

The Art and Wisdom of Teaching Yoga

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

The Outline

- *To instruct or to teach*
- *What is there to instruct and what to teach?*
 - *Depth of practice – depth of what?*
 - *Teaching by the heart and not by the book*
 - *Purifying annamaya and pranamaya koshas*
 - *Silencing manomaya kosha*
- *8 consciousness levels – the root of ... everything*
 - *In union with the sky and the earth*
 - *Journeying into the 'thin spaces'*
- *Aspects of formlessness and transience of Yoga practice*
 - *Contraindications, counterposes, and props*
 - *Shapeshifting as the continuum*
 - *Two main principles in shapeshifting*
 - *Gateless gates – the barriers of perception*
- *Integrating Yoga Nidra and meditation practices with Yoga*
 - *Integrating meditation with Yin Yoga*
 - *Power of Swara Yoga – releasing the spirits*
 - *Adding Acu-Yoga elements to Yin Yoga practice*
 - *The role of art and wisdom in teaching Yoga*
 - *The inward journey for students and teachers*
- *Becoming whole as a teacher – the personal journey*
 - *Teacher's qualities and responsibilities*
 - *Teaching silence*

There will be a panel discussion where you will be able to share your experiences and ask questions.

Seminar Schedule:

3 consecutive Sundays, April 14, 21, and 28

Online sessions at 14:00 GMT

Session duration: 60 -75 minutes

Tuition:

General - \$55 (50 EUR, 45 GBP)

School members – free

(please ask about becoming a school member)

All sessions will be recorded.

Detailed seminar notes and sessions recordings will be available to all registered participants.

Seminar can be taken as a self-paced study.