

The Totality of One

A Year-Long Program for Yoga Teachers and Spiritual Explorers.

The program is registered with Yoga Alliance as 575-hour course and can be used as continuing education or as a Yoga teacher certification at 200, 300, and 750-Hour level, depending on participation and previous certifications. Some parts of the program can be taken as self-paced. Each part can be taken separately.

The foundation of the program is the 'personal retreat' with studies done daily at home, based on daily instructions. There will be online meetings once or twice a week.

All sessions will be recorded and available for replies for the duration of the program.

Syllabus

Mind-Yoga

- From Yogi One to Rishis
- Upanishads as Mind-Yoga Manual
- Bhagavad Gita as Practice of Yoga
- Buddhist Yoga – The Science of the Mind
- Tao te Ching as Wisdom of Life
- Levels of Consciousness
- Yogacara – Practice of Yoga
- 8-Fold Path as Precursor to 8 Limbs of Yoga
- 8 Limbs of Yoga by Patanjali
- Buddhism Path: from India to China (Chan) to Japan (Zen)
- Meditation I: Equanimity, Mindfulness, Lovingkindness
- Meditation II: Silent Illumination, Shikantaza
- Meditation III: Mindfulness Metta, Tonglen,
- Yoga Nidra

Mind-Body-Yoga

- 5 Elements: Two Models
- Koshas
- Subtle Energy Systems
- Meridians
- Chakras
- Pranayama

Wind of Prana International School of Yoga

- Yoga Swara
- Thin Spaces of Being

Body-Yoga

- History of Posture
- Nature of Asanas (NOA)
- One Asana at a Time
 - Details Study
 - Focused Practice

The Art of Teaching Yoga

- Commitment
- Teach or Inspire
- One Yoga
- Principles of Teaching
- Teacher's Responsibilities

Teaching Yoga – Practice

- Personal Practices
- Participation in Yoga Classes
- Teaching Yoga
 - Individually
 - With Group of Teachers
- Class Content:
 - Pranayama
 - Meditation
 - Asanas (Yin and Yang)
 - Yoga Nidra

Essays and Quizzes

- Journaling
- Periodic Essay
- Periodic Quiz - Material Review
- Final Quiz – All Inclusive

Graduation is Based on:

- Participant's goals: 200, 300, CEUs only
- Participation (CEUs)
- Completion of all essays and quizzes