

Weekend themes & Practicum days

Session 1: Yoga Origins, Types, Lineage and Becoming a Teacher

What is Yoga; it's origins and history up to present. baba sri chand, guru ramdas, [shakti/Bhakti].

Types of Yoga: traditional and modern. Kundalini Yoga as the mother of all yogas, householders dharma.

Golden chain. Adi mantra & basic class structure

Code of ethics – Professional Code & 16 Facets of the Teacher. 7 steps to happiness.

Session 2: Shabd, Mantra & Sadhana

Quantum Shabd Guru:

The 4 yugas, kali Yug and Naam as the supreme yoga of Kali Yug.

The nature of the age we live in. [the grey transition between Piscean and Aquarian era. The changes and challenges of the times, and what is needed.

Sensory human: The body as a communication system;

Mantra: the meanings, effect, and how to chant the mantras of Kundalini Yoga.

Sadhana: The importance and value of daily discipline of exercise and meditation.

Building your sadhana slowly and steadily

Session 3: The map - Yogic and western anatomy.

Western anatomy: body systems and specific organs. How yoga and diet help

The yoga process; concept of energetics rejuvenation /balance/ elimination [G.O.D.]

Yogic anatomy of Gunas, Tattwas, Chakras, Nadis, Vayus, prana and apana.

The path of the Kundalini and the 3 locks/bhandas.

Session 4: Breathing & Living

Pranayama: Body – breath – brain - consciousness

What, how, why of the breath. Its nature, importance, variations & effects.

Yogic Lifestyle: Guidelines, wisdom and tips for all aspects of life.

How to awake, hydrotherapy, diet, times of day, getting the best sleep.

Addiction and how yoga helps. Cautions and pitfalls. Power/money/sex.

Session 5; The Technology of the Times; Posture

Asana : Kriyas and asanas, (angles, triangles, rhythm). The effects/benefits/cautions.

Session 6; Meditation:

The techniques, types, effects over time, stages.

Patanjali: Pratyahaar, Darana, Dhyana, Samadh.

The 3 minds; training the mind.

Session 7; Humanology:

We are Spirits here for the Human Experience.

The possible Hu-man Be-ing, soul's choice, soul's journey, birth, 120 days, the mother.

Being fe/male, growing up, Moon Points, Lifecycles. Meditations for Wo/men.

Relationships –the highest yoga. Venus Kriyas. Tips for Communication.

Session 8: Roles And Responsibilities :

In and out of the class setting.

The Art of being a student; 5 steps to wisdom, the 4 errors, 2 laws - keep up and deliver. The nature and art of a teacher - Teacher's Oath. 16 Facets.

Teaching in different spaces, different levels, and different groups.

Before, during and after the class. Message, market & media. Preparing yourself, preparing the class, Managing the time, the space, the ambience & the people.

The relation between Kundalini Yoga and Sikh dharma.

Session 9: Yogic Philosophy, Death & Dying

Philosophy: Key terms and concepts in Yogic Philosophy. Sutras of Patanjali.
Concentration.

The cycle of manifestation & the ladder of subtly.

Death & Dying: What happens when we die and after we die. The stages, the issues, the opportunity, and the technology. Dead/Liberated while Alive.

Session 10: Completion & Continuity

Ten Spiritual Bodies;

Applied Science of Spiritual Numerology [Karam Kriya].

Relaxation — its importance, different techniques.

Resources for the teacher.[Including Community and continuity.]

Answer & questions. Preparation for exam.

PRACTICUMS:

Viewing and experiencing Yogi Bhajan through videos.

exploring the master's words – Book: The Master's Touch

Personal check in. Improving teaching skills.