

Hatha Yoga Teacher Training (HYTT) 300-Hour Program

Course Outline: Yogic Philosophy, Leadership, & Ethics

Core Module – 20 Hours

COURSE DESCRIPTION

Yoga is an open spiritual practice with a deep history and long existing philosophies that can be an extremely helpful and relevant practice for modern times. This module provides teachers with an understanding of the historical evolution of yoga and how that differs and aligns with the practices we see today. We come together to address questions like, *why do we study these histories and philosophies of yoga? Do we have to abide certain philosophies to be yoga teachers? What is yoga anyway and how has it transformed over time?*

Yoga teaching integrates the spiritual, moral and transformative dimensions of leadership. Being a leader in this way takes courage. It suggests that we develop steadiness and ease when living in uncertainty. It also encourages us to be able to, again and again, let go of old patterns and welcome new ways of being. This is not just the transformation of leadership, but of leading an awakened life. In the realm of leadership, we will explore the term 'leadership' and what that might mean for each of us. We will consider what makes an effective and ethical leader and the power dynamics of some leadership that continue to erode ethical practices and communities.

This course also addresses some challenges and misconceptions that arise in both practice and a well-intentioned spiritual life. Together, we will look at questions that have arisen more adamantly during the recent popularity of contemporary yoga such as *what are we doing with our bodies? How are our bodies influenced by culture and how does this show up in our practice?*

Most importantly, we will be together in community and deep practice and conversation. We will ground ourselves with shared wisdom and, together, develop the courage it takes to live with moral grit in a changing world.

LEARNING OBJECTIVES

1. Develop a broader understanding of the history of yoga and consider why we study yoga history and philosophy.
2. Invite in and recognize some of the challenges encountered on the path of yoga and examine how to move through them.
3. Explore the role of a leader and what this means in uncertain times.
4. Clarify what leaders need to navigate the unexpected with a collective mindset.
5. Build your capacity for change-making and social activism in your life, community and the world.
6. Address how we can meet the challenges of the 21st century and embody personal, cultural, social and systemic change.

7. Practice and understand the foundational ethics of the yoga practice and how we can live with these values in our heart.
 8. Be in community with other practitioners and teachers and both speak our own truth and give the gift of listening to others
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PRE-REQUISITE READING

Any version of Patañjali 's Yoga Sūtra.

ASSIGNMENT

- Group discussion
- Research, self-inquiry, and written reflections