

**Hatha Yoga Teacher Training (HYTT) 300 Hour Program**  
**Course Outline: Mantra and the Yoga of Sound**  
**Core Module – 10 Hours**

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*COURSE DESCRIPTION*

“Singing together – chanting the Divine names – encourages our hearts to open and the beauty of our true beings to shine!” – Brenda McMorrow

This course begins with a Friday evening Kirtan (pronounced keer-tahn) Concert. Kirtan is a participatory, call and response form of singing which is expanding throughout North America as westerners discover it’s uplifting, healing and joyous effects. Kirtan is a beautiful opportunity for people to come together to open their hearts and chant the many names of the Divine.

The Saturday and Sunday sessions focus on studying the history of Kirtan and Mantras, learning common Sanskrit and yogic chants, and exploring the meanings of chants with insight into the most beloved Hindu deities through stories, myths and archetypal representations.

The training will cover breath practices and singing techniques to support chanting practice, the use of mantra in personal meditations (Japa Yoga) and in daily life, and ways that mantra can be presented and shared. There will also be an opportunity to practice participating in and leading chants (at your own comfort level). The benefits of chanting for body, mind and spirit will be revealed through experiential learning, discussion, and group sharing.

Learn to integrate the heart expanding aspects of Bhakti (Yoga of Devotion) with the vibrancy and aliveness of physical asana practice!

\*If participants have musical instruments they are encouraged to bring them, however all that is required is to use your own body (i.e. voice, hands and heart) to create music together. Absolutely no musical experience required.

*LEARNING OBJECTIVES*

1. Deepen inner and outer listening as well as connection with your own authentic voice.
  2. Understand the history of Kirtan and Mantra, and the meaning of common Sanskrit and yogic chants.
  3. Learn ways to seamlessly incorporate chanting into your personal practice and yoga teaching.
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*PRE-REQUISITE READING*

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*ASSIGNMENT*

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*ENROLLMENT*

This course is open to the general public with at least 6 months to 1 year of dedicated yoga practice.