



MODULE 6

Subject: Vayus - Yogic Physiology 6 (YP6)

Trainer: Allison Dearing/Tracey Uber Cook

Subject Overview

The Vayus are the ways in which prana moves throughout the body from within and from/to the outside world.

The Bandhas help to seal this pranic flow within the body so that we can be nourished and restored by it.

During this session Allison and Tracey will discuss the 5 main vayus, the three main bandhas and how they work together including their use for pain exploration and management.

We will work through practical examples of each and using pranayama (breathwork), asana (postures) and kriyas (cleansing actions) which will guide your experience to feel the pranic flow from within.

Learning Outcomes

By the end of this subject students will:

- Recall and explain the 5 vayus
- Have a deeper awareness of the bandhas
- Learn how working with prana and vayus can bring deeper dimension to your yoga practice and teaching
- Recall asana and pranayama techniques that relate to each of the vayus

Assessment

For Written Submission: Write one page maximum a summary of each of the vayus. Discuss how you can feel the vayus working in your asana and pranayama practice. Describe two postures that relate to each vayu and explain why you chose them.

Resources

[Prana Vidya Tutorial](#)

Workshop Duration: 2 hours



MODULE 6

Subject: Yoga Techniques Asana (YT6)

Trainer: Allison Dearing

Subject Overview

- During the lesson, more of seated 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 seated postures up to navasana 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 104 - 122 of the Power of Ashtanga yoga

Practice keep practicing the primary series up until these postures at least 3-4 times a week. Incorporate the variations and modifications into your practice to really get to know them on an experiential level.

Resources

The Power of Ashtanga yoga Chapter 6 pages 104 - 122
Handouts - Posture worksheets, Sanskrit counting

Workshop Duration: 5 hours



MODULE 6

Subject: Yoga Techniques Pranayama (YT6.1)

Trainer: Tracey Uber Cook

Subject Overview

We will learn the last 2 techniques in the series: Maha Bandha/Bandha Triyam and Anuloma, and put them together to form the entire sequence.

Learning Outcomes

By the end of this subject students will:

- Know the entire morning pranayama sequence and be able to practice it
- Be familiar with different types of inhaling, exhaling, and retention and how they affect the body/mind system
- Continue to refine attention and awareness through subtle practices

Assessment

Practice : the entire pranayama sequence (or a modified version in order to suit your health needs) **at least 2x per week**. Feel free to join the Saturday morning pranayama class in-studio or virtually. If you can't make it at the time of the class, you can book in to virtual and receive the recording.

Resources

[Uddiyana and Jalandhara Bandha Tutorial](#)

[Maha Bandha](#)

[Full Morning Pranayama Practice](#)

[Subtle Concentration Tutorial](#)

Workshop Duration: 1 hour



MODULE 6

Subject: Sanskrit Chanting (SC6) Mangala mantra

Trainer: Allison Dearing

Subject Overview

During this session we will explore the Ashtanga yoga closing mantra, the Mangala mantra, its pronunciation and meaning.

We will practice chanting it together.

Learning Outcomes

By the end of this subject students will:

- Understand the meaning of the closing mantra
- Chant the closing mantra

Self practice:

At the end of each practice, chant the closing mantra quietly to yourself before you rest in savasana. When you attend a Mysore class, if you feel comfortable, quietly chant the opening mantra before and the closing mantra at the end of your practice.

Resources

Closing mantra handout

Workshop Duration: 0.5 hour



MODULE 6

Subject: Life's Greatest Journey (YPEL6.1)

Trainer: Tracey Uber-Cook

Subject Overview

Recently I came across the work of Caroline Myss. She is a former medical intuitive whose teachings blend beautifully with the yogic philosophies we are learning. She has a powerful message that aligns with what I also feel in my heart and is worth sharing. Hopefully this talk will help you integrate what we have learned thus far into your own lives and eventually into your teachings.

Learning Outcomes

By the end of this subject students will:

- Understand the process of conscious elevation and evolution
- Understand the journey from personal to impersonal
- Understand that we are inter-connected beings in a living web, and every thought, choice, and action affects the entirety of the web
- Become aware of how your energy drains, where you lose power in your life, and how to restore the balance

Assessment

Practice : Reflect on this information. What resonates with you and what doesn't? Where do you find you lose energy in our life? Can you feel this in your body? What floor in your inner building do you reside in most of the time? Do you have any insights or thoughts that you would like to share?

For Written Submission:

Write a little reflection on all of this (These questions are just prompts. You can take it in any direction you want), no more than 1 page, about your own Great Journey.

Resources

[Caroline Myss TED talk](#)

Workshop Duration: 1 hour



MODULE 6

Subject: Teaching Methodology (TM6.1)

Trainer: Allison Dearing

Subject Overview

In this lecture we will discuss:

- Observations from classes in the last month
- How the teacher lives in the students mind
- Ethics and Ethical behaviour in Yoga teaching
- Philosophy and principles of yoga sequencing
 - The balance between Parinamavada and Vinyasa krama
 - The five elements of a yoga class
 - Opening and Closing of a yoga class
 - Intentions and themes

Learning Outcomes

By the end of this subject students will:

- Be comfortable with observing the teacher and the students so as to notice the intricacies of teaching to a diverse group.
- Understand how the teacher role has great responsibility
- Understand and recall how the yamas and niyamas provide a framework for ethical teaching
- Be able to explain the balance between Parinamavada and Vinyasa krama and break down postures into smaller steps
- Create an opening and a closing for a class that works with a theme/intention

Assessment

Practical assessment : Choose a theme you would like to explore as a class to teach the group. Create an opening and a closing for that chosen theme. You will present the opening and closing to the group in the next weekend module. This should take approximately 10 minutes. You may like to use this theme and opening/closing in your final assessment. This is an opportunity to start exploring what you are interested in, experiment and possibly what you would like to teach the group at the end of the course. Be creative!

For written submission : Write one page maximum about the theme you have chosen and why you would like to explore it. Why is that of interest to you and how might your students benefit from this theme. Include your opening and closing plan in this piece for submission. Discuss why you chose this opening and closing for this class. Look up classes online for inspiration.

Resources

- ▶ Teaching Yoga Sample: Sequencing
- [Statement of Ethics – Yoga Australia](#)
- [Code of Professional Conduct – Yoga Australia](#)

Workshop Duration: 2.5 hours



MODULE 6

Subject: Ashtavakra Gita - Yoga Philosophy, Ethics and Lifestyle 6 (YPEL6)

Trainer: Tracey Uber Cook

Subject Overview

Includes an hour to review the Bhagavad Gita assessment in a round robin discussion

The Ashtavakra Gita is a Nididhyasanam text. It refers again and again to the union of individual self with universal Self.

Without too much explanation or analyzing, we will share together some verses from this sacred text.

Learning Outcomes

By the end of this subject students will:

- Move from the thinking/analyzing forms of learning, to the experiential knowing that simply can't be taught

Assessment

Practice : For at least 10 minutes once a week, go out and sit (or stand, or lie down, or walk, or dance wildly) in nature (longer and more often, if you can). Just watch and listen and feel and see what arises in you when you do this. Take a pen and paper and write or draw anything that comes up within you. It could be poetry, or just random words, or a picture or something else entirely that doesn't involve words at all. See if you can tune into the non-thinking part of you: the part that is beyond your mind, that is neither logical nor rational. This exercise does not need to be coherent or "make sense." Just show up and see what happens.

For written submission:

Reflect on this exercise and let us know how it went. Did you find it easy to let go and just be, or was it difficult? Did it get easier over time?

Resources

Trust your own wisdom on this one. You don't need to obtain more facts or outside knowledge for this particular exercise.

Workshop Duration: 2 hours



MODULE 6

Subject: Anatomy and Physiology 5 (AP6)

Trainer: Harry Normand

Subject Overview

Self paced session, complete online Yoganatomy modules :

- Module 11 Hip
- Module 12 Pelvis

Assessment

Yoganatomy Modules as above complete all units inside the online module including the discussion questions and quiz.

Resources

Yoganatomy online modules 11 and 12

No in person workshop

Only online Yoganatomy modules to be completed (self paced) by next module.