

YOGA YOGA TEACHER TRAINING

Hatha Yoga Teacher Training

Reading Assignments

Please read the following assignments *prior* to attending the class for which they are listed. It is crucial that you come to class prepared to discuss the material listed below.

Yoga Fundamentals Module

Introduction to Asana

- Read Hatha Yoga Pradipika, pp. 23-68.
- Flip through Yoga the Iyengar Way and Yoga Mind, Body and Spirit. Familiarize yourself with the book in general, the table of contents, and the index.
- Begin to read Tree of Yoga.

The Bandhas

- Read Hatha Yoga Pradipika, pp. 279-362.
- Look up Bandha and related entries in Shambala Encyclopedia of Yoga.
- Recommended reading: Yoga for Transformation, pp. 126-130.

Introduction to Mudra

- Look up mudra and related entries in Shambala Encyclopedia of Yoga.
- Recommended Reading: Mudras: Yoga in Your Hands, by Gertrud Hirschi.

Introduction to Pranayama

- Read Yoga the Iyengar Way, p. 155.
- Read Tree of Yoga. Pay special attention to pp. 57-60 and 124-131.
- Look up pranayama and related entries in Shambala Encyclopedia of Yoga. Take notes.
- Review the anatomy of respiration. Read Anatomy Coloring Book pp. 129.

Introduction to Mantra

- Look up mantra and related terms in Shambala Encyclopedia of Yoga.
- Recommended Reading: Healing Mantras, by Ashley-Farrand.
- Recommended Reading: Yoga for Transformation, by Kraftsow, pp. 225-227.

Introduction to Meditation

- Look up meditation and related entries in Shambala Encyclopedia of Yoga.
- Read Yoga the Iyengar Way, pp.172-173.
- Continue to read Tree of Yoga.

Relaxation Techniques

- Read Yoga the Iyengar Way, pp. 150-152.
- Read Yoga Mind Body and Spirit, pp. 231-247.
- Recommended Reading: Relax and Renew by Judith Lasater.

Yoga Lifestyle & Philosophy Module

Yogic Diet & Nutrition

- Look up guna, rajas, tamas, sattva, and related entries in Shambala Encyclopedia of Yoga.
- Optional: Read introduction and several recipes from Ayurvedic Cookbook by Amadea Morningstar.

Basic Concepts Yoga Philosophy

- Continue to read Tree of Yoga.
- Read Yoga the Iyengar Way, pp. 164-170.

Intro to the Yoga Sutras

- Read the preface and introduction to The Yoga Sutras of Patanjali (whatever translation you choose).
- Read sutras 1.1-1.2, 2.28-2.45.

Overview of Yogic Literature

- Read all the handouts (provided in advance by YYTT).
- Read the Bhagavad Gita.

Intro to Yogic Anatomy

- Look up *kosha*, in the [Shambala Encyclopedia of Yoga](#).
- Read chapter three, pp. 279-285 in [Hatha Yoga Pradipika](#).
- Continue to read [Tree of Yoga](#).
- Optional reading: [The Chakras](#) by Harish Johari.

Western Anatomy and Physiology Module

Western A&P: Musculoskeletal System

- Briefly skim over pp. 1-6, and pp. 21-69 in [The Anatomy Coloring Book](#). Briefly skim over pp. 1-20 in [Anatomy of Movement](#). Read over the terms so the words are familiar in class. Glance at the pictures so the names and the shapes of bones are not brand-new in class.
- Recommended Reading: [Physiological Handbook of Yogasana](#), by Mel Robbins.
- Recommended Reading: [Anatomy of Hatha Yoga](#) by Coulter.

Western A&P: Nervous System

- Briefly skim over pp. 1-6, and pp. 70-94 in [The Anatomy Coloring Book](#). Read over the terms so the words are familiar in class.
- Recommended Reading: [Physiological Handbook of Yogasana](#), by Mel Robbins.
- Recommended Reading: [Anatomy of Hatha Yoga](#) by Coulter.

Western A&P: Sensory Systems, Cardiovascular and Respiratory Systems

- Briefly skim over pp. 1-6, pp. 70-94, and pp 101-107 in [The Anatomy Coloring Book](#). Read over the terms so the words are familiar in class.

Western A&P: Organic Systems

- Briefly skim over pp. 1-6, and pp. 101-162 in [The Anatomy Coloring Book](#). Read over the terms so the words are familiar in class. Glance at the pictures so the names, shapes, and general jobs of the organs are not brand-new when you arrive in class.

Anatomy of Movement

- Read [Anatomy of Movement](#) pp. 1-30, 81-86, 97-104, 175-191, 205-207, and 230-232. Become generally familiar with the basic terms and concepts.

Introduction to Hatha

History & Principles of Hatha Yoga

- Read about Asana as one of the eight limbs, [Yoga the Iyengar Way](#) p.164-173
- Read pp.1- 20 in [Hatha Yoga Pradipika](#). Write a brief paragraph summarizing what you read.
- Read sutras 1.1- 1.17 in [The Yoga Sutras of Patanjali](#).
- Learn the basic shape of all the poses on the Asana list in [Yoga the Iyengar Way](#).
- Recommended Reading: [The Yoga Tradition](#), by Feuerstein.
- Recommended Reading: [The Shambhala Guide to Yoga](#), by Feuerstein.

Asana: Foundation & Alignment

- Continue reading [Tree of Yoga](#). Review pp 46-56.
- Read [Yoga Mind Body and Spirit](#) pp 22-80.
- Read [Hatha Yoga Pradipika](#) pp 67-68.
- Read about and learn benefits of poses on Asana List in [Yoga the Iyengar Way](#), and [Yoga Mind, Body and Spirit](#) (required texts) or in [Light on Yoga](#) (recommended text).

Pranayama: Preparation, Ratio & Threshold

- Read [Yoga the Iyengar Way](#) pp 155-160.
- Recommended optional assignment: Begin to explore practices in [Yoga for Transformation](#) by Gary Kraftsow.

Breath and Movement

- Read the instructions for Ardha Chandrasana and Janu Sirsasana in [Yoga the Iyengar Way](#). Notice the breathing instructions. Notice when you want to inhale and when you want to exhale in your asana practice.

Asana Techniques: Motion & Action

- Review the names and shapes of all the asanas on the Asana List.

Foundations of Hatha Yoga Module

Pranayama: Techniques & Refinements

- Review handouts from Intro to Pranayama, Pranayama: Preparation, Ratio and Threshold, and from Breath and Movement.

- Recommended Reading: Yoga for Transformation by G. Kraftsow.
- Recommended Reading: Light on Pranayama by BKS Iyengar.
- Recommended Reading: The Breathing Book by D. Farhi.

Sun Salutations

- Read Yoga Mind Body Spirit, pp. 125-130
- Read Yoga the Iyengar Way, pp. 146-147.

Asana Modifications

- Read the directions for each asana on the Asana List in both Yoga the Iyengar Way and Yoga Mind Body and Spirit.
- Recommended reading: The New Yoga for People Over 50 by S. Francine
- Recommended reading: Back Care Basics by M. Pullig Schatz, MD.
- Recommended reading: Yoga, a Gem for Women by G. Iyengar.

Asana Refinements

- Review anatomy of spine and pelvis, especially the SI joint. Read Anatomy Coloring Book, pp. 28-29, 37-41.
- Read Yoga Mind, Body and Spirit, pp. 172-204. Practice back-bending actions in your home practice.

Techniques in Hatha Yoga Module

Flow and Balance

- Read pp. 164-165 in Yoga the Iyengar Way.
- Look up Dhyana and related entries in The Shambhala Encyclopedia of Yoga.
- Recommended reading: Yoga for Transformation, pp 184-190.

Class Structure

- Review Tree of Yoga, pp.72-76.
- Read Yoga Mind Body Spirit, pp.254-269.
- Read and practices several sequences from Yoga the Iyengar Way, pp. 175-184.
- Look up Samadhi and related entries in The Shambhala Encyclopedia of Yoga.

Practical Applications of Anatomy of Movement

- Review Yoga Mind Body Spirit pp. 29-76.
- Review all notes and handouts from Western Anatomy and Physiology.

Teaching Methods of Hatha Yoga Module

The Language of Teaching

- Read Tree of Yoga "Yoga in the World", pp. 155-167.

Student Oriented Teaching

- In Shambhala Encyclopedia of Yoga, look up Sarvaanga and Samakaya, and related entries.

Ethics for Yoga Teachers

- *There is no reading assignment to be done in preparation for this class.*

Teaching Hatha to Beginners

- Read Tree of Yoga, pp. 155-167.
- Read the instructions for each of the asanas included on the asana list aloud at least twice.

Practical Applications of Teaching Methods

- *There is no reading assignment to be done in preparation for this class.*

Teaching Practica in Hatha Yoga Module

Hatha Yoga Group Teaching

- Review all notes from Teaching Methods Module and Techniques in Hatha Yoga Modules.

Independent Teaching

- Review all notes from Teaching Methods Module and Techniques in Hatha Yoga Modules.

Exam

- Review Final Exam Study Guide and Review on Student Page of website (<http://www.yogayoga.com/training/student>)

Classroom Practice in Hatha Yoga Module

- *There is no reading assignment to be done in preparation for this module.*

Special Topics in Hatha Yoga Module

- *There is no reading assignment to be done in preparation for this module.*