

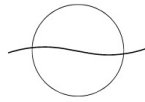
THE TRANSFORMATIVE  
LEARNING CENTER

# The Transformative Learning Center's Ashtanga-Inspired 300 Hour Teacher Training



Atha Yoga Anuśāsanam





THE TRANSFORMATIVE  
LEARNING CENTER

## Topics

### Section I Overview

- A. Program Overview & Learning Objectives
- B. Assignments, Reading Requirements & Evaluation
- C. Mind, Body, Heart Journal

### Section II Subtle Body

- A. Prana
- B. The Nadis
- C. The Gunas
- D. The Kosas
- E. Chakra System

### Section III Practice

- A. Overview of Ashtanga Vinyasa Yoga
  - 1. History
  - 2. Ujjayi
  - 3. Drishti
  - 4. Bandha
  - 5. Vinyasa
- B. Restorative Yoga
  - 1. Background
  - 2. Resources
  - 3. Benefits
  - 4. Principles
  - 5. Anatomy and physiology
  - 6. Using a breathing practice to invoke relaxation response
- C. Pranayama
  - 1. Asana to support Jalandhara Bandha
  - 2. Terms related to Pranayama
  - 3. Supported Savasana for Pranayama
  - 4. How to sit for Pranayama
  - 5. The Four Purifications

### Section III Practice (continued)

- E. Mantras
  - 1. Background
  - 2. Shanti Path
  - 3. Ashtanga Invocation
  - 4. Mangala Mantra
  - 5. Gayatri Mantra

### Section IV Finding Your Voice

- A. Techniques
  - 1. Rhythm
  - 2. Practice
  - 3. Tempo
  - 4. Tone and Volume
  - 5. Clear, Direct and Simple Content
  - 6. Teaching to the Room
  - 7. Being the Facilitator
- B. Teaching Cues
- C. Facilitating Evaluation Form

### Section V Letting Yoga Live through You

- A. The Yoga Sutras
- B. Key Vocabulary
- C. Yoga as a Profession

### Section VI Ashtanga-Inspired Asanas

- A. Sun Salutations A and B
- B. Modified Primary Series