

Mandala Yoga Ashram



Further Yoga Teacher Training 2022-23

Range of practices given on the course

The delivery of course content will depend to some extent on the needs of the group. Potentially additional material, not given below, could also be introduced.

Asana/ Postures - throughout the course the focus will be on exploring the more holistic and energetic benefits of asana practice and how the practices can be used to prepare for further areas of yoga practice and meditation. Creative ways of approaching asana both in a class situation and for self-practice will be explored, as well as ways of going deeper into key asanas, e.g., backbends, forward bends, side bends, balances, rotations, and inversions. There will also be a focus on *surya namaskara* (sun salutation) with mantra, and how to build up to peak postures.

Pranayama - the focus will be on deepening self-practice whilst also exploring how to build up practices within a class situation. Practices covered will include *ujjayi* (subtle breath), *brahmari* (bee breath), *nadi shodhana* (alternative nostril breathing), *anuloma viloma* & *prana shuddhi* (psychic nadi shodhana), *kapalabhati* (cleansing breath) and *bhastrika* (energising breath).

Mudra - working specifically with *gyana mudra* (gesture of wisdom), *prana mudra* (gesture of life force), *yoga mudra* (gesture of union) and the subtle aspects of various *hasta* (hand) mudras/ gestures.

Meditation - a key area of the course will be the use of meditation in personal practice and how to introduce different aspects of meditation to your students with confidence. Included will be *kaya sthairyam* (body stillness), *antar mouna* (inner silence), *ajapa japa* (mantra and pathway) and an introduction to practices from the *Vigyana Bhairava Tantra*.

Yogic Texts - the *Bhagavad Gita*, selected teachings from the Upanishads and the *Vigyana Bhairava Tantra* will be explored throughout the course together with an overview of how they influence modern yoga and how the teachings can be introduced into a class situation. In addition, there will be an overview of other key texts that directly inform the modern approach to yoga.

Mantra - various mantras will be introduced during the training to explore personally, and with experience and confidence to share with your students. There will also be a session introducing basic Sanskrit pronunciation and also the core purpose of mantra.

Professional - the Mandala Yoga Ashram approach to class teaching/ delivery will be discussed and explored alongside how to develop and progress class teaching.