

Hatha Yoga Teacher Training (HYTT) 300-Hour Program

Course Outline: Next-Level Theming: Teaching that Awakens the Heart

Elective Option – 20 Hours

COURSE DESCRIPTION

Take your teaching to the next level of impact and depth by learning how to share the wisdom teachings of yoga with authenticity and clarity. Think of the most inspiring and memorable yoga teachers you know. Undoubtedly, they're teachers who don't simply share what they "know," but who convey the essence of yoga through their teaching. Their words carry the power of their own personal and lived connection to yoga, one that goes beyond postural practice.

This the power of contemplative practice and reflective self-inquiry. As we enrich our understanding and experiences in yoga with the awakened teachings of our tradition, we can't help but be changed and uplifted. When we connect to the heart of our own practice, our teaching begins to carry the power of our understanding and experience. This is when we're truly able to touch the hearts of students we serve.

This 20-hour course is designed for teachers who are ready to dive deeper into the vision and teachings of yoga. Out of the fruits of your own contemplative inquiry, you'll learn how to create and present teaching themes that are down-to-earth and accessible as well as uplifting and inspiring. Out of your authentic connection to yogic wisdom, you'll learn how to effectively and naturally inspire students to find greater meaning in their practice on and beyond the mat.

This training, offered with both live and online options, will include templates and processes for incorporating teaching themes into your classes, as well as practical and experiential exercises, and tools for continuing to work with the concepts and methods presented.

LEARNING OBJECTIVES

Participants will:

- Learn and practice methods for creating clear and effective class themes
- Learn and practice processes for contemplative inquiry into the teachings of yoga (*Svadyaya*) and yogic self-inquiry (*Atma vichara*)

- Reflect on and discuss foundational teachings of yoga and how they apply to postural yoga practice as a basis for creating effective teaching themes including:
 - Interconnection with the natural world
 - The koshas
 - The yamas and niyamas
 - Yogic virtues
 - Pulsation and balancing pairs of opposites
 - Articulate the insights that come from contemplative study and inquiry
 - Learn how to lead an effective theme-oriented centering at the beginning of class
 - Prepare and practice presenting class themes in their centering
 - Learn methods for effectively incorporating yogic wisdom into your teaching and received tools to continue to expand your skills in this regard.
 - Support and learn from fellow participants by offering and receiving feedback
 - Receive handouts and support materials to supplement your learning
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OPTIONAL READING

A section of *Tantra Illuminated* by Christopher Wallis

ASSIGNMENT

There will be a written assignment that will include a written reflection and a class plan based on a teaching theme of their choosing.

ENROLLMENT

This course is open to all yoga teachers with a minimum level of 200-Hour teacher training or equivalent (any style).