



# Hatha Yoga Course Prospectus 2021

Sharing and Learning Yoga

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**We specialize in supporting participants become resilient, independent, and regular practitioners of yoga (the process of sadhana)**

**We carefully and simply explain yoga concepts and share yoga skills for preparing body, breath, energy, and mind, to be ready for whatever surprises life throws our 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.**



## Overview of the Dimensions of Yoga

The flagship courses for Sharing and Learning Yoga are the Dimensions of Yoga. There are six courses in total. They work well as stand-alone courses, together they blossom.

The Dimensions of Yoga courses together form a complete package. Each course provides a unique insight into a different aspect of yoga tradition and skills.

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).



# About the Dimensions of Yoga: Hatha Yoga Course

## Key details

### Dates

**Commences Friday 29 January 2021**

Weekend intensive from Friday 29 to Sunday Jan 31

**14 weeks of supported home study and practice** including weekly practical classes, tutorials and lectures. All live sessions are then available as recordings except for tutorials. As well as the face to face sessions via zoom, there is ongoing support from teachers throughout and a comprehensive manual, home practice guide with audio recordings, and an extensive learning management website.

**Final intensive dates 22 to 25 April**

**Course concludes May 8**

*The two intensives, one at the beginning and the other at the end, are provided to encourage interaction with other students, break down some of the barriers associated with online learning and give a solid introduction to the course. Sessions are short, interactive and practical Tutorials are repeated and all other sessions are repeated to allow access to different timezones and lifestyles.*

### Fee: \$800

installment payments may be arranged in discussion with the course coordinator.

Hatha Yoga will run as a standalone online course. There is no scheduled residential program.

*All foreseeable costs covered except for the purchase of Asana Pranayama Mudra Bandha (APMB) by Swami Satyananda.*

*The course manual, tutorials, practical and theory classes, online access, practice recordings. Most reading material in the Hatha Yoga course is now covered in the manual except for APMB.*

*An invoice will be sent in a separate email after the application is received. Applications will be reviewed on the basis of aptitude and order of receipt. <https://sharelearn.voga/dimensions-of-yoga-application/>*

The Raja Yoga course commences about a month after the conclusion of this course. Completion of both courses provides access to Yoga Instructor in the Satyananda Tradition.

## What is Hatha Yoga?

Hatha Yoga is often thought of as the asanas (postures) that are commonly known as “yoga” throughout the world. Others know Hatha Yoga as a series of cleansing practices. Both these understandings are part of Hatha Yoga, but there is much more to this branch of yoga.

The Dimensions of Yoga: Hatha Yoga is structured around the seven limbs of Hatha Yoga and the seven associated qualities or sadhanas, taken from Gheranda Samhita, a traditional text with much poetic insight into the overall goals of Hatha Yoga and how to reach them. These seven limbs are:

- Shatkarma, the cleansing practices for which the attainment is purification, Shodhanam.
- Asana, for which the attainment is firmness, Dridhata.
- Mudra and Bandha, for which the attainment is stillness, Sthairyam.
- Pratyahara, for which the attainment is patience, Dhairyam.
- Pranayama in which the attainment is lightness, Laghavam.
- Dhyana in which the attainment is acceptance and inner perception, Pratyaksham.
- Samadhi in which the attainment is non involvement of the mind, Nirliptam.

## A Clear straightforward approach

Although the classic texts such as Gheranda Samhita and Hatha Yoga Pradipika go very deep into advanced practices, the themes and practices in this course are approached simply, and explained clearly in ways that are accessible for most potential participants.

## Essential Hatha Yoga practices and concepts

Practices are a selection of foundation and intermediate practices that are designed, with options and flexibility, to be undertaken at the level of the practitioner, and the learning scaffolding fosters increases in self-understanding, independence and capacity over time. The practices include basic and classic shatkarmas, asanas, pranayamas, mudras and bandhas, based on those documented in Hatha Yoga Pradipika and Gheranda Samhita, presented in straightforward and accessible ways, interpreted according to the Satyananda tradition particularly as described in the classic text Asana Pranayama Mudra and Bandha by Swami Satyananda. In meditation the practices include Kaya Sthairyam, Ajapajapa, and Chakra Shuddhi.

As well as a close investigation of Gheranda Samhita and Hatha Yoga Pradipika, key concepts related to Hatha Yoga, including nadis, chakras, prana, and koshas, will be investigated in a practical way as tools for experiencing, balancing and enhancing the energetic aspects of living.

## What will you graduate with?

- After completing this course you will have a toolkit to take with you throughout your yogic life.
- There will be an emphasis on why hatha yoga is an essential set of tools for any serious yoga practitioner.
- Everything is viewed through the prism of developing and perfecting a regular personal practice (sadhana)
- Hatha Yoga is presented as a systematic progression, working with body, breath, energy and mind, building an understanding of how this branch of yoga can be used to manage a full range of life situations, and be a foundation for all other branches of yoga.
- A certificate of completion
- Completed this pre-requisite for the Instructor in the Satyananda Yoga tradition.

## About the Hatha Yoga course Learning support and resources

**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.

7 two week blocks, each built around a different aspect of Hatha Yoga.

Five day intensive conclusion during the last fortnight of the course.

15 hours a week will fully cover the theory and practice, however, a guided selection of around 10 hours a week will be sufficient 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. As well as regular live online classes, the 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. A number of teachers will be involved.

**Quality learning multimedia resources** Theory will be presented via live and recorded lectures - video and audio, and extensive reading material,

**Weekly online tutorials** (on zoom) are spaced along the length of the course.

**Access to a teacher** throughout the length of the course

## All practices are drawn from the Satyananda tradition

All practices are drawn from the Satyananda tradition with a particular emphasis on practices that are also in the classic central reference texts such as *Gheranda Samhita* and *Hatha Yoga Pradipika* and *Asana Pranayama Mudra Bandha* from a Hatha Yoga perspective.

- ASANA include the Pawanmuktasana series 1 2 and 3, vajrasana series, a range of standing asanas including trikonasanas, forward and backward bends, twists and inversions, balances, surya namaskara (salute to the sun) with mantras and a range of classic asanas,
  - PRANAYAMA: will be basic breathing pranayamas, nadi shodhana, Ujjayi, Bhramari, Kapalbhathi
  - MEDITATION: Kaya Sthairyam and Ajapajapa
  - MUDRA: Hand mudras, and postural mudras such as Tadagi Mudra, Prana mudra and Vipareet Karani Mudra
  - MANTRAS will include So Ham, chakra mantras, and Mahamrityunjaya.
  - SHATKARMA cleansing practices in the online course include, neti, a simplified form of shankarprakshalana, Kapalbhathi and trataka.
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- This is a sadhana (personal practice) course and a systematic program of asanas, pranayama, yoga nidra, meditation, select cleansing practices, and mudras 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 Hatha Yoga, that will enable to stand on your own two feet and be a practical ongoing support for you throughout your life.
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- Hatha Yoga theory related to concepts prana, nadis, koshas, mahabhutas (elements) and chakras is addressed thoroughly.



## Keys texts and sources

The seven attainments (or sadhanas) and seven limbs of hatha yoga from Gheranda Samhita is the basis for the structure of the course. Asana Pranayama Mudra Bandha and Hatha Yoga Pradipika are the other key texts.

***We no longer guarantee the supply of texts or provide complimentary copies of texts with the courses. This is due to the difficulties obtaining some texts from India during the Pandemic. Due to these challenges and the much extended original manual in the course, the only book that is now essential to purchase is Asana Pranayama Mudra Bandha 2013 edition.***

***Texts are still available online for purchase either physically or digitally from the usual sources such as Amazon. Online readable copies of all texts are available from the Satyam Yoga Prasad website.***

## Participation evaluation

- The primary task is to learn to practice reflectively, practicing what is right for your body and health, non-competitively, increasing capacity incrementally, and systematically.
- Fortnightly diary submissions document a review of experience of given yoga practices, self reflective learning and integration of the practices in daily life.
- Engagement with practical classes, tutorials, lectures and manual
- End of module questions, discussions, and the development of a personal sadhana program
- It will be helpful if you have access to the online learning management website and are able to communicate via the online tutorial. If you have limited digital access contact us to discuss options before enrolling.

## Our vision, our values

*Yoga Sadhana, Yoga tradition, yoga as a way of life*

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.

## Online application:

<https://sharelearn.yoga/dimensions-of-yoga-application/>