

# Wind of Prana International School of Yoga Science

## 200-Hour Yoga Teacher Certification Program

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*"The mediocre teacher tells. The good teacher explains. The superior teacher demonstrates. The great teacher inspires." , William Arthur Ward*

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### I. Yoga Teacher

1. What/Who is Yoga Teacher
2. Role of the teacher (sacred)
3. Yoga Teacher – Student Relationship:
  - a. Mentor
  - b. Healer
  - c. Parent
  - d. Friend
4. Ethics and Ethical Behavior
5. What we teach

### II. Introduction to Yoga

1. Yoga History
2. Yoga Ethics
3. Yoga Philosophy
4. Yoga Related Literature, scriptures
5. Other Books and Teachings
6. Yoga Lifestyle – Eight Limbs
  - a. 10 Living Principles
  - b. 6 Meditative Principles

### III. Yoga Ancient Resources

1. Vedas
2. Rishis Wisdom and Cosmic Evolution
3. Bhagavad Gita
4. Yoga Sutras
5. Hatha Yoga Pradipika

### IV. Physical Body

1. Skeletal and Muscular Anatomy
  - a. Bones and ligaments
  - b. Connective Tissue
  - c. Vertebral Column (Spine)
  - d. Lower Extremity (pelvis, hips and legs)

- e. Trunk (abdomen and diaphragm)
  - f. Upper Extremity (shoulder girdle, neck, arms, hands)
  - g. ROM (Range of Motion)
  - h. Muscle Movements
  - i. Breathing System
2. Physiology
    - a. Nervous System
    - b. Immune System
    - c. Lymphatic System
    - d. Endocrine System
    - e. Digestive System
    - f. Circulatory System
    - g. Respiratory System
    - h. Urinary System
    - i. Genital System
    - j. Integumentary System
  3. The Brain and Mind
  4. Moving Principles

## **V. Subtle Body and Ayurveda**

1. Koshas
  - a. Exploration of Koshas
  - b. Study of Energy Body and its many aspects from macro to micro and back
2. Nadis and Chakras
  - a. Philosophy
  - b. Working with Chakras
    - Chakras as the energy antennas
    - Chakras and Organs
    - Chakras influence on our existence
    - Activating and balancing chakras using breath, seed mantras and energy of our hands
  - c. Influence of chakras on our spiritual life
3. Meridians and Regulatory Channels
  - a. Description
  - b. Identifying Meridians and acu-points
  - c. Tracing Energy Flows
  - d. Association with inner organs
  - e. Yoga poses and acupressure points
  - f. Poses for regulatory channels
4. Dantians
  - a. Hara – filling the hara exercises

- b. Sea of Tranquility
  - c. Cosmic Breath
5. Ayurveda
- a. Doshas
  - b. Gunas
  - c. Dhatu, Ojas and Tejas
  - d. Prana
  - e. Agni

## **VI. Mudras and Asanas**

1. Mudras
2. Asanas
  - a. Commonalities
  - b. Posture Phases
  - c. Movement/Flow ('tapas' points, rebound)
  - d. Inner Exploration
  - e. Physical sensations
  - f. Breath
  - g. Emotions
  - h. Mind (placement, thoughts)
  - i. Purpose and Use of Props

## **VII. Exploring Yoga Postures:**

1. Studying postures
2. Practicing postures
3. Teaching postures
4. Assisting, Modifying, and Correcting
5. Postures include:
  - a. Standing
  - b. Sitting
  - c. Kneeling
  - d. Prone
  - e. Supine
  - f. Inversions

## **VIII. Pranayama – Art of Breathing**

1. Principles
2. Types of pranayama
3. Practicing Pranayama
4. Teaching Pranayama
5. Pranayama - Bridge to Higher Awareness
6. Power of the breath

## **IX. Meditation and Mindfulness**

1. What is meditation
2. What is Mindfulness
3. Meditation Types
4. 'Practicing' Meditation
5. 'Practicing' Mindfulness'
6. Teaching meditation
7. Teaching mindfulness

## **X. Bandhas**

1. Philosophy
2. Types of Bandhas
3. Practicing Bandhas
4. Teaching Bandhas

## **XI. Teaching Principles and Methodology**

1. What do we teach?
2. Respect and compassion
3. Respect for where they are
4. Voice (calm, not disruptive)
5. Instructions (passive, active, concise instruction giving students time to explore)
6. Language and prompts (body movement, posture name, both)
7. Prompting inner inquiry (general, specific, leave experience to the student)
8. Allowing a self-practice of asana flows (one side, the whole flow, allow for changes)
9. Demonstrating
10. Using a model
11. Assisting and adjusting (do not touch, unless...)
12. Timing (holding time, timing prompts, number of postures and posture types)
13. Program and content based on where the group is at the moment
14. Observation and assessment (how to, passive, active)
15. Sequencing of asana flow (principles, building up and relaxing)
16. 'Personalizing' the class (individual or group modifications, changing program)
17. Modifications and use of props (why and how; with or without)
18. Other: chanting, inspirational readings and talks, contemplations, etc.
19. Designing class program (centering, warm-up, asanas, pranayama, mantras, savasana, meditation)

## **XII. Designing and Structuring a Yoga Class**

1. Who are the students?
2. Type of yoga
3. Sequencing
4. Class segments
5. Holding Time
6. Duration

### **XIII. Different Physical Yoga Types**

1. Yin Yoga
2. Restorative Yoga
3. Iyengar Yoga
4. Vinyasa Flow
5. Acu-Yoga
6. Energy Medicine Yoga
7. Exploring for each type:
  - a. Principles
  - b. Benefits
  - c. Teaching

### **XIV. Miscellaneous Subjects**

1. Spirituality
2. Four basic aims in life
  - Dharma
  - Artha
  - Kama
  - Moksha
3. Buddhism
4. Taoism
5. Zen

### **XV. Practicum**

1. Practicing flows
2. Teaching short classes to other students
3. Teaching Complete Class

### **XVI. Becoming a Yoga Teacher (Final Session)**

1. Why we teach
2. Lifestyle and ethics for yoga teachers
3. Teaching yoga as service
4. Being a Yogi/Yogini vs. Being a Yoga Teacher
5. Developing your own teaching practice
6. Owning a studio – ‘business’ suggestions
7. Additional readings and studies
8. Group discussion:
  - a. What is the most important thing I have learned?
  - b. What is the most inspiring thing I have learned?
  - c. What is that I need to continue studying?
  - d. How do I feel about teaching yoga?
  - e. I can teach now! I will \_\_\_\_\_ (tell us about your plans, if any)
9. Metta Meditation

**XVII. Questions and other subjects to explore on the spiritual path of this program:**

- Are you happy? Are you happy now, or will you be happy if or when ...?
- Do you experience a fear of (possible) fear and/or happiness of (possible) happiness?
- Do we have tendency to expect that life will be better or worse in the future?
- Should we spend time dwelling on expectations (attachments)?
- Do we need goals in life, or do we just need to focus on actions to follow our passions and then intentions?
- What is the connection between Yoga and spirituality?
- How Yoga helps in pursuit of spirituality?
- How Yoga helps in pursuit of happiness?
- Is happiness a choice, or ...?
- What is the role of the teacher in helping students to become aware of their spirituality?
- What are the roles of the teacher?
- Our limits: a choice or necessity?
- States of existence
- Changeless reality and purpose of life
- Spirituality – Existence – Quantum Physics
- .... more

**Tests and Practicum**

1. Written tests (5)
2. Essay
3. Teaching Classes
  - Three shorter classes designed by the lead teacher
  - Two 45-60 min classes designed by the students

**Textbooks and Other Study Material:**

1. Required:
  - 'The Upanishads', by Eknath Easwaran
  - 'The Bhagavad Gita', by Eknath Easwaran
  - 'Light on the Yoga Sutras of Patanjali', by B.K.S. Iyengar
  - 'Yoga Anatomy', by Leslie Kaminoff
2. Recommended for deeper study:
  - 'Zen Mind, Beginner's Mind', by Shunryu Suzuki
  - 'Tao Te Ching', by Lao Tzu (any translation)
  - 'The Heart of Yoga: Developing Personal Practice', by T. K. V. Desikachar
  - 'Light on Yoga', by B K S Iyengar
  - 'The Science of The Rishis', by Mataji Devi Vanamali
  - 'Your Body, Your Yoga', by Bernie Clark
  - 'Prana and Pranayama', by Swami Niranjanananda Saraswati

3. Continuing Education Study:

- 'The Yoga of Eating: Transcending the Diets and Dogma to Nourish the Natural Self', by Charles Esenstein
- 'Path of Fire and Light: Advanced Practices of Yoga', by Swami Rama
- 'Ayurveda: The Art of Being' (DVD)
- 'On Yoga: The Architecture of Peace' (DVD)

4. Other Reading Suggestions:

- 'The Untethered Soul: The Journey Beyond Yourself', By Michael A. Singer
- 'The Fruitful Darkness: A Journey Through Buddhist Practice and Tribal Wisdom', By Joan Halifax
- 'Emptiness Dancing', by Adyashanti