mana (Head) Mudras as taught by the Satyananda Lineage. Mudras include: shambhavi, nasikagra, khechari, kaki, bhujangini, bhoochari, akashi, shanmukhi and unmani.

Learning Objectives

To experience and learn to teach Mana Mudras in a group yoga or speciality class.

1Z	Kaya Mudras	Techniques,	3.00	3.00	3.00	Nya Patrinos
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Description

An overview of the kaya (postural mudras) including: prana, vipareeta karani, yoga, pashinee, manduki and tadagi.

Learning Objectives

To experience and be able to teach postural mudras in a group yoga class or private session.

1aa	Bandha Mudras	Techniques, Training and Practice (TTP)	2.00	2.00	2.00	Nya Patrinos
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Description

Overview of Maha, Maha Bheda and Maha Vedha Mudras.

Learning Objectives

To experience and learn to teach bandha mudras in a group class or private session.

1bb	Adhara Mudras	Techniques, Training and Practice (TTP)	2.00	2.00	2.00	Nya Patrinos
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Description

An overview of perineal mudras: ashwini and vajroli/sahajoli mudras.

Learning Objectives

To experience and learn to teach perineal mudras.

1cc	Introduction to Shatkarma	Techniques, Training and Practice (TTP)	2.00	2.00	3.00	Nya Patrinos
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Description

An overview of the six groups of purification practices: neti, dhauti, nauli, basti, kapalabhati and trataka. There will be some shatkarmas practiced and some will just be explained. Students will review the Shatkarmas in homing using Swami Satyananda's book Asana, Pranayama, Mudra, Bandha and answer assigned journaling questions.

Learning Objectives

To develop and awareness of the shatkarmas.

2A	Trauma Informed Yoga	Teaching Methodology (TM)	10.00	10.00	10.00	Nya Patrinos
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Description

A 10 hour intensive focused on trauma informed yoga. These sessions will be highly influenced by the work of Rick and Mary Nurrie Stearns and David Emerson. Exploration of communication skills needed for an effective trauma sensitive yoga class. Discussion of group dynamics of trauma informed yoga class. Establishment of priorities and boundaries in the trauma informed class. Discussion of what kinds of assists are appropriate in a trauma sensitive class.

Learning Objectives

To be able to teach a trauma informed yoga class. To learn about how yoga is being used for trauma recovery.

2B	Sequencing for Sattva	Teaching Methodology (TM)	20.00	20.00	20.00	Nya Patrinos
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Description

An overview of yoga practices and teaching methodology for a Sattvic life. The original intention of yoga, according to the Yoga Sutras of Patanjali, was to enhance the quality of Sattva (a calm yet alert state of mind). This ten hour intensive provides lectures, practices and discussions about appropriate asanas, pranayamas and meditation practices in a yoga class to develop Sattva, as well as, group dynamics, time management, and the establishment of priorities and boundaries. There will be discussion of all three gunas: Rajas, Tamas, and Sattva and yogic practices that address the imbalances of Raja and Tamas, as well as, specific practices to move these gunas toward Sattva.

Learning Objectives

To learn how to teach an individual session on group class that focuses on the 3 gunas. To develop a yoga class the supports at Sattvic Life.

2D	Chakra Exploration	Teaching Methodology (TM)	20.00	20.00	20.00	Nya Patrinos
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Description

An overview of asana, pranayama, mantra, and mudra practices that explore the 7 chakras. There will experiential exercises, lectures, discussions and demonstrations of effective communication strategies, group dynamics, time management, asana choices and the establishment of priorities and boundaries in a chakra focused class.

Learning Objectives

To be able to conduct a private session or group class focusing on one, several or all of the seven chakras.

2E	Supine and Prone Hands on Assists	Teaching Methodology (TM)	8.00	8.00	8.00	Nya Patrinos
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Description

An overview of hands on assists used in yin and restorative asanas performed prone or supine.

Learning Objectives

To master prone and supine yin and restorative assists.

2F	Teaching Yoga for the Healthy Back	Teaching Methodology (TM)	7.00	7.00	7.00	Nya Patrinos
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Description

An overview of yoga practices that are focused on back health and well-being. There will experiential exercises, lectures, discussions and demonstrations of effective communication strategies, group dynamics, time management, asana choices and the establishment of priorities and boundaries in a healthy back focused class.

Learning Objectives

To be able to teach a group class and individual session for back health.

2G	Teaching Yoga for Healthy Neck and Shoulders	Teaching Methodology (TM)	7.00	7.00	7.00	Nya Patrinos
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Description
An overview of yoga practices that are focused on healthy neck and shoulders. There will be experiential exercises, lectures, discussions and demonstrations of effective communication strategies, group dynamics, time management, asana choices and the establishment of priorities and boundaries in a neck and shoulder focused class.

Learning Objectives

To be able to lead a group class or individual session focused on neck and shoulder health.

2H	Teaching Gentle Chair Yoga	Teaching Methodology (TM)	10.00	10.00	10.00	Nya Patrinos
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Description

An overview of gentle yoga practices performed in and with the aid of a chair.

Learning Objectives

To teach a group gentle chair yoga class.

3A	Posture on and Off the Yoga Mat	Anatomy & Physiology (AP)	4.00	4.00	6.00	Nya Patrinos
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Description

An overview of postural principles that supports health and well-being. Exploration of anatomy and physiology of good posture. Overview of postural assessment tools. Students will work with a partner and write and make a presentation on Posture on and Off the Yoga Mat.

Learning Objectives

To be able to teach postural principles that apply on and off the yoga mat.

3B	Breath Physiology	Anatomy & Physiology (AP)	3.00	3.00	3.00	Nya Patrinos
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Description

Overview of the breath and the nervous system. Lectures, exercises and discussion of regions of diaphragm.

Learning Objectives

To understand the physiology of the breath.

3C	Core Alignment and Stability	Anatomy & Physiology (AP)	5.00	5.00	5.00	Nya Patrinos
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Description

Exploration of the deep front line. Lectures and discussions of the key structures that mobilize and stabilize the spine.

Learning Objectives

To understand core alignment and stability.

3C2	Upper Torso Anatomy and Physiology	Anatomy & Physiology (AP)	5.00	5.00	6.00	Nya Patrinos
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Description
 Overview of Basic Upper Torso Anatomy and yoga postures that support upper torso health. Focus on the Trapezius, Suspraspinus, Levator Sacapula, Rhomboids, Paraspinal, Posterior Neck, Mastoids, and the Anterior Neck. Students will turn in a diagram Upper Torso Anatomy made at home as non contact hours.

Learning Objectives

Awareness and understanding of the upper torso anatomy and how it relates to yoga asanas.

3D	Shoulder and Chest Anatomy and Physiology	Anatomy & Physiology (AP)	4.00	4.00	5.00	Nya Patrinos
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Description
 Overview of Basic Shoulder Anatomy. Lecture and Discussion on Pectorails, Subclavius & Pectoralis Minor, Supra Clavicular, Deltoid, and the Lateral Seam. Overview of Yoga Poses that support Shoulder and Chest Health Students will use 1 non contact hour to make an analysis and diagram of shoulder and chest anatomy.

Learning Objectives

To understand the anatomy and physiology of the shoulder.

3E	Elbow and Wrist Anatomy and Physiology	Anatomy & Physiology (AP)	2.00	2.00	2.00	Nya Patrinos
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Description
 Overview of Basic Lower Arm, Forearm and Wrist Application Anatomy and Physiology and Yoga Postures that support health of these structures.

Learning Objectives

To understand the anatomy and physiology of the elbow and wrist.

3F	Lower Torso Anatomy and Physiology	Anatomy & Physiology (AP)	3.00	3.00	3.00	Nya Patrinos
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Description
 Overview of Basic Lower Torso Anatomy and Physiology. Focus on Thoracolumbar Aponeurosis, Quadratus Lumborum, Psoas and Illiacus, and Glutes. Lectures on discussions of yoga asanas that support lower torso health.

Learning Objectives

To understand the anatomy and physiology of the lower torso.

3G	Knee Anatomy and Physiology	Techniques, Training and Practice (TTP)	3.00	3.00	3.00	Nya Patrinos
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Description
 Overview of Knee Anatomy and Physiology. Focusing on Posterior Compartment, Supra-Petellar and the Lower Leg Compartment. Lecture of Yoga poses that support knee health.

Learning Objectives

To understand knee anatomy and physiology.

3H	Feet and Ankle Anatomy and Physiology	Anatomy & Physiology (AP)	2.00	2.00	2.00	Nya Patrinos
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Description

Overview of Basic Anatomy of the Foot & Ankle. Exploration of Yoga Asanas that support feet and ankle health and well-being.

Learning Objectives

To understand the anatomy and physiology of the feet and ankles.

3I	Reproductive System	Anatomy & Physiology (AP)	4.00	4.00	4.00	Nya Patrinos
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Description

Anatomy and Physiology of the male and female reproductive systems.

Learning Objectives

To understand the reproductive system.

4A	The Vedas	Yoga Philosophy/LifeStyle Ethics (YPLE)	2.00	2.00	2.00	Nya Patrinos
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Description

Discussion of the Vedas based on the reading assignment The Golden Book of the Holy Vedas.

Learning Objectives

To become familiar with the Vedas.

4B	The Golden Book of the Holy Vedas	Yoga Philosophy/LifeStyle Ethics (YPLE)	0.00	0.00	5.00	Nya Patrinos
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Description

Students will read and answer journaling questions and present to the class on the Golden Book of the Holy Vedas at home using 5 non contact hours.

Learning Objectives

To become familiar with the Vedas.

4C	The Upanishads	Yoga Philosophy/LifeStyle Ethics (YPLE)	0.00	0.00	5.00	Nya Patrinos
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Description

Students will read, answer study questions and present to the class on The Upanishads, 2nd Edition Paperback – 2007 by Eknath Easwaran (Author). This will consist of 5 non contact hours.

Learning Objectives

To have a depth of understanding of the Upanishads.

4D	The Upanishads Lecture	Yoga Philosophy/LifeStyle Ethics (YPLE)	1.00	1.00	1.00	Nya Patrinós
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Description

Lecture and discussion of the Upanishads.

Learning Objectives

To become familiar with the Upanishads.

4E	The Ramayana Reading Assignment	Yoga Philosophy/LifeStyle Ethics (YPLE)	0.00	0.00	5.00	Nya Patrinós
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Description

Students will read and answer study questions on the The Ramayana: A Modern Retelling of the Great Indian Epic Paperback – May 26, 2004 by Ramesh Menon (Author).

Learning Objectives

To become familiar with the Ramayana.

4F	The Ramayana Lecture	Yoga Philosophy/LifeStyle Ethics (YPLE)	1.00	1.00	1.00	Nya Patrinós
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Description

A lecture and discussion of the Ramayana.

Learning Objectives

To develop a familiarity with the Ramayana.

4G	The Mahabharata Reading Assignment	Yoga Philosophy/LifeStyle Ethics (YPLE)	0.00	0.00	5.00	Nya Patrinós
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Description

Students read and answer study questions on The Mahabharata: A Modern Rendering, Vol 1 by Ramesh Menon (2006-07-18) Paperback

Learning Objectives

To become familiar with Mahabharata.

4H	The Mahabharata Lecture	Yoga Philosophy/LifeStyle Ethics (YPLE)	1.00	1.00	1.00	Nya Patrinós
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Description

Lecture and discussion on the Mahabharata.

Learning Objectives

To become familiar with the Mahabharata,

4I	Yamas and Niyamas	Yoga Philosophy/LifeStyle Ethics (YPLE)	0.00	0.00	5.00	Nya Patrinos
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Description

Students will read and answer study questions on The Yamas & Niyamas: Exploring Yoga's Ethical Practice Paperback – September 1, 2009 by Deborah Adele (Author)

Learning Objectives

To deepen understanding of the Yamas and Niyamas.

4J	Yoga Teaching Ethics	Yoga Philosophy/LifeStyle Ethics (YPLE)	2.00	2.00	2.00	Nya Patrinos
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Description

Using the Yamas and Niyamas as a foundation of ethical yoga teacher.

Learning Objectives

To become aware of the ethics of being a yoga teacher.

4K	Hidden Language of Yoga	Yoga Philosophy/LifeStyle Ethics (YPLE)	8.00	8.00	8.00	Nya Patrinos
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Description

Investigation of the symbolic nature of the asanas based on the work of Swami Raddha Saraswati

Learning Objectives

To learn the symbolism of yoga asanas.

4L	Rasas	Yoga Philosophy/LifeStyle Ethics (YPLE)	2.00	2.00	2.00	Nya Patrinos
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Description

Overview of the 9 Rasas following the work of Peter Marchard.

Learning Objectives

To know the 9 rasas

4M	The Yoga of the Nine Emotions: The Tantric Practice of Rasa Sadhana	Yoga Philosophy/LifeStyle Ethics (YPLE)	0.00	0.00	4.00	Nya Patrinos
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Description
 Students will read, answer study questions and present on The Yoga of the Nine Emotions: The Tantric Practice of Rasa Sadhana by Peter Marchard.. This process will account for 4 non contact hours.

Learning Objectives

To become familiar with the 9 rasas

4L2	Yantras and Mandalas	Yoga Philosophy/LifeStyle Ethics (YPLE)	5.00	5.00	5.00	Nya Patrinos
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Description

Discussion of the Yantras and Mandalas of the 5 Elements, Planets, Chakras and Gods and Goddesses

Learning Objectives

To understand the use of Yantras and Mandalas in the History of Yoga and Meditation,

4M	The Spiritual Paths of Hinduism	Yoga Philosophy/LifeStyle Ethics (YPLE)	4.00	4.00	4.00	Nya Patrinos
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Description

Overview of Hatha Yoga, Raja Yoga, Jnana Yoga, Bhakti Yoga and Karma Yoga

Learning Objectives

To understand the spiritual paths of Hinduism.

5A	Practicum A - Subtle Body	Practicum	5.00	5.00	5.00	Nya Patrinos
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Description

Students will teach 5 hours of group yoga classes or individual sessions with a focus on the 5 elements, 9 emotions, 7 chakras, 5 koshas, and/or yamas and niyamas

Learning Objectives

To develop a deep understanding of the subtle body and how to teach about the subtle body.

5B	Practicum B - Structures	Practicum	5.00	5.00	5.00	Nya Patrinos
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Description

Students will teach 5 group classes focused on neck/shoulders, lower back, feet, knees, legs, hips, arms or hands.

Learning Objectives

To have a deep understanding on the muscular skeletal system and how to develop a structurally oriented class.

5C	Practical C - Mental Health	Practicum	5.00	5.00	5.00	Nya Patrinos
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Description

Students will teach 5 hours of group classes for mood management.

Learning Objectives

To develop skills in teaching yoga for mood management,

5D	Practicum D - Private Sessions	Practicum	0.00	0.00	15.00	Nya Patrinos
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Description

Students will see several clients 3 to 10 times for a minimum of 15 contact hours. Students will develop a specific program for each client and submit session reports to be reviewed by lead trainer.

Learning Objectives

To learn how to develop a private yoga practice.

1dd	Yoga Nidra Intensive	Techniques, Training and Practice (TTP)	20.00	20.00	20.00	Nya Patrinos
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Description

20 hour intensive training in Yoga Nidra. Includes lectures and demonstrations. Overview of panchakosha system, 8 limbs of yoga and 4 levels of consciousness as related to Yoga Nidra.

Learning Objectives

To develop competency in teaching and leading Yoga Nidra.

4N	5 Element Theory	Yoga Philosophy/LifeStyle Ethics (YPLE)	8.00	8.00	8.00	Nya Patrinos
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Description

Overview of the 5 elements and how the theory is used in Ayurveda.

Learning Objectives

To understand the 5 elements and doshas and how to teach an element informed yoga class.

2L	Joint Freeing Series	Teaching Methodology (TM)	3.00	3.00	5.00	Nya Patrinos
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Description

Use of Mukunda Stiles Joint Freeing Series as an assessment tool for mobility. Students will watch the 30 minute video on the Joint Freeing series and diagram at home all 3 positions for the joint freeing series: standing, supine and sitting in a chair. This will constitute 2 non contact hours. This assignment will be turned in.

Learning Objectives

An in depth understanding of the Joint Freeing Series.