

## **The Tao of Teaching Yoga**

(Yoga = unitive state, not just postures)

Integrating teaching with the ever-changing nature of our existence.

Teaching is not to hand over the knowledge or the wisdom of the teacher, but an invitation and guidance into a deeper pursuit of one's existence.

Our existence is affected by the universal forces which are cyclical in nature and are never still within the cycles. Our learning therefore is impacted by the cycles we experience during the day, year, lifetime, and lifecycles. Learning and therefore teaching must reflect that ever-changing nature of the Tao.

This program will include the following topics (7 sessions):

1. The Environment: Yin and Yang, 8 Elements, Doshas, Life Cycle – 1 session
2. Tao Te Ching: Guide for Teachers and Students – 1 session
3. Yoga by Upanishads, Bhagavad Gita, and Yoga Sutras – 2 sessions
4. The Art of Teaching Silence – 1 session
5. Integrating Yin Yoga, Yoga Nidra, and Meditation – 1 session

### **Bonus Session: Journey Through Nine Consciousnesses**

Session's duration: 75 min (each)

CEUs: 12 hours (includes at home studies), can be used as a part of 200 or 300-Hour YTCP,

First session: September 10, Sunday, at 14:00 GMT

General Tuition: \$175

Wind of Prana 300H Graduates: \$100, or free with the purchase of annual pass (\$275)

School members: **Free** (membership - \$675 per year)

Program is registered with Yoga Alliance