

Hatha Yoga Teacher Training (HYTT) 300-Hour Program

Course Outline: Yoga of the Subtle Body

Core Module – 20 Hours

COURSE DESCRIPTION

Throughout the ages, people from around the world have acknowledged that subtle energy orchestrates all of life. Although modern approaches to yoga practice tend to focus on physical anatomy, the ancient sages of India were more attuned to energetic anatomy. We are unique vibratory beings, and awareness of energy can empower 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 as a framework to understand the various levels of being that comprise an 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, this training explores the systems that play a specific role in regulating overall flows of energy on a personal level. The subtle body is composed of three main systems: the Nadis (energy channels), the Prana Vayus (energy currents), and the Chakras (energy centres). While all aspects of our energetic anatomy are examined, particular attention is offered to the Chakra system.

Detailed theory is shared, however this trauma-informed course is largely experiential to promote embodied awareness of these concepts. Pranayama, Mudra, Mantra, and Asana, in combination with Integrative Restoration (iRest) Yoga Nidra Meditation, support the learning process. By liberating and consciously directing our vital energy, we can access new pathways to restore harmony within ourselves, with others, and with all of life.

LEARNING OBJECTIVES

1. Comprehend the fundamentals of energetic anatomy to approach Yoga in an integrated way and enhance well-being.
2. Understand how the subtle body is affected when using Pranayama, Asana, Mudra, and Mantra to promote healing and transformation.

3. Develop more skilfulness to integrate these insights and tools into your spiritual practice and/or Yoga offerings.

PRE-REQUISITE READING

Required:

Subtle Yoga Anatomy by Ganga Devi, the Himalayan Yoga Institute
<https://www.himalayanyogainstitute.com/subtle-yoga-anatomy/>

Optional:

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

The Subtle Body: An Encyclopaedia of Your Energetic Anatomy by Cyndi Dale

POST-TRAINING ASSIGNMENT

Create an integrated yoga practice (details provided during course).

ENROLLMENT

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