

Balance Yoga 300 Hour Certification Curriculum Outline

1. Deeper Dimensions of Yoga Introduction

- a. Exploration of yoga through yoga philosophy and symbolism
- b. Deepening your personal meditation practice
- c. Stepping away from one-size fits all teaching
- d. Honoring intuition and supporting non-dogmatic yoga
- e. Living your yoga in everyday life off the yoga mat
- f. Exploring the guru principle

2. Yoga for Children, Pregnancy, Elderly and Sports Performance

- a. Considerations, anatomy and pathology
- b. Contraindications
- c. Tailoring asana, meditation, pranayama and yoga lifestyle
- d. Sample lesson plans

3. Introduction to Ayurveda

- a. Dosha analysis and imbalance
- b. Establishing routines for balance
- c. Sample daily routines and meals

4. Anatomy, physiology, kinesiology and Eastern Energy Systems

- i. Pranic (Eastern subtle anatomy and energy system): Chakras, 14 Nadis, Koshas
- ii. Anatomy of forward bends, twists and backbends
- iii. Common injuries, injury prevention and restoration
- iv. Review of muscular anatomy

5. Techniques

- a. Sun Salutations with Vedic mantras
- b. Moon Salutations
- c. Yoga Nidra
- d. Tibetan Yoga
- e. Exploring and teaching advanced pranayama
- f. Enhancing meditation with mantra and primordial sounds
- g. Teaching meditation

6. Yogic Cleansing & Nutrition Basics

- a. Vegetarianism
- b. Fasting
- c. Internal cleansing and yogic herbs

7. Culture, History and Philosophy

- a. Myths of the asanas, symbolism of key yoga postures
- b. Bhagavad Gita, key passages and comparisons to modern society
- c. Lessons from the Hatha Yoga Pradipika
- d. Wisdom of the Vedas

8. Professional Issues

- a. Teaching workshops
- b. Starting and running a yoga studio
- c. Starting a teacher training program
- d. Leading local, national and international retreats

Required Reading:

- Feuerstein, George (2010) Yoga Philosophy and History, An Essential Manual for Yoga Teacher Trainings (provided by KCFitnessLink)
- KCFitnessLink 300 Hour Teacher manual (provided by KCFitnessLink)
- Bhagavad Gita Overview/Summary Manual (provided by KCFitnessLink)
- Kabat-Zinn, John (1990). Full Catastrophe Living: Using the wisdom of your body and mind to face stress, pain and illness.
- Alanna Kaivalya and Arjuna van der Kooij (2010). Myths of the asanas: The stories at the heart of the yoga tradition).
- Upanishads (any version)
- Swami Muktibodhananda (1998). Hatha Yoga Pradipika
- Mitchell, Stephen (1988). The Bhagavad Gita: A new translation.