

Brahmrishi Yoga Teacher Training
www.brahmrishiyoga.org

Wisdom
Love
Service

The purpose of BYTT 500 level training is to develop yoga teachers who have a refined and compassionate focus and who can work in a variety of settings that include mainstream health and healing practices. To fulfill that aim, this course of study will address meditation and philosophy, breathing, and therapeutic technique that includes yoga through the life span and yoga applied to specific conditions. Meditation and philosophy will be taught together, finishing with a method unit on teaching meditation. Breathing will be taught as an individual unit. The Therapeutic Hatha sessions will include anatomy that is then applied to technique and method.

The texts include:

Kapil's Samkhya Patanjali's Yoga, B.V.Bawra

The Secret of the Golden Flower, Cleary

The Tao Te Ching (any translation)

The Bhagavad Gita, Sargeant

Chi Gung, Reid

Light on Pranayam, Iyengar

Yoga the Iyengar Way, Mira & Mehta

Anatomy of Hatha Yoga, Coulter

Light on Yoga, Iyengar

The Key Muscles of Hatha Yoga, Ray Long

Philosophy & Meditation:

Each session is one and a half hours long and opens with a half hour of meditation. A paper is required for each session. Non-contact hours include reading and writing time. The final unit will be a Method and Practicum section on teaching meditation.

A – The Yoga Sutras, Samadhi Pada: All yoga method relies on this understanding of mind, and how to transcend the fluctuations of consciousness and return to a source of awareness. Ultimately the freedom we seek through developing ourselves in Hatha Yoga is a mental process of quieting, introversion, and connection.

B – The Yoga Sutras, Sadhana Pada: Suffering and liberation through practice. We will cover lifestyle and ethics in this section, Niyamas and Yamas.

C – The Secret of the Golden Flower & Tao Te Ching: These two texts provide a companion in Taoism to Yogic thought. The virtue of reading and discussion will be to enlarge our understanding of the universal experience as it is written in a different vocabulary.

D – The Bhagavad Gita, Samkhya, Karma, and Dhyana: Chapters 2, 5, 6. This is a primary text and inspirational work on discernment, action, and meditation.

E – The Bhagavad Gita and the Three Gunas: Chapters 14, 17, & 18. An exploration of our relationship with the three qualities of nature.

F – The Eight Limbs of Yoga: A summary session that includes a larger paper.

G – Teaching Meditation: This is a Method Section.

H – Practicum in Meditation

Breathing and Pranayam:

This section will focus on the anatomy of breath, the value of breath for health, and the specific application of pranayam. To boost our understanding of breathing practice, an exploration of Chi Gung will be included. The text used includes sections on yogic pranayam. This module will use three texts, Coulter's opening section on breathing in the Anatomy of Hatha Yoga, Reid's A Complete Guide to Chi Gung, and Iyengar's Light on Pranayam. A practicum is required.

Therapeutic Yoga:

These modules will be presented in longer hours per session than the philosophy and meditation, and, as such, will involve weekend time. The series begins with an overview of nervous system through the life span and the shifting needs for practice. The course continues with alignment before entering the realm of therapeutic conditions. Each module includes Anatomy, Technique, and Method hours.

Method is a combination of sequencing for subtle energy and gross benefit, and assisting with speech, touch, and props.

A – Yoga and the Lifespan is a module is based on the PBS series, "The Secret Life of the Brain," on neuro-anatomy and human development. A videotape will be shown before a two hour session of technique that explores human development and Hatha Yoga. Supplemental material will come from "The Animated Brain" an interactive CD with text on neuro-anatomy by Vardaris and Voneida. The five sessions cover baby, childhood, adolescence, adult and aging brains and the varying needs of the age groups.

B – Technique and Alignment will rely on the text, Yoga the Iyengar Way, by Mira & Mehta.

C – Anatomy of Hatha Yoga, by Coulter, is the primary text for highlighting four perspectives on the body and areas of concern, each covered in two 5-hour sessions.

- 1 Pelvis, Spine
- 2 Shoulders, Heart, Lungs
- 3 Neck, Shoulder, Elbows, Wrists
- 4 Hips, Knees, Feet

D – Therapeutic Hatha Yoga is a module that dives into specific conditions of disease and the therapeutic application of Hatha Yoga. This section requires a longer paper that reflects individual research, and a practicum involving individual sessions.

E – Practicum for Hatha Yoga: 136 hours required