



The
Inner Yoga
Trust

The Inner Yoga Trust

IYT 500 Hour Teaching Diploma

Course Syllabus

Year 2 The Path of Yoga

enquiries@inneryoga.org.uk

07889418504

inneryoga.org.uk



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*Registered Charity Number: 1068211 | Registered Charity Address:
45 Shopwood Way, Littleborough, OL15 9AP | 07889418504*

Contents

Course structure	3
Course requirements	3
Course aims and objectives.....	4
Aims.....	4
Objectives	5
Assessment.....	7
Written work	7
Course text books	8
Required text books	9
Additional recommended text books	9
Weekend and retreat week programme	10
Relaxation, pranayama and meditation	11
Weekend 1 - The Eight Limbs of Yoga	12
Weekend 2 - Anatomy and Physiology.....	13
Weekend 3 - The Yoga Sutras of Patanjali	14
Weekend 4 - The Bhagavad Gita	15
Retreat week	16
Weekend 5 - The Hatha Yoga Pradipika	17
Preparation for next year.....	18
Case study	18
Policies	19

Course structure

Year 2 of the IYT 500 Diploma is a residential course comprising a minimum of 145 contact hours delivered over a period of one year.

The course is delivered over five weekends, each starting at 5.00 pm Friday and finishing by 4.00 pm Sunday, and a retreat week starting at 5.00 pm on the first day and finishing by 12.00 pm on the 8th day. There is additional contact between these weekends and retreat week by, for example, email and phone.

Contact hours are taught primarily by Diploma course tutors. Some teaching is carried out, under the supervision of the Diploma course tutors, by course assistants training on the IYT Apprenticeship Scheme. Sanskrit and Chanting is taught by a specialist tutor and IYT Course Principals also visit and teach on each course.

Course requirements

At least three years of dedicated yoga asana practice and completion of our Year 1 The Structure and Practice of Yoga course, together with some practice of pranayama and meditation.

As the emphasis is on development of the intuition, students need to be practising on their own, not just in a class. It is strongly recommended that students also regularly attend an IYT weekly class in order to consolidate the teaching of the course.

As a student you are asked to make a deep commitment to look honestly at yourself and to develop towards your own inner awareness.

Course aims and objectives

Aims

The aims of the course are that each student:

- gains a clear understanding of and connection to the origins of yoga, that of the union of the mind, body and spirit, through a programme of experiential learning.
- can bring an increased sense of health, harmony and aliveness to their own body, mind and spirit, from an intuitive understanding stemming from their individual practice;
- is helped to integrate the classical teachings of Patanjali's Yoga system into their lives;
- is introduced to the Bhagavad Gita and encouraged to develop an understanding of this classical text as it relates to their everyday experience/lives;
- is introduced to the Hatha Yoga Pradipika and encouraged to bring some of the practices from this text, e.g. neti, into their practice;
- is encouraged to develop a daily 1– 2 hour practice session to include asana, pranayama, meditation and journal writing;
- gains a firm grounding in Anatomy and Physiology and an understanding of the effects of yoga on the body's systems.

- is helped to clarify their thinking and show developing understanding through the completion of the written work;
- understands how the body relaxes, the importance of the asanas to relaxation and the modifications for and aids to relaxation;
- understands the effects of one's own general posture on the breath and the effects of the asanas on the breath.

Objectives

The course objectives are that each student:

- experiences the transformative effects and personal growth resulting from a sustained personal practice of asana, pranayama and meditation;
- keeps a daily reflective journal showing their understanding of the application of their practice and yoga philosophy in their daily life (the journal will form a basis for the written work assignments);
- gains a basic knowledge of Anatomy and Physiology as it applies to yoga;
- develops an understanding of the necessity for safe practice and be able to prepare for and to modify classical asanas;
- is given the opportunity of experiencing a developing intuition, or inner knowing, and a greater degree of self-knowledge through the study and application of the classical texts of yoga, evaluating their relevance for them personally.

Assessment

This course is not a pass/fail course as some people do the course purely for their own interest and development.

Assessment consists of the tutor observing the students' participation and development over the whole course, during the asana, pranayama and meditation sessions.

Students doing the course as part of the IYT500 Diploma course are expected to practise what they have learned at each weekend and to complete all the written work. At the end of this course you have the opportunity to meet with the course tutor(s) to discuss your practice and progress and to help you determine whether to enrol on the Year 3 Passing the Teaching On.

Written work

The course is designed for your own inner development and learning as well as to develop your ability to teach yoga. Papers can be written or submitted in other forms of presentation that feel more appropriate for you and are equally acceptable (for example drawings). What is required is that you convey your learning.

When you have completed each paper, please send in copies as instructed by your course tutor(s). If your work is in a format other than written, please provide a copy that can be filed e.g. if it is artwork the tutor would need a photocopy or photograph as a record. Please send in the papers by, or before, the given date. If your coursework is submitted late, feedback on your work may not be given at the following weekend.

Please type all papers and put your name clearly on the top of each page and number the pages. Include all quotations that you refer to and give

references of the books and other sources of information you use. Please do not copy and paste sections from the internet.

Written work includes:

- Daily journal: this is a day-to-day record of what students discover for themselves in their own practice – it may just be a sentence or two each day. It will be useful to look back on and may be shared amongst the group when we meet. The daily journal is the student's own assessment and observation of themselves, their personal experience in their own yoga practice and how it relates to their lives and how it relates to their inner understanding i.e. the developing intuition. The daily journal forms the basis of the written assignments.
- Student's own personal history: why they want to practise (and teach) yoga and how they see that developing for themselves.
- Student's own understanding of ancient yoga texts and what they mean to them after the lectures and discussions during each weekend.
- Anatomy and Physiology paper

Course text books

It is important to have the recommended text books as they complement the teaching you will receive. Please bring the relevant text **book** to the weekend, not the kindle version. The course texts are listed below plus a few additional recommendations if you can afford them.

Some of the books can be obtained from the Rama Krishna Vedanta Centre, Blind Lane, Bourne End, Bucks. SL8 5LG vedantauk.com. The Inner Bookshop is also very helpful 01865 245301 innerbookshop.com.

Required text books

Anatomy of Movement Blandine Calais–Germain ISBN 978-0-939616-57-2

Your Yoga Body Map for Vitality Jenny Beeken ISBN 0-9545389-1-9

Don't Hold Your Breath Jenny Beeken ISBN 0-95452389-9-4

Ancient Wisdom Jenny Beeken ISBN 978-1-905398-11-9

The Yoga Sutras of Patanjali Alistair Shearer ISBN 0-7126-5509-3 or

The Yoga Sutras of Patanjali Sri Swami Satchidananda ISBN 0571093639

Bhagavad Gita trans. Swami Prabhavananda & Christopher Isherwood ISBN 0460004956

The Hatha Yoga Pradipika Muktibodhananda (from Satyananda Ashram) ISBN 81-857-38-7

Additional recommended text books

The Anatomy Colouring Book Wynn Kapit/Lawrence M. Elson, ISBN-13: 978-0805350869

Anatomy Trains Thomas W. Myers, ISBN 978-0-7020-4654-4

Light on Yoga B.K.S. Iyengar, ISBN 1855381664

Awakening the Spine Vanda Scaravelli, ISBN 0-06-250792-3

Light on Life B.K.S Iyengar, ISBN 1-4050-8787-0

How to Know God - Yoga Aphorisms of Patanjali Swami Prabhavananda & Christopher Isherwood, ISBN-13-978-0874810417

Light on the Yoga Sutras of Patanjali BKS Iyengar ISBN 1-85538-225-3

The Bhagavad Gita Paramahansa Yogananda ISBN 0-87612-031-1

Weekend and retreat week programme

The subject of each weekend permeates all aspects of the teaching during each weekend.

7.30 am - 8.30 am Asana, pranayama and meditation

Breakfast

9.45 am - 10.45 am Satsang

11.00 am - 1.00 pm Asana class

Lunch

5.00 pm - 7.00 pm Asana class

Dinner

8.15 pm Satsang – sharing, meditation, focussing, sounding, presentation, lectures, going into the practice of silence overnight until the end of the early morning session.

(The evening sessions will be adapted to the needs arising from the day and according to the subject of the weekend.)

Each weekend starts on the Friday evening with an Asana class at 5.00 pm. The above programme is then followed until the weekend ends on the Sunday by 4.00 pm. These times may vary according to the venue requirements. The retreat week will finish after brunch on the last day, and there will be an afternoon break during the week.

Students should arrive at all classes ready to start at the specified time. You are expected to be fully prepared and warmed up when this is an

asana class. There is an administration meeting after lunch on Sundays. There will be periods of silence during the weekends and retreat week and you will be asked not to use your mobile phone during these times.

Relaxation, pranayama and meditation

Relaxation, pranayama and meditation are taught at every weekend and throughout the retreat week. The tutors decide what is taught according to the needs of the group, combined with the subject matter for the weekend.

- Relaxation and observation of the breath
- Movement of the breath in the body
- Using the whole of your lungs
- Feeling the diaphragms of the body and moving them using Chin and Gyana mudra
- Breath and sound
- Nadi Sodhana pranayama
- Viloma pranayama
- Ujjayi pranayama
- Kapalabhati
- Kumbhaka
- Awareness of the breath in asana
- Pratyahara, dharana, dhyana and their relationship to Samadhi.

Weekend 1 - The Eight Limbs of Yoga

The focus is on the study of the eight limbs of yoga, how we put them into practice in our lives and how the second six limbs enable us to practice the first two within our lives.

There will also be a focus on each student's personal practice to establish where they are within themselves, highlighting any challenges they may be experiencing in their practice, how they are dealing with these difficulties and what support is needed.

Programme

Early morning Pranayama and Meditation; sitting and lying for breathing and pranayama and meditation and observation of the breath.
Asana teaching taken from the practices set out in Ancient Wisdom.

Study books

Ancient Wisdom - Jenny Beeken and any books you have with the Eight Limbs of yoga.

Handouts

Year 2 Welcome Pack
Patanjali's Eight limbs of Yoga
The Yamas and Niyamas
The Yamas and Niyamas in my life

Written work

- a) Write about the first two limbs of yoga and how they relate to your life and how you put them into practice.
- b) If you are considering teaching, please answer the following question: Why would you like to teach yoga and how do you see the role of the teacher?
- c) Completion of the A&P study sheet questions from all the Year 1 weekends that you attended.

Weekend 2 - Anatomy and Physiology

The focus is on the yoga postures that bring awareness to the different lines of myofascia through the body and an in depth look into head and shoulder stand and the precautions needed for this.

Programme

Early morning Pranayama & Meditation. Integration of anatomy lectures with the practice of the postures and looking at the challenges experienced by students and how to adapt the postures in order to address them.

Study books

Anatomy of Movement Blandine Calais-Germain ISBN 978-0-939616-57-2

Any other anatomy and physiology reference books you find useful.

Handouts

Anatomy and Physiology Handout.

Written work

What is your felt sense of some of the concepts introduced at the weekend e.g. connectivity, fascia, breathing etc. Describe how this has affected your practice.

Preparation for next weekend

Dip into Yoga Sutras books 1 and 2, Sadhana Pada, Treading the Path and Samadhi Pada, The Settled Mind.

Weekend 3 - The Yoga Sutras of Patanjali

The mind obstacles and samskaras in meditation and how these are also present in the physical body.

Programme

Early morning pranayama – viloma and meditation (dharana and dhyana).

Reading and discussing the outline of the whole book and individual sutras, in particular the first two chapters. The relevance of the sutras to asanas and meditation.

Study books

The Yoga Sutras of Patanjali Alistair Shearer and/or

The Yoga Sutras of Patanjali Sri Swami Satchidananda.

Any other translation of *The Yoga Sutras of Patanjali*

Handouts

The Yoga Sutras of Patanjali

Written work

Write about a Sutra(s) that appeals to you and how it relates to you in your life now.

Preparation for next weekend

Look at the Bhagavad Gita.

Weekend 4 - The Bhagavad Gita

This weekend will give students the opportunity to see for themselves, and to experience with others, how they have developed from the other weekends and where they are going in their own practice. It is important to attend this weekend in sequence as it is essential to the understanding of the retreat week.

Programme

The Bhagavad Gita in its ancient traditional form, its symbolism and relevance in our lives now. Looking at how the breath is affected by one's posture and how the asanas prepare one for pranayama, pratyahara and the three stages of meditation. Asana classes will explore the warrior poses and the three gunas.

Study books

Bhagavad Gita trans. Swami Prabhavananda & Christopher Isherwood and any other translation that speaks to you.

Handouts

Bhagavad Gita Cosmology
Symbolism of the Bhagavad Gita
The Roots of Yoga
Yoga and the Bhagavad Gita

Written work

Write about a passage from the Bhagavad Gita which speaks to you personally.

Preparation for next weekend

Prepare to present your given passage from the Bhagavad Gita at the retreat week.

Retreat week

During the week's residential course, students will find that many aspects of the self, which normally remain hidden, on all levels of being, tend to surface. So, during this week the more long-term effects of yoga, the depth of its effect on all levels – physical, emotional, mental and spiritual, and the place it has in one's life, will be the main focus. We will experience how the changes yoga creates within, and the shift in perception that accompanies these changes are integrated into one's life.

Programme

- Early morning Pranayama and Meditation, the natural progression from pranayama to meditation.
- Looking at how and why the asanas are practised
- Students teaching the Bhagavad Gita to their peer group.
- Classes on Sanskrit pronunciation of asana names, and learning to chant the Gayatri mantra.
- Small group peer asana teaching

Study books

Bhagavad Gita trans. Swami Prabhavananda & Christopher Isherwood and any other translation that speaks to you.

Handouts

Provided by visiting tutor

Written work

1. What is the practice of Pranayama and Meditation doing for you?
2. Relate any effects that you have experienced on all levels of the self – physical, emotional, psychological and spiritual during and following the week's Retreat Week. Has your life been affected since then and have there been any specific effects?

Preparation for next weekend

Start to read the Hatha Yoga Pradipika especially the introduction. Buy a neti pot and bring it to the next weekend.

Weekend 5 - The Hatha Yoga Pradipika

Programme

The focus is on the history of yoga and where the Hatha Yoga Pradipika fits in; study of the Mudras and Bandhas, as well as some of the cleansing and other practices chosen from the Hatha Yoga Pradipika.

Early morning cleansing practices, pranayama and meditation.

Looking at ways of combining the Mudras and Bandhas with the Asanas and Pranayama practice.

Study books

The Hatha Yoga Pradipika Muktibodhananda (from Satyananda Ashram).

Handouts

The Hatha Yoga Pradipika

Practices from the Hatha Yoga Pradipika

The Pelvic Floor

Written work

In discussion with your tutor choose a practice or practices from the Hatha Yoga Pradipika and practise them daily for at least a week. Write about the effects on you and make reference to the verse(s) from the Hatha Yoga Pradipika that describe the practice.

Preparation for next year

If you intend to continue on to Year 3 and complete the teacher training diploma course, follow the application procedure for this course and:

- renew your IYT student membership;
- complete all Year 2 homework, including the Anatomy and Physiology papers for the Year 1 course weekends that you have attended, before the start of Year 3;
- if you haven't already started teaching, plan to do so;
- plan, or continue with, your Case Study;
- look at either *'The Elements of the Chakras'* or *'Chakras - A Beginner's Guide'* by Naomi Ozaniec and *'Eastern Body Western Mind'* - Anodea Judith.

Case study

This project can be started early in Year 2 if you know that you intend to continue on to Year 3 and you are already teaching. If you are not teaching you will need to start thinking about how you will do the Case Study which must be completed by the Year 3 retreat week. Your Course Tutor(s) will discuss this with you early on in the course.

Case study brief: to teach at least one and preferably two students yoga over a twelve month period either 1:1 or within a class structure. At the start, find out and record what they wish to achieve by coming to yoga. Observe and document the physical and psychological effects of yoga on each student at regular intervals throughout the year. At the end of the year ask for written feedback from each student on their experience of the effects of yoga both physically and psychologically.

Policies

Diet all food provided during the weekends and retreat week is vegetarian.

Alcohol and Recreational Drugs There will be no smoking, alcohol or recreational drugs during the weekends and retreat week as it works against the effect of yoga and it is unpleasant for others to be in close proximity. However ongoing support would be given to those wanting assistance in this area.

Note Taking, we require that you do not take notes during the class or use any recording equipment as it is distracting and you will miss the essence of the teaching.

Mobile Phones You are requested not to make mobile phone calls, check messages or send texts during the silent times.

Electronic devices We do not allow the use of electronic devices during teaching sessions, except at the discretion of the course tutor.