

## **Hatha Yoga Teacher Training (HYTT) 300-Hour Program**

### **Course Outline: Yoga of the Subtle Body**

### **Core Module – 20 Hours**

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#### *COURSE DESCRIPTION*

Throughout the ages, diverse and widespread groups acknowledged that subtle energy orchestrates all of life. We are all unique vibratory beings, and awareness of energy can enable us to navigate life with greater ease.

Just as health is a reflection of unity, illness is a reflection of separation. From a yogic perspective, illness begins at a subtle level and ultimately manifests at the physical level. This course provides an overview of the Koshas (energetic sheaths) as a framework to understand the various levels of being that comprise the individual. Balance and integration of the Koshas as a whole cultivates wellness while imbalance within the Koshas and a lack of integration results in dis-ease.

More specifically, the training explores the systems that play a specific role in balancing overall flows of energy for an individual. The subtle body is composed of three systems: the Nadis (energy channels), the Prana Vayus (energy currents), and the Chakras (energy centres). This module focuses on all aspects of energetic anatomy, with particular attention to the Chakras.

Detailed theory is offered, however this course is largely experiential to promote embodied awareness of these concepts. Breath, movement and sound practices in combination with self-reflection support the learning process.

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#### *LEARNING OBJECTIVES*

1. Comprehend the fundamentals of your energetic anatomy to practice and teach from an integrated perspective.

2. Understand how the subtle body is affected when using Pranayama, Asana, Mudra and Mantra to promote healing and transformation.
  3. Develop more skilfulness in applying these concepts to your personal practice or in teaching yoga classes.
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#### *PRE-REQUISITE READING*

Optional:

Yoga of the Subtle Body: A Guide to the Physical and Energetic Anatomy of Yoga  
by Tias Little

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#### *POST-TRAINING ASSIGNMENT*

Complete a self-assessment about your subtle body and create an integrated yoga practice to cultivate energetic balance.

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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*

\$325 + HST