

# Syllabus for *The Art of Teaching Yoga*:

Hosted by Amanda Webster, ERYT-500, YACEP & Certified Ayurveda Counselor

Topic & Session	Description	Learning Objectives	YA Category & Contact Hours
<b>Sankalpa: Session 1</b>	Define <i>sankalpa</i> , engage in personal reflection and creation of intentions for the training, participate in group ceremony and receive training materials, syllabus, etcetera.	<ul style="list-style-type: none"> <li>To objectively investigate strengths and weaknesses of personal practice and teaching skills</li> <li>To use this reflection to help set personalized intentions for the training</li> </ul>	<b>Yoga Philosophy, Lifestyle &amp; Ethics (YPLE)</b>  <b>2 hours</b>
<b>How to be a Transformational Teacher, led by Rupali Embry!</b>	Rupali Embry, ERYT-500 will host this workshop based upon her many years teaching and studying the methodology of yoga teachers. She has outlined five ways to become a transformational and inspirational teacher based upon the implementation of the five elements into every class you teach.	<ul style="list-style-type: none"> <li>To expand upon the personal evaluation begun in session 1.</li> <li>Trainees will complete the personal assessment during the workshop then use this information as a reference throughout the training.</li> </ul>	<b>Teaching Methodology (TM)</b>  <b>2 hours</b>
<b>Developing YOUR Teaching Style</b>	This portion of the training is designed to expose students to a variety of yoga styles and to apply the elements to become a transformational teacher including the ability to teach asana, pranayama, mudra, mantra, and meditation based upon the core philosophies of yoga merged with their personal outlook on life. We will study Krishnamacharya's concepts of kramas, both relating to the six stages of life and the three types of yoga practice; i.e., fitness, overall health and spiritual practice.	<ul style="list-style-type: none"> <li>Trainees will complete questionnaires throughout the training designed to develop their unique teaching sankalpa, strengths and methodology including voice, setting up the studio environment, using music or not, demographics and developing lesson plans that incorporate all of this, based upon the description of these modules.</li> </ul>	<b>TM</b>  <b>28 hours</b>
<b>Jnana Yoga: all modules</b>	In these modules we will engage in discussion based upon the readings from <i>Be Here Now</i> and the <i>Upanishads</i> , exploring the	<ul style="list-style-type: none"> <li>Amanda will provide a synopsis of the reading and facilitate activities and discussions so that participants understand the application and relevance of these themes and</li> </ul>	<b>YPLE</b>  <b>28 hours</b>

	concepts and constructs of reality and <i>maya</i> .	practices in their own lives, practices and lesson plans. <ul style="list-style-type: none"> <li>• Participants should be able to contribute examples to group discussions.</li> </ul>	
<b>Raja Yoga: all modules</b>	These eight-limbed practices (including asana, pranayama, mudra, mantra and meditation) will focus upon the koshas, drawing upon information covered in the Philosophy section of each module along with the five "Introductory Kosha" lessons below. Each month students will complete a questionnaire and journal entry that addresses both the immediate and long-term effects of these sequences on each kosha.	<ul style="list-style-type: none"> <li>• To understand and clearly articulate the concept of the koshas</li> <li>• To directly experience the layers of the self</li> <li>• To be able to draw upon this direct experience to teach about the many aspects of Self and incorporate these concepts into lesson planning and growth of personal practice</li> <li>• Students will use these assignments and store them in a personal binder to use as a lesson plan reference upon completion of training</li> </ul>	<b>Techniques, Training &amp; Practice (TTP)</b>  <b>80 hours</b>
<b>Annamaya Kosha</b>	We will define <i>kosha</i> , <i>maya</i> and <i>annamaya</i> and explain how the information received at the 200-hour level, mostly asana- and alignment-based fits into the idea of <i>annamaya kosha</i> . We will use this time to explore some of the more subtle aspects of alignment, building upon the knowledge received at the 200-hour level.	<ul style="list-style-type: none"> <li>• Participants will be able to describe their awareness of the <b>structural and energetic</b> aspects of body and mind through exploration of asana.</li> <li>• You will be able to describe HOW to awaken the subtle body via internal and external rotation, rebounding energies (i.e., ground to lift and twisting inward to open up), and the cycle of the breath through various pranayama techniques.</li> <li>• The objective is to develop ability to provide finer details of alignment such as lifting the arch of the foot to access inner thigh.</li> </ul>	<b>TTP</b>  <b>3 hours</b>
<b>Pranamaya Kosha</b>	Amanda will define and explain <i>pranamaya</i> kosha and lead participants through pranayama based practices with an emphasis on effects in the subtle body such as sensory awareness and pulsations in chakras and nadi lines.	<ul style="list-style-type: none"> <li>• To be able to describe the benefits and contraindications of each technique listed below: <ul style="list-style-type: none"> <li>○ Surya Bhedan</li> <li>○ Chandra Bhedan</li> <li>○ Nadi Shodhana</li> <li>○ Ujjayi</li> <li>○ Bhastrika</li> <li>○ Kapalbhata</li> <li>○ Sitali</li> <li>○ Brahmari</li> </ul> </li> <li>• To understand <b>when</b> and <b>why</b> to incorporate them into class sequences based on overall stimulating, calming or balancing energetics with consideration to appropriate demographic.</li> </ul>	<b>TTP</b>  <b>3 hours</b>

<p><b>Manomaya Kosha</b></p>	<p>Amanda will define <i>manomaya</i> and describe the aspects of this kosha, reviewing the theory of mind, Witness Consciousness and <i>vrittis</i> from the yoga sutras and drawing parallels to the ideas in <i>Be Here Now</i> by Ram Dass.</p>	<ul style="list-style-type: none"> <li>• Participants will be able to verbally articulate how yoga helps recondition the mind from the "monkey mind" state to the Witnessing state, and the value of this conditioning.</li> <li>• To develop your own meditation practice and establish the ability and confidence to hold space for other people to meditate.</li> <li>• To write out several guided meditation scripts and offer them to their training peers over the course of the training period.</li> </ul>	<p><b>TTP</b> <b>2 hours</b></p>
<p><b>Vijnanamaya Kosha</b></p> <p><i>*Our monthly yoga nidra sessions will be designed to develop this kosha.</i></p>	<p>Amanda will define <i>vijnanamaya kosha</i> and lead a discussion on how the Witness state leads to greater discernment, the application of the <i>yamas</i> and <i>niyamas</i> in life and in practice, and how the study of texts/science/philosophy, etc can lead to greater development of this kosha.</p>	<ul style="list-style-type: none"> <li>• Students will be able to articulate these ideas to each other and by the end of the training, to a group of students.</li> <li>• To continue to develop personal meditation practice with an emphasis on group yoga nidra and journaling sessions and by the end of the training will have written out at least three yoga nidra scripts to share with their classes.</li> </ul>	<p><b>TTP</b> <b>2 hours</b></p>
<p><b>Anandamaya Kosha</b></p>	<p>Amanda will define <i>anandamaya, moksha</i> and <i>ananda</i> and then lead a discussion about the four goals of life with an emphasis on what it means to experience liberation at the level of each kosha, in small everyday ways and ultimately. Will reference personal examples, open it up for group discussion and incorporate reading from <i>Be Here Now</i></p>	<ul style="list-style-type: none"> <li>• To articulate these ideas to each other and by the end of the training, to a group of students.</li> <li>• To participate in <i>seva</i> and <i>bhakti</i> yoga opportunities at different points in the training.</li> </ul>	<p><b>TTP</b> <b>2 hours</b></p>
<p><b>The Art of Teaching</b></p>	<p>Students will be participating in one another's classes under observation and guidance of lead trainer (after careful development of lesson plans) and will engage in feedback sessions to continue improving teaching skills and presentation with reference to individual's <i>sankalpa</i>. This will be the primary focus of the training: to develop one's own skills, confidence and teaching style and to complete a syllabus with 6-10 lesson plans tailored</p>	<ul style="list-style-type: none"> <li>• Students will be able to provide and receive constructive feedback by evaluating alignment cues, tone of voice, environment, and determining whether lesson plans and delivery are appropriate for selected demographics and consistency in demonstrating principles covered in teaching methodology modules.</li> <li>• Students will have opportunity to teach 1:1, in small groups and to classes of 15+ people, both from within training group, specific</li> </ul>	<p><b>TM</b> <b>60 hours</b></p>

	towards a specific theme/intention and demographic.	populations of choice and to general public.	
<b>An Overview of the relationship between Koshas, Ayurveda &amp; Yoga</b>	This class is an overview of the relationship between yoga and Ayurveda using the five element theory as a starting point, discussing how to modify daily and seasonal yoga-based practices to help keep each kosha balanced and healthy, with reference to the Ayurveda principles: 1) Like increases like and 2) Opposites bring balance. This will expand upon the knowledge gained at the 200-hour level to include more subtle therapies, such as the influence of colors within our environment, use of essential oils and which type of mantra or archetypal symbols are best to increase, balance or reduce the influence of specific elements.	<ul style="list-style-type: none"> <li>To understand and be able to describe the predominant elements in one's constitution</li> <li>To describe which elements are dominant in each kosha of one's constitution.</li> <li>Participants will have the option to build upon this information via supplemental training as the program progresses.</li> <li>The primary objective is to be able to recognize how to infuse elemental qualities into yoga sequencing and methodology to establish overall effects such as stimulating, calming, balancing, restoring, etc, and how this differs by elemental dominance and proportions.</li> </ul>	<b>YPLE</b> <b>4 hours</b>
<b>Seva Yoga</b> <b>2 modules</b>	Students will participate in one or two community service projects organized by Amanda, to provide a direct experience of <i>seva</i> . Some of the <i>seva</i> opportunities will include volunteering with an organization that is restoring the local marsh, cleaning the beach with Sustainable Coastlines, or raising money for local projects with a community yoga day.	<ul style="list-style-type: none"> <li>Students will be able to define the word <i>seva</i> and describe what that means to them and how they contribute service in their local community, whether via yoga or other projects.</li> <li>Group will participate in a community service project together; you will have several opportunities to choose from.</li> </ul>	<b>YPLE</b> <b>4-8 hours</b>
<b>Bhakti Yoga</b>  <b>One introductory module followed by incorporation into all Raja Yoga modules.</b>	This two-hour session will introduce the <i>Language of Yoga</i> book and the basics of Sanskrit, in addition to preparing the class to explore a variety of mantras throughout the training. We will study one new mantra each month including <i>Surya Gayatri</i> , <i>Shanti Mantra</i> , <i>Nishprapanchaya</i> and <i>bija</i> mantras through our Raja Yoga practices.	<ul style="list-style-type: none"> <li>Students will study and reflect upon the personal effects of a consistent mantra practice through direct experience via both guided and personal exploration of the mantras introduced in each module.</li> <li>To be able to explain the symbolism behind each mantra studied</li> <li>To integrate one mantra into personal practices; does NOT have to be a Sanskrit mantra, could be a single word, idea or image that reminds you of your <i>sankalpa</i>.</li> </ul>	<b>TTP</b> <b>2 hours</b>
<b>Yoga Nidra</b>	Each module will include a yoga nidra session, typically from 3-4pm on Sundays.	<ul style="list-style-type: none"> <li>To develop one's own meditation and spiritual practice to access the three innermost koshas</li> </ul>	<b>TTP</b> <b>14 hours</b>

		<ul style="list-style-type: none"> <li>To use yoga nidra to manage stress and promote relaxation, which is especially useful while participating in an intensive training.</li> <li>To provide direct experience to draw upon as 300-hour trainees are asked to offer yoga nidra in the practicum.</li> <li>Each participant will be required to write one specific yoga nidra script which will then be combined into a booklet for all participants to use in their reference binder at the end of training.</li> </ul>	
<b>Anatomy Review</b>  <i>Module 1</i>	<p>Through interactive activities we will review the terms learned at the 200-hour level such as external and internal rotation; along with the basics of alignment and anatomy, contraindications and benefits of basic categories of poses including: standing, balance, backbends, forward bends, twists, inversions and arm balances.</p>	<ul style="list-style-type: none"> <li>To refresh participant's memory and understanding of the following topics and the reasons WHY we align our structural bodies in a certain way to prevent injury, maintain the integrity of the body, and allow for proper range of motion: <ul style="list-style-type: none"> <li>Ball &amp; socket joints</li> <li>Internal vs External rotation in hips and shoulders</li> <li>Hinge Joints</li> <li>Spinal integrity</li> <li>Major muscles of the legs, hips, core, shoulders, neck and back.</li> </ul> </li> </ul>	<b>Anatomy &amp; Physiology (AP)</b>  <b>3 hours</b>
<b>Anatomy: Digestive System</b>	<p>In relation to <i>Annamaya</i> and <i>Pranamaya koshas</i>, we will study the major organs in the digestive system and how they are affected by the foods we eat, types of yoga we practice, the quality of <i>apana</i> and <i>samana vayus</i> and functioning of the lower three <i>chakras</i>. Discussion on importance of <i>sattva</i> and balance in regards to food sources, environment, and subtle sensory impressions; without balance or awareness, we have poor digestion, physically and mentally that prevents us from perceiving the innermost subtle and causal sheaths.</p>	<ul style="list-style-type: none"> <li>To understand and articulate the benefits and contraindications of yoga practices in relationship to the digestive tract, across the five categories of asana.</li> <li>To be able to describe sattvic, rajasic and tamasic sources of nourishment, ranging from food to asana, pranayama and meditation, for <i>annamaya</i> and <i>pranamaya koshas</i>.</li> </ul>	<b>AP</b>  <b>3 hours</b>
<b>Anatomy of the Heart &amp; Lungs</b>	<p>In relation to <i>Annamaya</i> and <i>Pranamaya koshas</i>, an overview of the major organs in the</p>	<ul style="list-style-type: none"> <li>To understand and articulate the benefits and contraindications of</li> </ul>	<b>AP</b>  <b>3 hours</b>

	<p>circulatory system and how they are affected by yoga practices, nutrition, <i>prana</i> and <i>vyana vayus</i>, and relationship between third and fourth chakras. <i>Assisted by guest teacher Bryan Jordan, LMT.</i></p>	<p>yoga practices in relationship to the heart and lungs</p> <ul style="list-style-type: none"> <li>To be able to describe sattvic, rajasic and tamasic sources of nourishment for the heart and lungs, ranging from food to asana, pranayama and meditation, for annamaya and pranamaya koshas.</li> </ul>	
<p><b>Anatomy of the Nervous System</b></p>	<p>In relation to <i>Annamaya</i> and <i>Pranamaya koshas</i>, an overview of the parasympathetic and sympathetic nervous system and correlation between <i>ida</i>, <i>pingala</i> and <i>sushumna nadis</i>, and all of the <i>vayus</i> and chakras. <i>Assisted by guest teacher Bryan Jordan, LMT.</i></p>	<ul style="list-style-type: none"> <li>To understand and articulate the benefits and contraindications of yoga practices in relationship to the nervous system.</li> <li>To be able to describe sattvic, rajasic and tamasic sources of balance/imbalance for the nervous system, ranging from food to asana, pranayama and meditation.</li> </ul>	<p><b>AP</b> <b>2.5 hours</b></p>
<p><b>Anatomy of Pregnancy, Part 1</b></p>	<p>Jodie Jensen Dresel (RN &amp; RYT-200) will lead a workshop that describes the anatomy of pregnancy in first, second and third trimesters along with the 6-week postpartum period. She will describe benefits and contraindications in each of those phases.</p>	<ul style="list-style-type: none"> <li>Students will be able to describe what is/isn't safe for pregnant women during each of the pregnancy phases based upon the anatomy of the mother and fetus, learn how to provide safe modifications, adjustments and sequences for each trimester.</li> </ul>	<p><b>AP</b> <b>2 hours</b></p>
<p><b>Yoga for Pregnancy, Part 2</b></p>	<p>Class will open with a review of the anatomy of pregnancy, both on the developing fetus and in the mother. Participants will then be guided through a 30-minute yoga practice with a faux pregnant belly to develop understanding of how it feels to practice while pregnant and the importance of appropriate modifications.</p>	<ul style="list-style-type: none"> <li>Students will be able to explain benefits and contraindications of yoga during pregnancy and will develop an understanding of how to structure a class to accommodate the needs of a pregnant woman, including use of props, modifications, sequencing, pranayama and meditation to prevent injury and support vitality of a pregnant individual.</li> </ul>	<p><b>TM</b> <b>2 hours</b></p>
<p><b>Anatomy of the Subtle Body</b></p>	<p>We will study the effects of class sequencing and use of adjustments to activate the subtle body and observe both first- and second-hand effects of those sequences. Amanda will also offer a demonstrations of hands-on adjustments that help facilitate the activation and awareness necessary for aforementioned sequences, to expand skills acquired at the 200-hour level.</p>	<ul style="list-style-type: none"> <li>Students will be able to demonstrate and describe HOW to activate the subtle body, the benefits and contraindications for the sequences (per description) for the seven chakra-based sections of the body, and the ability to demonstrate skilled adjustments as taught and practiced in each module.</li> </ul>	<p><b>TM</b> <b>14 hours</b></p>

<p><b>Ayurveda for Vijnanamaya Kosha</b></p>	<p>This class will be based upon reflection of the self-care and yoga practices and study via Jnana Yoga modules that have helped participants throughout the training to become more aware of the effects of their practice by comparing times when have fallen away from practice versus consistently engaged in practice.</p>	<ul style="list-style-type: none"> <li>• Students will engage in quiet reflection via review of their journal entries and personal experiences with all of the practices or readings throughout the training, then articulate the importance/benefit of studying and practicing yoga. Upon reflection of self, students will discern if they want to re-commit to their original sankalpa or revise it according to greater understanding of self at this point in training (about halfway through).</li> </ul>	<p><b>YPLE</b> <i>2 hours</i></p>
<p><b>Ayurveda for Anandamaya Kosha</b></p>	<p>This class will discuss spiritual practices (or meditations) that are suggested for each dosha, or to balance elements. We will explore common archetypes in the yoga tradition such as ganesh and shiva along with modern day saints along with bhakti and seva yoga practices that help activate this kosha</p>	<ul style="list-style-type: none"> <li>• Students will research a selected archetype and/or mantra that they feel drawn to, as part of their own practice. They will then present the symbolism and modern application of this archetype to training group</li> </ul>	<p><b>YPLE</b> <i>3 hours</i></p>