

Dimensions of Yoga

Raja Yoga

14 weeks online from 11 Sept 2020



Discover a quieter mind

<https://sharingandlearningyoga.com>

Overview of the Raja Yoga online module

The Raja Yoga module from 11 September 2020 will run as a standalone online course. There are still places available.

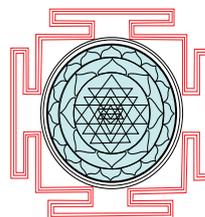
There will be a separate residential (including separate payment) in January next year, prior to the start of the Instructor module, this will be adapted as necessary to accommodate any changes necessary due to the pandemic.

The Hatha Yoga and Raja Yoga residential weeks in January will run back to back.

The next Hatha Yoga online module at the end of January will run in a similar pattern, also with a separate residential in January. The residentials may be completed before or after the online module.

There is more general information at the end of this document.

There is detailed information on the following pages on the Raja Yoga online module, illustrative of how other online Dimensions of Yoga components are structured, There is also an overview of the updated Instructor modules.



Sharing and Learning Yoga

yoga sadhana, yoga tradition

About the Raja Yoga online module

- **Theory will be presented via live/recorded lectures, and a comprehensive original manual.** Integration of key concepts is established by focusing on them in daily life and sadhana. The many useful concepts include:

- How to create a quieter mind.
- Developing skills in self observation, reflection and acceptance.
- Understanding Vrittis - patterns of mind.
- Obstacles and how to overcome them.
- Abhyasa - persistent practice.
- Vairagya - developing the ability to remain balanced in the face of life.
- Viveka - developing the capacity to understand and direct one's life.
- Cultivation of opposites for changing unhelpful patterns.
- Kriya (action), Tapasya (effort) and Ishwara Pranidana (letting go).
- The Yamas and Niyamas - such as Ahimsa (non violence) and Satya (truth), as strategies for self understanding and engagement with life.
- The ashtanga yoga (8 limbs) with a particular focus on Pratyahara.
- Developing skills for harmonising the mind in daily life as well as meditation.
- The first three chapters of the Yoga Sutras are addressed directly, simply and practically, verse by verse.

- **This is a sadhana (personal practice) course** and a systematic program of asanas, pranayama, yoga nidra, meditation, is supported and developed. As this is a sadhana course you are your primary teacher. The aim is for you to establish a deep authentic understanding and regular practice of Raja Yoga, that will enable to stand on your own two feet and be a practical ongoing support throughout your life.
- **All practices are drawn from the Satyananda tradition** with a particular emphasis on a Raja Yoga and Patanjali's Yoga Sutras perspective.
 - ASANA include the Pawanmuktasana series 1 2 and 3, vajrasana series, a range of standing asanas, forward and backward bends, twists and inversions, balances, surya namaskara (salute to the sun) and a range of classic asanas. Levels of asanas suitable for most participants.
 - PRANAYAMA: will include basic breathing pranayamas and nadi shodhana, Bhramari, and Bhastrika
 - The systematic development of YOGA NIDRA is a key component of this course.
 - MEDITATION: Antar Mouna and intro to Ajapajapa
 - MANTRAS will include Om and Gayatri.
- **A comprehensive learning management website.** Immediately before the start of the course you will receive a link to the learning management website. Logging in to this link will unlock the first section of theory and home practice.
- **Six two week blocks**, each built around a different aspect of Raja Yoga. + 2 optional weeks.
- **15 hours a week** to cover the theory and practice, A guided selection of around 10 hours a week to engage with the key practices and theory.

- **A manual for each two week block.** This is a full, original and well developed manual, directly linked to the lectures, and other support texts.
- **Online classes and practices.** Practices will be given via downloadable audio, some video explanations, diagrams, with written personal practice plans. The process is systematically developed over the length of the course. The practice program is multilayered to cater for a range of capacities and amount of time for practice. Some live zoom classes will also be provided.
- **Regular online tutorials** (on zoom) are spaced along the length of the course, at more than one time (morning or evening to suit international time zones).
- **Texts**, Four Chapters on Freedom, (a version of Patanjali's Yoga Sutras by Swami Satyananda) is complementary with the course. The other key texts are:
 - Asana Pranayama Mudra Bandha by Swami Satyananda
 - Meditations from the Tantras by Swami Satyananda
 - Yoga Nidra by Swami Satyananda
 - Mind, Mind Management and Raja Yoga by Swami Niranjanananda

These texts may be obtained from Rocklyn Yoga Ashram website. In order to obtain the one free text (Four Chapters on Freedom, postage costs only) and a 10% discount for the other key texts, please order as set out on the site. In the comments section explain that you are a Dimensions of Yoga Raja Yoga student. Four Chapters on Freedom will indicate that you need to pay, but this payment won't be processed, just the postage, as a manual adjustment.

- **Participation is evaluated** through:
 - Fortnightly diary submissions which consider engagement with practices and integration in daily life.
 - End of module questions, discussions, and other tasks.
 - It is essential to have access to the online learning management website and are able to communicate via the online tutorial.
 - If you have limited digital access, with prior discussion, participation may still be organised via other means.
- Some of the more complex practices will be held back for the residential in January.
- The residential weeks will be able to be undertaken either before or after the online module. Both are necessary prior to the instructor course. Either are fine on their own for personal or professional development, however, the daily program over twelve weeks is essential for deeper understanding related to sadhana.

General information about the restructured Dimensions of Yoga

We are taking the approach that we are not just making do but increasing the quality of each aspect of the course.

It is now possible to undertake all Dimensions of Yoga modules online. This includes:

- Hatha Yoga
- Raja Yoga
- Karma Yoga
- Bhakti Yoga
- Jnana Yoga

Distance and residential components have been separated, (separate applications and payments) with all residential retreats now considered separate courses to be held when it is appropriate and safe to do so. The residential retreats for Hatha and Raja Yoga will still be necessary for those going on to Instructor training, and may be done in either order.

Further information about all the courses is available on the website at:

<https://sharingandlearningyoga.com>



Revised Yoga Instructor Course structure

This is an outline of the revised structure. All information below is accurate and sustainable in the current circumstances.

- The same three modules are needed, Hatha Yoga, Raja Yoga and Instructor Modules.
- We have split up the distance and residential components for Hatha Yoga and Raja Yoga so that we can work with new regulations related to Covid 19.
- The enhanced online components with new online tutorials, extra audio and video classes and theory interactive will be the only component of the course running in 2020. There will be more than one chance to do the residential in 2021.
- From 2021 it will be possible to do the residential and online sadhana components in any order. See course flow diagram on following pages
- Payment for the online component is now separate from the residential component.
- We aim to be nimble enough to adjust to changing conditions and respond to students' circumstances as best we can. This includes flexibility in payments where there is financial hardship.

- **Raja Yoga online** 12-14 weeks \$800 from 11 Sept 2020
- **Raja Yoga 7 day residential** 8-15 Jan 2021 \$800
- **Hatha Yoga 7 day residential** 15 - 22 Jan 2021 \$800
- **Hatha Yoga online** 12-14 weeks \$800 from 25 Jan 2021
- **Raja Yoga online** 12-14 weeks \$800 from 24 May 2021
- *Further information on dimensions modules intakes for second half of 2021 and 2022 to be confirmed*
- **Instructor Preparatory online:** 8 weeks from 29 Jan 2021 \$800
- **Instructor Residential One:** 5 -12 April 2021 \$800
- **Instructing Practice One:** 8 weeks from 19 April 2021 \$800
- **Instructor Residential Two:** 27 Jun - 4 July 2021 \$800
- **Instructing Practice Two:** 8 weeks from 12 July 2021 \$800

- The Instructor module, starts in January 2021, and now runs annually from the beginning of each calendar year. The Instructor module will now begin with:
 - A preliminary 8 week online module. (The preliminary section covers some theory, interactive practical tasks, and will enable residentials to be more hands on experiential).
 - This will be followed by 2 seven day residential blocks three months apart.
 - 8 weeks of practice follows each residential.
 - There will be an additional assessment weekend (staggered attendance).
 - Four staggered payments \$800 = \$3200
 - instalment plans available.

Face to Face learning maintained

One of the essential things about the instructor module is the face to face teaching practice including of student teachers with their own students. We are committed to meeting the challenges associated with this in relation to the pandemic. We aim to respond to the conditions as they arise and have a range of options should the pandemic further disrupt this goal

We aim to maintain the face to face time in the courses, just stagger the timing so that we better negotiate the current circumstances. The only exceptions to this are the final residential weekends for the Hatha and Raja yoga modules which will be dropped. The residential weeks will fulfil this purpose.

Texts

Each Dimensions module has one free key text, For Hatha Yoga it is Gherand Samhita, for Raja Yoga it is Four Chapters on Freedom. For the Instructor module it is Yoga with Attitude. There are several additional texts to purchase over the three modules. They all may be purchased online from Rocklyn ashram shop. During purchase indicate that you are a Dimensions of Yoga student in the comments section for relevant discounts to be applied manually. These include:

Asana Pranayama Mudra Bandha by Swami Satyananda

Hatha Yoga Module

Hatha Yoga Pradipika by Swami Muktibodhananda

Prana Pranayama by Swami Niranjanananda

Raja Yoga Module

Meditations from the Tantras by Swami Satyananda

Yoga Nidra by Swami Satyananda

Mind, Mind Management and Raja Yoga by Swami Niranjanananda

There are now more comprehensive manuals with additional audio and video files. This will be available from the new Learning Management website.

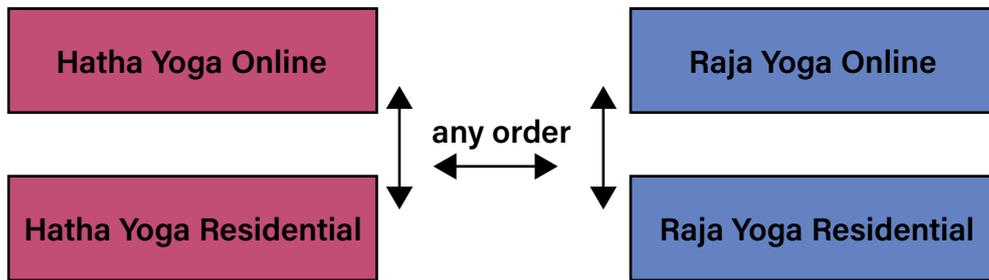
How often will the modules run?

The instructor modules will now run each year from 2021, starting with an online module in January, with a smaller group in each intake (approx. 12 participants). This will enhance the quality of the experience for the participants and provide better social distancing during the residentials. Depending on restrictions residential groups may gather in different locations.

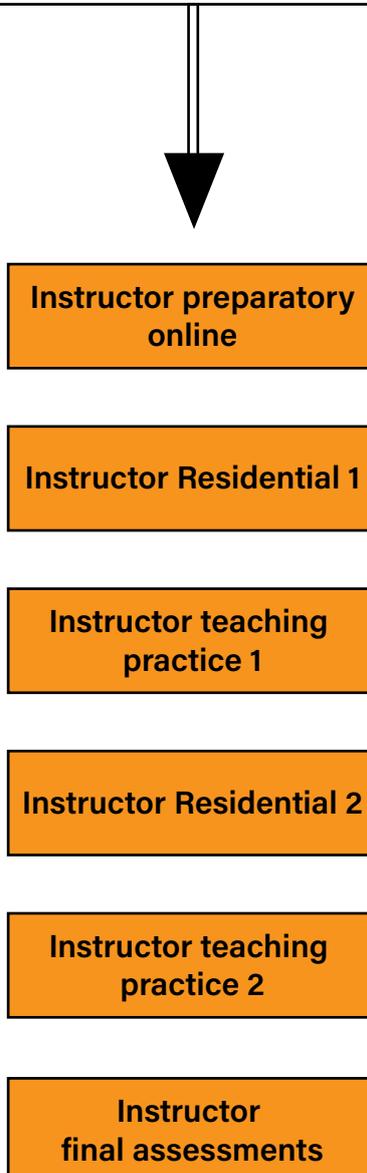
Subject to the dynamics of the changing conditions of the pandemic the Hatha Yoga and Raja Yoga, both online and residential, may run up to twice a year.

The Bhagavad Gita modules will run online each year, with an occasional long weekend residential, run as linked but autonomous courses. These are not part of the instructor course but provide an unfolding and deepening of the knowledge about sadhana presented in the other Dimensions of Yoga modules, providing ongoing professional and personal development.

Instructor in the Satyananda Tradition



Once 4 units above are complete
Instructor module takes place
in the following subject order



Our vision, our values

Yoga Sadhana, Yoga tradition

The vision of Sharing and Learning Yoga is to make available the living yoga of the Satyananda tradition in a way that empowers the practitioner to develop their own sadhana (personal practice and lifestyle).

Our goal is to provide participants with yoga tools and strategies that enable them to better manage life's opportunities and challenges, stand on their own two feet, and lead fulfilled and resilient lives.

Our belief is that true Yogic insight emerges through integration of the personal practice of yoga in one's daily life. Personal understanding of the essence of yoga develops through this immersive journey.

We encourage openness to learning, self-reflective curiosity, and taking personal responsibility.

With the flowering of these skills, we encourage the development of a less self-orientated approach to life and a concern to relieve the suffering of others.

Mutual respect is central to the Sharing and Learning Yoga approach.

Contact details:

Swami Vimalratna

course coordinator

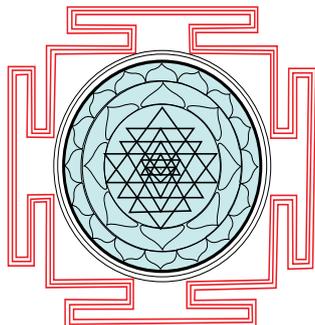
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Online application:

<https://sharingandlearningyoga.com/dimensions-of-yoga-application/>



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