

# Advanced 100 hour YTT Curriculum

Designed by Amy Hughes and delivered by our faculty in 2021 as part of the 300 Hour Advanced Training

## Yoga Humanities: Philosophy

The *Antaranga*: *Dharana* (concentration), *Dhyana* (meditation) and *Samadhi* (absorption) as a continuum of experience - *Sanyama* YS 3.1-3.9.

*Parinama* - Yoga for transformation, including inquiry into the role of *nimitta*, and the cause of change YS 2.15, 3.9-3.12 and 4.3

*Samadhi* States in Patanjali: *Sabija* (*vitarka*, *vicara*, *ananda* and *asmita*), *nirbija*, *dharma mega* and *kaivalya* YS 1.42-1.51 3.8, 3.11, 3.37, 4.29

*Kaivalya* in the Yoga Sutra, YS 2.25, 3.55 & 4.34

Intro to the Upanishads and Vedanta as a backlash against Vedic ritualism

## Techniques, training and Practice

**Starting a Seated Meditation Practice:** We will explore finding *ekagrata* through a variety of classical breath meditations, gazing at a flame, chanting OM and in *japa mantra*. Students will explore offering short meditations to open and close their classes

*Ekagrata* in the Yoga Sutra of Patanjali and in Ashtanga: exploring and memorising the directions of the classic nine *dristi* in the Ashtanga practice and why we might modify them based on students' needs. In practice we will explore switching to an *antar dristi* by way of blindfolded practice (link to Sutras 3.11-3.13)

**Bandha and upward rising energy:** We will address classical *bandha*: *Mulabandha*, *Uddiyana* and *Jalandhara*, as well as *hasta*, *pada* and *armpit* bandha (the domes of the body). We will link these to the energetics of seated meditation

**Teaching *Sukhasana*, *Siddhasana*, *Padmasana*, *Virasana* and other meditation seats:** Teaching students how to sit: grounding the thighs, aligning the spine, props and prep.

**Teaching twists:** Standing, seated, kneeling and supine twists from the Ashtanga sequence and beyond will be explored. We will also consider when, why and how to theme classes around twists

### **Teaching Shoulder Stand & its seemingly inexhaustible modifications and variations**

Shoulder stand: as well as the anatomy and alignment, it might be nice to focus on the idea of it as a pose in which to gain enlightenment (drinking the *amrita* and *khachari mudra*), explain *niralamba* and *salamba*

## **Professional Essentials**

**Building in Alignment Pit Stops** - Stopping classes can feel daunting when students are eager to move, but it is essential for learning, especially for visual learners. We will address the alignment of some basic postures that regularly go wrong and how to offer a pit stop for detailed breakdown mid-class.

This session could have a practicum attached. All students would be given feedback on their ability to offer a breakdown of an alignment principle or tips for a peak posture. In the practicum students would guide one another through a brief flow and then stop the flow to offer technical breakdown on a single principle.

**Theming classes around subtle elements of practice** - meditative focus, *drsti*, breath, *cakra*, upward rising energy, *prana* and *apana* (the power of opposing forces). There could be a practicum around this as well.

**Adjustments Masterclasses:** 1) Look before you touch, 2) Foundation first, 3) Types of adjustment: adjusting for safety, suggesting an energetic or physical direction with your hands, stabilising the foundation, deepening the asana, spotting and gestures of generosity, 4) Adapting pressure depending on resistance; R1, R2 and R3

## **Anatomy and Physiology**

**Relaxation and Yoga** - Sympathetic and parasympathetic responses.

Understanding stress - **Immune responses to stress and the neurology of meditation and relaxation.**

**Subtle and Gross anatomy of cross legged seats**

**Subtle and gross anatomy of inversions**

## Subtle and gross anatomy of twists

### Practicum ideas

- Practicum 1 : Stopping the class - the alignment pitstop
- Practicum 2: Over the course of the week students could write a short guided meditation, all will submit on paper and some can deliver if comfortable
- Practicum 3: Theming a class around a philosophical concept or subtle anatomy principle

Nb. I am hoping to return with a set of cheap *rudraksha mala* from Nepal for the group for the *japa mantra* (a nice wee gift for them) and will purchase a set of blindfolds for the blind practice (always nice on a moon day)

### Learning Outcomes

- Explore and memorise the *antaranga* and be able to explain them
- Distinguish between different types of *Samadhi* and relate these notions to different experiences of meditation
- Attain a basic understanding of key excerpts from the *Upanishads*
  
- Memorise the nine *dristi*, know when to make reference to gaze points in class
- Understand the subtle principles of *bandha*, so as could theme a class around it
- Establish a meditation practice
  
- Improve understanding, practice, teaching and adjusting of twists
- Improve understanding, practice, teaching and adjusting of shoulder stand
- Improve understanding, practice, teaching and adjusting of poses for seated meditation
  
- Cultivate the ability to plan themed classes, with integrated philosophy and subtle anatomy
- Build in pit stops for rich explanation, possibly with demonstration, in class
  
- Understand the physiological and neurological responses to stress, relaxation and meditation
- Improve understanding of anatomy of body in postures: twists, inversions and seated postures in particular