



Sharing and Learning Yoga

Course Prospectus 2021

Website: sharelearn.yoga

Text: 0466278146

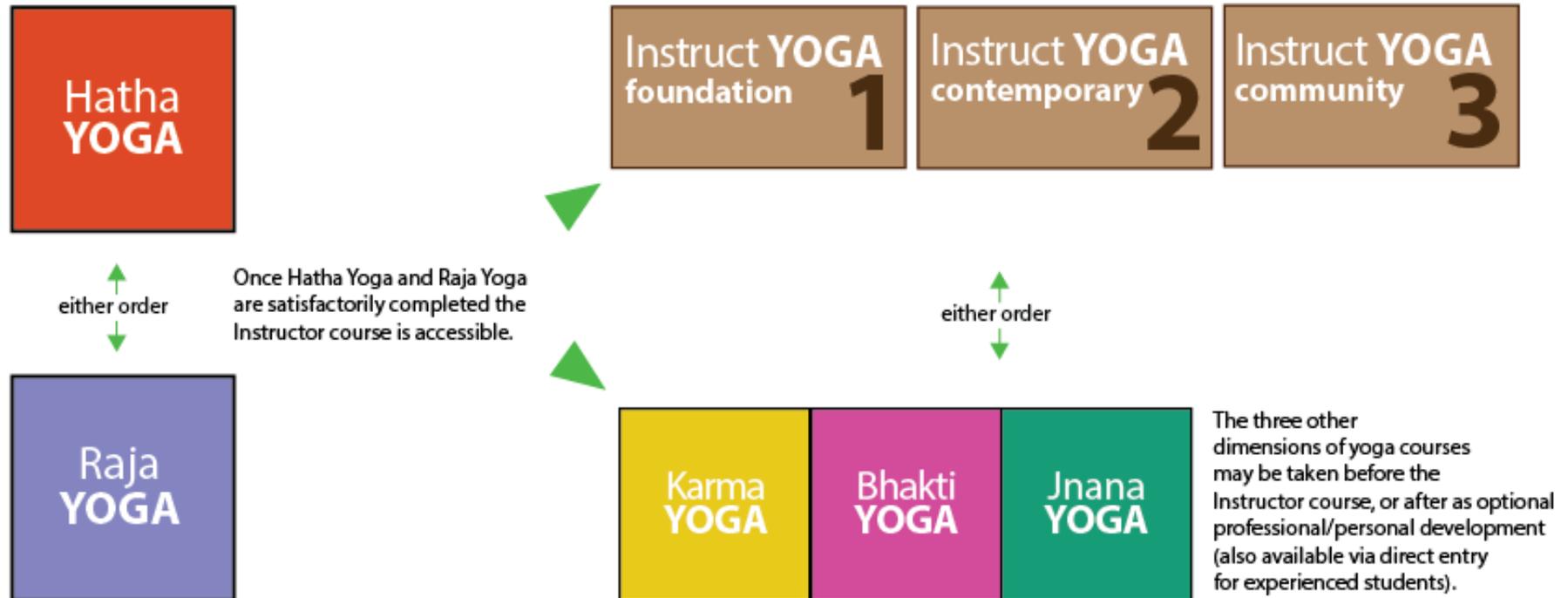
- **We specialize in supporting participants be resilient independent and regular practitioners of yoga.**
- **We explain yoga concepts and share yoga skills for body, breath, energy and mind, to be ready, whatever surprises life throws your way.**
- **A practical approach makes the courses accessible and useful.**
- **Step by step, develop self-understanding**
- **Learn to use yoga to create a balanced and creative life.**

The flagship courses for Sharing and Learning Yoga are the Dimensions of Yoga. There are six courses in total. The Dimensions of Yoga courses form a complete package. Each course provides a unique insight into a different aspect of yoga tradition and skills. They work well as stand alone courses, together they blossom.

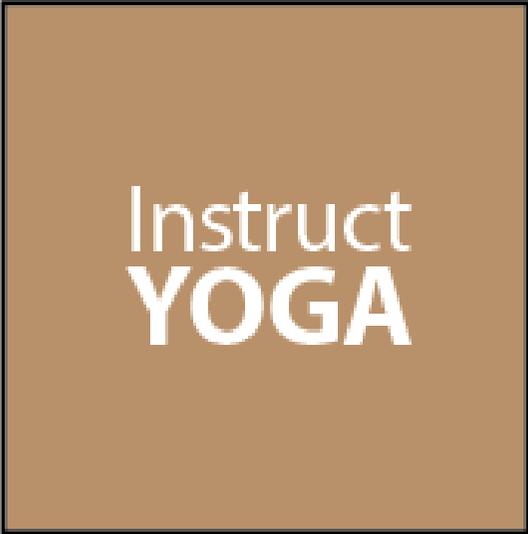


It is recommended that prospective participants commence their studies by completing either the Hatha Yoga or Raja Yoga modules (They may be taken in either order)..

Yoga Instructor in the Satyananda Tradition



Further information about the Dimensions of Yoga on the website or in the full prospectus.



Instruct
YOGA

Yoga Instructor in the Satyananda Tradition

350 hours

Prerequisites: Dimensions of Yoga Hatha Yoga and Dimensions of Yoga Raja Yoga

Course application form available from the website. Enrol in the course.

January to October each year. Three subject modules

Fee: \$3000 (or three instalments of \$1000)

Other options available on request

Pay by start of each module or pay up front for 10% discount by December 21.

Due to the considerable resources involved to support each participant places are limited.

Get in early to avoid disappointment. No refunds after the start of the course.

Instruct YOGA foundation

1

Module 1 Foundations for instructing yoga 110 hours

January 15 to March 28 2021

- Instruct foundation practices of Satyananda tradition
 - Pawanmuktasana 1 and a selection of other foundation level asanas
 - Foundation pranayamas
 - Short Yoga nidra with sankalpa
 - Learning to be comfortable and still
- Using breath and pranayama for health and wellbeing
- Integrated anatomy and physiology for relevant practices including care in practice
- Instructing yoga in the time of Covid
- Support a reflective approach to yoga practice
- Self-reflective skills for instructors, learning through experience
- Instructing online

Instruct YOGA contemporary needs

2

Module 2 Instructing yoga in the Contemporary world 110 hours

April 15 to June 11

- Instruct practices of Satyananda tradition
 - Pawanmuktasana 1, 2 and 3
 - Vajrasana series
 - Standing and balancing asanas
 - Relaxation asanas
 - Pranayama: Nadi shodhana, Bhramari, ujjayi, swana pranayama
- Integrated anatomy and physiology for relevant practices including care in practice
- Instructing Self reflection in daily life including yamas and niyamas
- Instructing yoga nidra – complete practice
- Introduction to instructing meditation. Short practices based on body stillness, breath and sensory awareness
- Why we instruct yoga
- Basic tools for reducing stress, managing in life
- Class management

Instruct YOGA community 3

Module 3 Community Yoga instructor 130 hours

July 16 – October 10

- Instruct practices from the Satyananda tradition
 - Surya Namaskara
 - A selection of classic asanas such as paschimottanasana, halasana, ardha matsyendrasana
 - Instructing mantra, Aum chanting, shanti mantras, three daily mantras
 - Instructing meditation, ajapajapa and antar mouna
 - Vitalising pranayamas kapalbhati, bhastrika, cooling pranayamas sheetali, sheetkari
- Integrated anatomy and physiology for relevant practices including care in practice
- Instructing to develop a personal sadhana and support resources
- independent practice and learning
- Instructing and adapting in different social contexts
- Instructing shatkarmas, including neti, trataka, simple cleansing
- Drawing on Patanjali's Yoga sutras as an instructor
- Drawing on Hatha Yoga as an instructor
- Working with attitudes
- Yoga as a way of life.
- Sharing yoga.

Course Delivery:

- Comprehensive learning management website with extensive audio visual resources, instruction resources, and manual.
- Online classes, lectures and tutorials each week throughout the ten weeks
- Engagement in teaching practice groups either over zoom and/or in physical hubs
- Regional mentors as well as course coordinator
- Time commitment for each module: 10 hours a week for 10 weeks (12 weeks for module 3)
- Each module begins with a three day intensive and ends with a five day intensive. There is a high level of flexibility in this to cater for needs of the participants schedules (recorded and/or repeated session etc)
- Note the course is structured to minimise fatigue related to online learning.
- 10-15 hours per week

Typical self reflection and assessment Tasks:

- Instruct 8 simple classes to class colleagues, friends, family, according to given list of practices in each module
(this can be done in person or online)
- Diary of instruction preparation, instructing and reflection
- Give classes with review and feedback
- **Audio/video recordings and live in person or online record of instructing practice**
- Participate in practical task small groups, tutorials and lectures
- A high level of flexibility to cater for participants' availability.

Learning resources

- A full original manual with following the course structure and practices
- Learning management website: audio, video and learning resources
- Weekly topics for reflection with a related task to explore in daily life and instructing
- Live lectures (recorded for flexible viewing) each week
- Weekly tutorials and practice instruction with other participants.
- Demonstration classes from different teachers
- Ongoing email, text and phone support from an experienced teacher throughout the length of the course
- Flexible options with live and/or recorded access to resource materials.

Recognition of prior learning

From 2021, intending participants who have undertaken other studies in the Satyananda tradition seeking advanced standing will still need to complete the Hatha Yoga and Raja Yoga Dimensions of Yoga modules prior to enrolment in *Yoga Instructor in the Satyananda Tradition*. There will be a significant discount for these prerequisite modules in this situation. We have found that the Dimensions courses deeply inform how yoga is being instructed in the Instructor modules, and that this background is necessary for a shared understanding and the smooth running of the Instructor programme. If you completed one of the Dimensions of Yoga modules under previous arrangements, please contact us to discuss.

Texts

Required

Swami Satyananda *Asana Pranayama Mudra Bandha* 2013

Swami Satyananda *Yoga Nidra*

Swami Satyananda *Meditations from the Tantras*

Due to interruption of supplies due to the pandemic there are very limited supplies of books at Rocklyn Ashram. These books above are available from the usual suppliers such as Amazon and may also be published digitally. Order early to allow for increased delivery delay times. Online only access can be found at Satyam Yoga Prasad website.

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.