

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

### **Course Outline: Yogic Philosophy, Lifestyle and Ethics**

#### **Core Module – 20 Hours**

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#### *COURSE DESCRIPTION*

This course provides participants with an understanding of the historical evolution of yoga and how this philosophy can be applied to our lives and culture in modern times.

The way to live a yogic lifestyle is to express our practice in everything that we do. Applying this practice to each moment, spreading the values of yoga into our daily, public and personal life is how to live yoga. This module will support participants in cultivating a practice that extends beyond the formal practice itself, and into the rest of their lives.

Stepping into the role of a teacher is an endlessly rewarding path, which also comes with its challenges. It is not the challenges that define a teacher but the way those challenges are met. Ethical issues that a teacher might face will be addressed along with how we can work through them in order to continue evolving as exceptional teachers.

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#### *LEARNING OBJECTIVES*

1. Develop a broader understanding of the history of yoga.
2. Invite in and recognize some of the challenges encountered on the path of yoga and examine how to move through them.
3. Explore and understand the foundational ethics of the yoga practice and how we can live with these values in our heart.

*PRE-REQUISITE READING*

Modern Commentary on Yoga Sutras of Patanjali (choose one):

- Sri Swami Satchidananda
  - Nischala Joy Devi
  - Chip Hartranft
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*ASSIGNMENT*

- Research, self-inquiry, and written reflections
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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