

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.

We'll embark on a process of guided inquiry into the sublime teachings of Non-dual Tantra through interactive lectures, discussion, and personal contemplation. This is a school of yoga philosophy that offers an expansive and liberating perspective on the journey of yoga that's exceedingly relevant not only for our practice but for our lives as well.

You'll explore the meaning these teachings hold for you and how you experience them in your practice and in your life. Out of the fruits of your own contemplative inquiry, you'll learn how to weave your understanding into your teaching to create and present teaching themes that are down-to-earth and accessible as well as uplifting and inspiring.

The training will include a template and a process for incorporating teaching themes into your classes, practical and experiential exercises, and tools for continuing to work with the concepts and methods presented.

LEARNING OBJECTIVES

By the end of this session, students will have:

1. Learned, reflected on, and discussed the foundational teachings of Nondual Tantra and how they apply to Hatha yoga practice
2. Practiced a process of contemplative inquiry into the teachings of yoga and articulated their insights and learning.
3. Learned and practiced methods for effectively incorporating yogic wisdom into their teaching and received tools to continue to expand their skills in this regard.



PranaShanti
Yoga Centre

PRE-REQUISITE 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).