

Course Outline for Teacher Training 2012-2013

Yoga from Within

Each weekend at the London studio consists of 16 hours and takes place from 10am. until 6pm. on Saturdays and Sundays.

In each of the study weekends there will be about 6 to 8 hours of different kinds of practice, which will include asanas, pranayamas, concentration exercises and meditation. Altogether more than 200 hours. You will learn the effects of the exercises on the body, study the soul-pictures (imageries) of the asanas and learn to express them in the poses. The first half of the course concentrates more on the history and philosophy of yoga and the second half more on the practical aspects of teaching.

The hours will consist of the following areas of study:

- Asana practice and study of the asanas
- Teaching methodology
- Anatomy and physiology
- Philosophy of yoga
- Individual trial classes

The different fields of study and the number of hours meet and exceed the required hours for the Standard Teacher Training (200 hours) of the International and European Yoga Alliance (www.yogaalliance.org)

In addition, regular asana practice at home, attendance at regular yoga classes of this approach to yoga, together with further reading will be essential.

TIMETABLE 2012-2013

1. January 28th – 29th

Lecture on the history of yoga
Overview of the 7 energy centres or chakras
Sivananda cycle
Asanas with an emphasis on the 4th. chakra, the heart chakra
Concentration exercise (Reading spiritual texts)
Introduction to chanting

2. February 25th – 26th

Introduction to the philosophy of yoga, Bhagavad Gita 1
Asanas with an emphasis on the 3rd. chakra, the solar plexus chakra
Concentration exercise (Observation of nature)
Teaching methodology

3. March 24th – 25th (with Dr. Zoe Wang)

Anatomy and physiology 1:
Muscles, joints, tendons, spine
How do we develop strength and flexibility in the spine?

4. April 28th – April 29th (with guest yoga teacher TBC)

The deeper meaning of the heart centre: our creative centre
Asanas, teaching methods and corrections connected with this centre
The philosophy of individuation
Meditation

5. May 26th – 27th May

More philosophy of yoga, Bhagavad Gita 2
Asanas with an emphasis on the 5th. chakra, the throat chakra
Studying, teaching and correcting these poses
Pranayama exercises
Concentration exercise (Observation of people)

6. June 23rd – 24th

Advanced asanas for your own practice
Asanas with an emphasis on the 2nd. Chakra, the sacral chakra
Studying, teaching and correcting these poses
Nutrition and the path of yoga
Short trial classes begin

7. July 21st – 22nd (with guest teacher TBC)

A deeper understanding of the 3rd. and 5th energy centres.
The first circle of imagination
More asanas, teaching methods and corrections connected with these centres

8. August 25th – 26th (with Dr. Zoe Wang)

Anatomy and physiology 2:
The systems in the body, the 4 main organs (heart, lungs, liver, kidneys) and their meaning
Typical painful conditions of the skeletal and muscular systems and how to manage them in teaching

9. September 22nd – 23rd

Philosophy of yoga 3, Raja Yoga and the Sutras of Patanjali
Asanas with an emphasis on the 6th. chakra, the forehead chakra:
Studying , teaching and correcting these poses
Trial classes continue

10. October 27th – 28th (with guest teacher TBC)

The 2nd and 6th energy centres. The second circle of inspiration
Asanas, teaching method and corrections connected with these centres

11. November 24th – 25th

Philosophy of yoga 4, Upanishads
Asanas with an emphasis on the 1st. chakra, the root chakra
Studying , teaching and correcting these poses
Practical aspects of teaching, planning classes, organising and marketing
Your classes
Longer trial classes start, talks given by students begin

December - free

12. January 2013 TBC

Philosophy of yoga 5, readings from Rudolf Steiner and Sri Aurobindo

Yoga for children, for teenagers, for pregnant women

Trial classes continue and talks given by students

13. February 2013 TBC

Last trial classes, last talks given by students

Public full-length classes for certification to be held in the studio at the end of the course.

You are always welcome to deepen your studies further by attending seminars with Heinz Grill in his centre near Lake Garda. (see www.kulturforum-varone.de)

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2011