



MODULE 3

Subject: Koshas - Yogic Physiology (YP3.1)

Trainer: Tracey Uber Cook

Subject Overview

In this session we will look at the Koshas or layers of our Being. Starting from the most dense and tangible Annamaya Kosha, we will work our way through the 5 layers which get more and more subtle. We will also discuss how the layers we identify most with are what cause avidya and are the source of our suffering.

We will also look at the Koshas in relation to Vedanta and Samkhya philosophies and how to integrate with the Gunas framework.

Learning Outcomes

By the end of this subject students will:

- Be able to explain
 - Annamaya Kosha
 - Pranamaya Kosha
 - Manomaya Kosha
 - Vijnanamaya Kosha
 - Anandamaya Kosha
- Know the relationship from subtle to dense and dense to subtle
- Recognise ways to stay balanced in knowing and taking care of the Koshas without becoming too identified with any of them

Assessment

In class: meditation on koshas and gunas

Written for submission : check in daily with yourself in regard to the Koshas. Write a reflection piece (one page maximum) to be submitted considering the following:

- With each layer, how is it feeling in relation to the gunas? Is there a particular Kosha you are identifying with more than others? How is this affecting your experience?
- Can you connect with the consciousness out of which the Koshas arise and let your attention and identification be less on the layers and more on the underlying consciousness which makes the experience of them possible?

Resources

[Yoga and The Koshas article](#)

Light on Life by BKS Iyengar

[Bernie Clark Yinsights](#)

Workshop Duration: 1.5 hours



MODULE 3

Subject: Functional Human Movement and Biomechanics - Anatomy and Physiology 3 (AP3)

Trainer: Harry Normand

Subject Overview

This session is about identifying and addressing postural misalignment in your students. We'll review the factors affecting posture and movement efficiency previously discussed in modules 1 and 2. You'll learn to spot potential causes of asymmetry in yoga postures, and how to teach quick fixes. We'll apply knowledge of neurological reflexes in your teachings to help students overcome stubborn asymmetry and dysfunction. We'll finish by practically applying these principles to the fundamental standing postures and selected seated postures.

Learning Outcomes

By the end of this subject students will:

- Be able to classify students by common postural dysfunction
- Be able to predict how these patterns will show up in their yoga practice
- Have the confidence to teach simple fixes to help overcome dysfunction
- Be able to help students investigate the effects of applying neurological reflexes in their practice

Assessment

In class - show competency in identifying obvious postural misalignment (partner work)

Written for submission - complete a report identifying postural (mis)alignment in a friend or family member, including photos from front, back and both sides

Resources

Basic postural screening template
Common patterns of postural misalignment

Workshop Duration: 4 hours



MODULE 3

Subject: Yogic Lifestyle - Yoga Philosophy, Ethics and Lifestyle (YPEL3.2)

Trainer: Allison Dearing

Subject Overview

In this session we will discuss the yogic lifestyle and what it means for the modern yogi. The 8 limbs of ashtanga yoga including the yamas and niyamas will be introduced. The 5 principles of Sivananda will also be introduced for comparison. If trainees are from different traditions these will also be discussed. We will discuss the role of nutrition and ritual for the yoga practitioner.

Learning Outcomes

By the end of this subject students will:

- Describe what yoga means for you
- Name the 8 limbs of Ashtanga yoga
- Name the 10 yamas and niyamas
- Recall the Sivananda 5 principles of yoga
- Understand the role of nutrition for yoga practitioners
- Understand the role of rituals for yoga practitioners

Assessment

Written for submission - Select one yama or niyama from the Yoga Sutras of Patanjali and try to incorporate it into your yoga practice and daily life. Perhaps even create a ritual around it to help cement it into your day. Journal about your experience (one page maximum to be submitted), why you chose this yama/niyama, what you have noticed/experienced and any difficulties that have arisen in doing so.

Resources

[Yamas and niyamas : finding deeper meaning to yoga practice](#)

[7 Rituals to Transform Your Day Into a Sacred Practice | Yoga Journal](#)

[Tradition : learning from the ancient teachings – live and breathe yoga](#)

Workshop Duration: 1 hour



MODULE 3

Subject: Nadis - Yogic Physiology (YP3.2)

Trainer: Tracey Uber Cook

Subject Overview

This session will be dedicated to Pranamaya Kosha and the way prana (energy) travels through us. We will discuss a few of the most significant nadis: sushumna, Ida, and pingala. And we will also touch on the energy of Kundalini and Kundalini awakening.

Learning Outcomes

By the end of this subject students will:

- Understand and explain what prana is and how we absorb it into our bodies and lives
- Understand and explain what nadis and aura are
- Know ida, pingala, and sushumna nadis and their relationship to each other
- Explain what Pranayama is and what it does
- Define puraka, rechaka, kumbhaka
- Explain Kundalini with a basic understanding

Assessment

Ongoing pranayama practice - Agni Sari and Nadi shodhana

Resources

[Bernie Clark Yinsights](#) (keep clicking through for info on sushumna, etc)

Workshop Duration: 1 hour



MODULE 3

Subject: Yoga techniques Asana (YT3)

Trainer: Allison Dearing

Subject Overview

- During the lesson, the final standing postures of the ashtanga yoga system (primary series) will be examined in detail to ensure a basic understanding of all relevant elements (see next point) are discussed and practiced.
- We will cover sanskrit name and english translation, correct vinyasa, drishti, benefits, modifications and alternatives, correct use of props of the fundamental standing postures of ashtanga yoga

Learning Outcomes

By the end of this subject students will:

- Demonstrate
 - Sanskrit name and english translation, correct vinyasa, drishti, benefits, modifications and alternatives, correct use of props of the final standing postures of ashtanga yoga primary series
- Be proficient in all the standing postures to be able to practice on their own in a self practice setting
- Know how to modify each posture in your own practice and for others

Assessment

- The posture assessment grid will be used by the trainer to determine proficiency during the session
- Complete posture worksheet during session
- Read Chapter 6 pages 84 - 94 of the Power of Ashtanga yoga
- **Video submission** Video yourself doing the Surya Namaskara A and B (only once) and then two other standing postures (that you have not already done). Include the following in your video:
 - Posture name in sanskrit
 - Correct Vinyasa counting in sanskrit
 - Correct breathing (inhale or exhale)
- **Written for submission** Prepare a written reflection (one page maximum) on how you have found the exercise of learning the correct vinyasa, breathing and posture names and then teaching it to the group (in Module 2) and now on video.

Resources

The Power of Ashtanga yoga Chapter 6 pages 84 - 94

Handouts - Posture worksheets, Sanskrit counting

- ▶ [Utthita Hasta Padangusthasana Asana Kitchen](#)
- ▶ [Utthita Hasta Padangusthasana Modifications Asana Kitchen](#)
- ▶ [Ardha Baddha Padmottanasana Asana Kitchen](#)
- ▶ [Guided Ashtanga Half Primary Series | Laruga Glaser](#)

[What balance teaches us](#)

Workshop Duration: 2 hours



MODULE 3

Subject: Yoga Techniques Pranayama (YT3.1)

Trainer: Tracey Uber-Cook

Subject Overview

We will start applying knowledge of the nadis to pranayama practice.

Learning Outcomes

By the end of this subject students will:

- Demonstrate Agnisari Pranayama
- Demonstrate Nadi Shodhana Pranayama
- Know how these techniques affect the flow of prana in the nadis

Assessment:

At home practice : Add to your daily sadhana(practice) and include in your practice register:

- 2 x rounds of Agni Sari
- 3-5 minutes of Nadi Shodhana

Try doing the breathing after asana practice sometimes, and sometimes try it before asana practice. See which way resonates with you more. Also notice how the pranayama and asana practice affect each other.

Resources

[Pranayama Overview](#)

[Agni Sari tutorial](#)

[Nadi Shodhana tutorial](#)

Workshop Duration: 1 hour



MODULE 3

Subject: Sutras 1 - Yoga Philosophy, Ethics and Lifestyle (YPEL3.1)

Trainer: Tracey Uber Cook

Subject Overview

In this session we will cover Ch. 1 and 2 Patanjali's Raja Yoga Sutras

We will talk about the traditional way of learning the Sutras, and as much as possible learn them in this way.

Ch. 1 Samadhipada

This includes defining yoga, parts of the mind, and techniques on how to calm the mind

Ch. 2. Sadhanapada

More elaborate ways to calm the mind, involving the body, when the mind is heavily distracted, disturbed, and busy. We look at the kleshas (distracting mental states), and how to soften and dissolve them through practice:

Kriya

Ashtanga

Learning Outcomes

By the end of this subject students will:

CH 1

- Recognise and understand Ch.1 sutras 1, 2, and 3 as the basis for all yoga
- Know the 5 types of vrittis
- Understand Abhyasa and its role in yoga
- Mentally know what samadhi is and the difference between samprajnata samadhi and asamprajnata samadhi
- Be able to name several ways of calming the mind, as stated in Ch. 1

Ch 2

- Be able to name the parts of Kriya Yoga
- Know the 5 kleshas
- Know the 8 limbs of Ashtanga
- Be familiar with illusory discrimination between Seer, Seeing, and Seen

Assessment

Stay Alert!!

- NOTICE the workings of your mind, thoughts like waves in the ocean. See if you can catch yourself getting carried away by being identified with thoughts.
- NOTICE the times when you feel like you are concentrating on one thing, and your mind starts riding the waves of other thoughts... for example, if you are practicing yoga and at the same time planning what you will make for dinner!



- NOTICE what the obstacles are which keep you from practicing staying alert to the rising and dissolving of your thoughts.

Written for submission: Reflect on these questions (and journal the answers):

1. When in your life have you experienced Samadhi?
2. When in your life have you experienced a sense of Oneness?
3. When in your life have you experienced your true nature, beyond thought, emotion, and circumstance?
4. Are these 3 types of experiences the same? Different? How so?
5. How have these changed your perspective or experience of living? Has it been a lasting change/shift?

What in the 2nd chapter of “Sadhanapada - action toward settling the mind” resonates with you:

*Kriya (action/karma) yoga?

*The kleshas (afflictions of the mind: ignorance, egoism, attraction, aversion, fear of losing life) and overcoming these?

*Ashtanga (8 limbed) yoga?

*The wisdom of and between the Seer and the Seen?

*Something else entirely?

Written for submission: Pick a sutra or series of sutras that resonate with you the most, and write a few sentences about how and why they resonate with you.

Resources

[Allison and Dani's favourite yoga sutras – live and breathe yoga](#)

[Bernie Clark Yinights -- Classical Yoga](#)

Your own copy of Patanjali's Sutras, ch. 1 & 2

Workshop Duration: 2.5 hours



MODULE 3

Subject : AUM - Chanting (SC3)

Trainer: Tracey Uber-Cook

Subject Overview

We will learn about the sacred sound of AUM. We will complete a practice of chanting the sound AUM together as a group.

We will examine the 4 parts of Om and what they represent in our bodies, in our states of being, and in the Universe

Learning Outcomes

By the end of this subject students will:

- Explain the meaning of AUM and the 4 sounds that make up the sound AUM
- Recognise how the pattern of OM relates to the patterning of all forms in the Universe
- Explain why we chant OM 3 times

Assessment

Practice chanting OM

In class discussion: How does OM relate to the gunas? To the Divine Purpose of the Universe? How do you feel when you chant OM, or when you hear the chant of OM?

Resources

[Om Diagram](#)

Workshop Duration: 1 hour