

## **Hatha Yoga Teacher Training (HYTT) 300-Hour Program Course Outline: Pranayama, Sanskrit Language and Mantra Core Module – 40 Hours**

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### *COURSE DESCRIPTION*

Vibrations start with sound, which in turn begins with the universal mantra OM. To deepen your overall practice and raise your energy levels learn to recognize Sanskrit letters and their associated pronunciations. Common mispronunciations that range from names of asanas to mantras will be shared.

The Mantra portion will expand again from Om to explore all the main types of mantras. The course will also teach how to use mantras in your asana and pranayama practice and as a practice of its own. Chanting mantras increases one's vibratory level; this will be explored both philosophically and practically.

Pranayama, controlling ones energy, most often by controlling the breath is a purifying practice to help develop clear insights into one's own self. The course will help participants create a regular practice to understand and deepen the experience of pranayama. There will be an in-depth study of the effects of pranayama on the body and mind, through both yogic and scientific approaches, with an emphasis on the classical texts of Hatha and Raja Yoga. Participants will be expected to practice and journal regularly between the two course weekends. Participants will also learn how to teach the practices.

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### *LEARNING OBJECTIVES*

1. Ability to recognise letters in Sanskrit and their associated sounds.
2. Deeper understanding of Mantra practice and philosophy.

3. Gaining an understanding of Pranayama, as well as a proficiency in practicing and teaching it.

The overall outcome of this module is to facilitate enjoyment of original yogic texts in Sanskrit, mantras and pranayama.

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*PRE-REQUISITE READING*

Meditation and Mantras by Swami Vishnu-Devananda

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*ASSIGNMENT*

Participants will be required to fill out a spiritual reflection between sessions.

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*ENROLLMENT*

This course is open to the general public. 6 months to 1 year of regular yoga practice is recommended for participation.

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*COURSE COST*

\$650 + HST