

# Yoga Education Teacher Training

2024

Module 1: Week 1

Introduction to the Course



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श्री गुरुभ्यो नमः हरिः ॐ

Om Om Om

Sri Gurubhyo Namah Harih Om

Salutations to the Gurus!

ॐ सह नाववतु ।  
सह नौ भुनक्तु ।  
सह वीर्यं करवावहै ।  
तेजस्वि नावधीतमस्तु मा विद्विषावहै ।  
ॐ शान्तिः शान्तिः शान्तिः ॥

oṃ saha nāvavatu saha nau bhunaktu  
saha vīryaṃ karavāvahai  
tejasvi nāvadhītam astu mā vidviṣāvahai  
oṃ śāntiḥ śāntiḥ śāntiḥ

May that Brahman protect us together. May it nourish us together. May we both gain great vitality. May our learning be brilliant. May we never argue. Om peace, peace, peace.

# Why a Yoga Education Teacher Training Course?

- Cohesive structure to address many aspects of yoga that are not always taught.
- Present an integrated approach based on traditional yoga, science, and modern life.
- Teach undiluted practices, texts, and living traditions.
- Teach practices that create conditions of calm, clarity, and peace in the practitioners.

# Emphasis on Yoga Education

- Not focused on a single tradition, but the yoga tradition as a whole.
- Focus on yoga through lifestyle and simple, accessible practices.
- Education means that we are continually educating ourselves.
- Global community building.

# What will be covered in each module.

- **Yoga Asana Sangraha Basic Practice**
  - Saturdays: Instructional class - 1 hour
  - Mondays: Teaching practice - 1 hour
- **Pranayama Level 1**
  - Thursdays: Instructional class - 1 hour (Teaching practice will begin in Module 2)
- **Philosophy**
  - Saturdays: Instructional class - 1.5 hours
    - Yoga, Vedanta, Samkhya, Hatha Yoga traditions, Shaivism
    - Examination of contemporary schools of thought
    - Devotional and Meditative practices

# Time expectations

- Attend all classes or view replays.
- Take the quizzes after each class.
- Maintain personal daily practice at least 5 days per week.
- Suggested daily practices will be given in PDF and video or audio format.

# Reading Materials

- Most learning will be through practice, lectures, and Q&A.
- As appropriate we will suggest readings from texts.
- YEC will provide reading material that we have prepared as well.



# How to navigate the online LearnDash portal

- Login & Navigation.
- Where you can find everything.
- Marking a Lesson 'COMPLETE'.
- How to proceed if there is no 'COMPLETE' button - 'CONTINUE'.
- How to take the Quiz.
- Emails to [webmaster@yogaeducationcollective.com](mailto:webmaster@yogaeducationcollective.com)

लोकाः समस्ताः सुखिनोभवंतु ॥

लोकाः समस्ताः सुखिनोभवंतु ॥

लोकाः समस्ताः सुखिनोभवंतु ॥

ॐ शान्तिः शान्तिः शान्तिः ।

lōkāḥ samastāḥ sukhinōbhavantu ॥

AUM śāntiḥ śāntiḥ śāntiḥ ॥

*May all worlds be happy.*

*AUM Peace Peace Peace!*