

## **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*

Yoga is an open spiritual practice with a deep history and long existing philosophies that is also an extremely helpful and relevant practice for modern times. This course supports participants in continuing to cultivate a practice that extends beyond the formal practice itself, and into the rest of their lives.

Yoga teaching integrates the spiritual, moral and transformative dimensions of leadership. Being a leader in this way takes courage. It requires us to develop steadiness and ease when living in uncertainty. It also requires of us to be able to, again and again, let go of old and welcome new ways of being. This is not just the transformation of leadership, but of leading an awakened life.

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.

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.

We will ground ourselves with timeless wisdom and, together, develop the courage it takes to practice and teach in a changing world.

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### *LEARNING OBJECTIVES*

1. Develop a broader understanding of the history of yoga.
  2. Practice and understand the foundational ethics of the yoga practice and how we can live with these values in our heart.
  3. Invite in and recognize some of the challenges encountered on the path of yoga and examine how to move through them.
  4. Explore the role of a leader and what this means in uncertain times
  5. 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*

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.