



MODULE 8

Subject: Yoga Philosophy, Ethics and Lifestyle (YPEL8) Tantra

Trainer: Tracey Uber-Cook

Subject Overview

This is a short introduction to Tantra and its basic principles. We will look at it through the lens of the ancient text The Vijnana Bhaivrava Tantra (English translation is “The Radiance Sutras” by Loren Roche).

Tracey will share her knowledge of the Aghori Tantra lineage.

Learning Outcomes

By the end of this subject students will:

- Understand a little bit of Tantric philosophy, hopefully dispelling some of the common myths about Tantra.

Assessment

n/a

Resources

The Radiance Sutras by Loren Roche
Free From Me by Clive Sheridan
Shiva, Shakti, and Beyond by Clive Sheridan
(Tracey has copies of all these if you'd like to borrow)

Workshop Duration: 1 hour



MODULE 8

Subject: Yoga Techniques (YT8.1) Asana

Trainer: Allison Dearing

Subject Overview

- This subject will be split into three sections:
 - Guided primary series class : first half (1.5 hours)
 - Guided primary series class : second half (1.5 hours)
 - Backbends workshop (2 hours)
- We will cover sanskrit name and english translation, correct vinyasa, drishti, benefits, modifications and alternatives, correct use of props for the above postures

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
- 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 8 of the Power of Ashtanga yoga

Practice Focus your practice on all the places where there are backbends. Ensure you leave enough time in your practice to incorporate some of the exercises from the workshop on backbends that you want to put energy into. **Allow a good 20 minutes per practice to work deeply into your backbends.** Keep practicing least 4 times a week. Attendance to class at least twice per week now is expected, in particular the Mysore sessions.

Written assessment

Reflect on your current asana practice compared to how it was when we began the course. Is it where you thought it would be? What is the reason in your mind for this difference if any? Explore why you may have lost motivation along the way. How do you think you will be able to show up to practice at least 4 times per week this month? What do you need to do/let go of to do this? We are getting towards the end and I don't want any regret or blocks getting in the way of you truly experiencing the practice in the way that you want to.

Resources

Functional anatomy of yoga by David Keil Chapter 13
The Power of Ashtanga yoga Chapter 8
Handouts - Posture worksheets, Sanskrit counting

Workshop Duration: 5 hours



MODULE 8

Subject: Yoga Techniques (YT8.2) Mudras

Trainer: Tracey Uber-Cook

Subject Overview

This is a very subtle subject, in which your own experience is your greatest teacher.

We will discuss

- What mudra is
- How it works
- 5 types of mudra
- Refining attention to be able to detect the subtle effects of mudra on the koshas
- We will practice a few mudras together

Learning Outcomes

By the end of this subject students will:

- Be able to understand and explain the concept of mudra and how it works
- Know the 5 types of mudras and give examples of each
- Refine attention and awareness within own practice to notice the subtle effects of mudra on annamaya, pranamaya, and manomaya koshas

Assessment

Do the below practice and take a few notes to share in discussion at the next module.

There is no official written assessment for this subject.

Practice

Without doing too much outside research, play and experiment in your own practice with how different hand/finger positions affect the feeling in asanas and meditation postures. Try this also with the position of your tongue in your mouth. Does it make a difference in how you feel when your tongue is resting on the top or bottom of your mouth? How do different drishtis affect the way you feel in certain asanas? Be creative and sensible and try mudras from the 5 types within your practice.

After you have experimented (it may take several times.... Maybe just focusing on one asana with different mudras), note any differences/sensations that you feel.

This exercise is about refining and paying close attention, trusting your own experience as opposed to relying on outside information.

AFTER you have experimented with mudras in your practice, then perhaps do a bit of research and see if what you discovered in your own experience is similar or different to what you read about different mudras and how they are “supposed” to work.

Resources

Asana Pranayama Mudra Bandha – The Bihar School of Yoga

Mudras, Yoga in Your Hands – Gertrud Hirschi

Your own inner intelligence within your practice

Workshop Duration: 1 hour



MODULE 8

Subject: Integrated Practicum (IP8.1) Class planning and sequencing

Trainer: Allison Dearing

Subject Overview

In this lecture we will:

- Review and discuss our teaching experience from last month
- Designing and teaching a balanced hatha yoga class
- Review and discuss the things to consider when teaching a yoga class

Learning Outcomes

By the end of this subject students will:

- List the key components of a balanced yoga class
- Understand the relationship of the elements to each other and the philosophy of yoga
- Understand the need for a theme/purpose of a class
- Develop a safe, logical and coherent class plan
- Understand the Live and Breathe Yoga 'low touch' policy on with hand on adjustments
- Understand how and when to use props to support students

Assessment

Practical assessment :

Design (or redesign) your class plan from last month to ensure it now has elements of a balanced class. If possible teach this class to the same group or teach the class at the studio (discuss with Allison)

For written submission :

Reflect on how your class went this time. Where did you take the feedback you received on board and what changes did you make that helped. Is there anywhere you need to practice more on or seek extra support with. This is your opportunity to receive guidance from our Trainers on where you would like to improve.

Resources

Handouts

Yoga Sequencing by Mark Stephens

Teaching Yoga with Intention by Judith Lasater

Teaching Yoga by Donna Fahri

Workshop Duration: 3.5 hours



MODULE 8

Subject: Integrated Practicum (IP8.2) Student intake

Trainer: Allison Dearing

Subject Overview

In this lecture we will:

- Practice reviewing the student intake document so as to get a good picture of how to communicate and address our students in their injuries/illness/limitations

Learning Outcomes

By the end of this subject students will:

- Feel confident discussing the student intake form with our students

Assessment

Practical assessment : in class discussion and review of the student intake

Resources

LBY student intake form

Workshop Duration: 1 hour



MODULE 8

Subject: Teaching Methodology (TM8.2) Pranayama

Trainer: Tracey Uber-Cook

Subject Overview

In this lecture we will discuss:

- Q and A for ongoing pranayama practice/teaching
- Learning basic pranayama techniques and how to teach them to students
 - Sama Vritti
 - Nadi Shodhana

Learning Outcomes

By the end of this subject students will:

- Learn how to prepare students for pranayama practice
- Be familiar with Sama Vritti and its separate parts and how to teach it
- Be familiar with Nadi Shodhana and how to teach it

Assessment

Practice Sama Vritti and Nadi Shodhana in your own practice. Really hone your attention into the details and think of how you would explain and teach it to others. Narrate the steps/instructions to yourself silently as you practice.

Practice teaching both Sama Vritti and Nadi Shodhana to 2 different people.

Resources

N/A

Workshop Duration: 1 hour



MODULE 8

Subject: Anatomy and Physiology (AP8)

Trainer: Harry Normand

Subject Overview

Self paced session, complete online Yoganatomy modules :

- Module 15 Hand Wrist and Elbow

Assessment

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

Please ensure all yoga anatomy modules and quizzes are completed. Harry will be attending Module 9 to review and discuss any questions you have.

Written assessment

Consider all the anatomy modules you have completed and reflect on the learning undertaken. Is there anything you learned that you found fascinating or made a difference in your practice. How has the study of yoga anatomy affected your practice during the last 10 months? Consider injuries or parts of your own body that you now have a better appreciation of. Lastly, is there anything you feel you need more guidance on or you would like to learn more deeply about. Bring this reflection to Module 9 ready to discuss.

Resources

Yoganatomy online module 15
Chapter 8 of Yoganatomy text

Workshop Duration: n/a



MODULE 8

Subject: Sanskrit Chanting (SC8) Maha Mrityunjaya Mantra

Trainer: Tracey Uber-Cook

Subject Overview

During this session we will explore the Maha Mrityunjaya 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 Maha Mrityunjaya mantra
- Chant the Mrityunjaya mantra

Assessment

N/A

Resources

Maha Mrityunjaya mantra handout
[controversial version](#) (but very beautiful)
[Anuradha Paudwal version](#)
[Sivananda Closing Prayer](#)

Workshop Duration: 0.5 hour