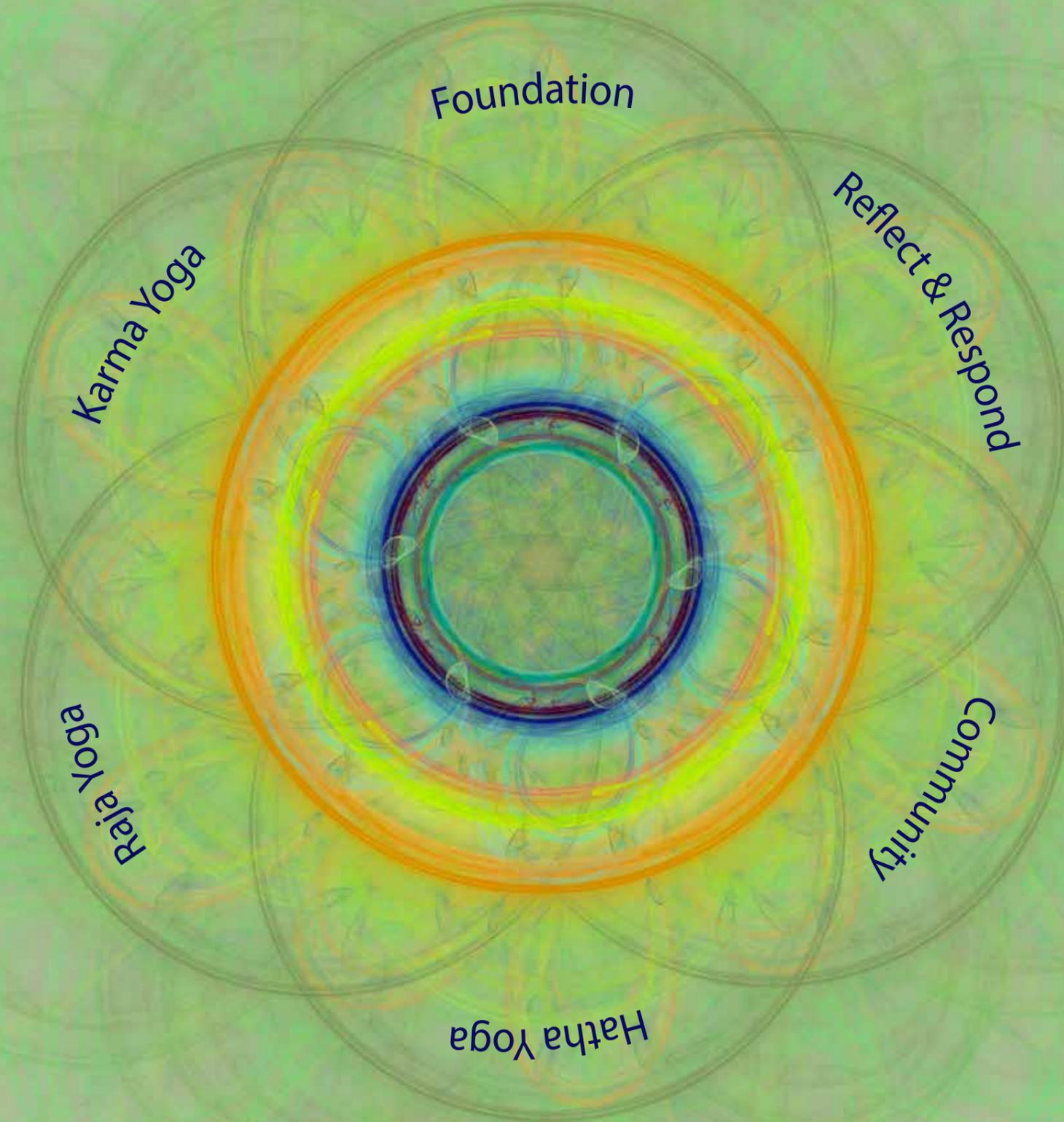


Prospectus

Yoga Instructor in the Satyananda Tradition 2023-24



**SHARE
LEARN
YOGA** Yoga
as a way
of life

Contents

Yoga Instructor in the Satyananda Tradition

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We learn to understand the benefits and effects of yoga in ourselves and then we instruct from our experience.

Contact details

Website: sharelearn.yoga
Contact us: [Contact form](#)
Social: [Facebook](#)

This course approaches instructing yoga as another form of sadhana, a reflective practice of continuous improvement and transformation.

Three Branches of Yoga modules

1. Raja Yoga (or Hatha Yoga first)
2. Hatha Yoga (or Raja Yoga)
3. Karma Yoga

Deep working understanding of Hatha Yoga, Raja Yoga and Karma Yoga at a personal experiential level is the essential foundation necessary for developing the ability to instruct others. There is no provision for not completing these modules, though you may be given the opportunity to complete the Karma Yoga course after the Instructor modules depending on your background. The approach to these branches of Yoga is practical, straight forward and immersive.

Three additional Bhagavad Gita modules, Bhakti Yoga, Jnana Yoga and the Divine Life, are also recommended preparation before commencing the Instructor modules.

Completion of Raja Yoga, Hatha Yoga and Karma Yoga modules does not guarantee a place in the three Instructor modules.

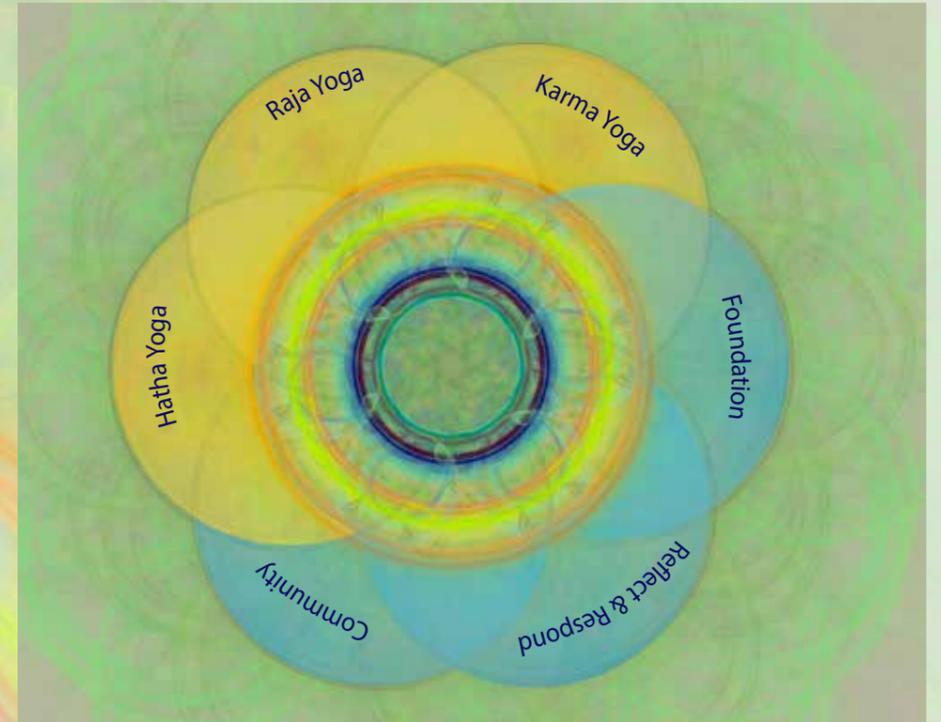
Structure

Next intake begins with Raja Yoga module that commences in August 2022, or alternately Hatha Yoga commencing January 2023

There are 6 online subjects plus a residential.

1. Raja Yoga – August 2022, June 2023
Twelve weeks
2. Hatha Yoga – January 2023, January 2024
Twelve weeks
3. Karma Yoga – February 2023. Mid year 2024
Twelve weeks
4. Instruct Yoga – Foundation
Ten weeks from Sep 2023
5. Instruct Yoga – Reflect and Respond
Ten weeks from January 2024
6. Instruct Yoga – Community
Ten weeks from April 2024
7. Consolidation – mid course residential
One week mid January 2024 at Rocklyn Yoga Ashram

The program takes around 2 years to complete depending on when you commence.



See individual module descriptions on following pages.

Three Instructor modules

1. Foundation
2. Reflect and Respond
3. Community

The Instructor modules emerge out of this experiential learning. Learn to instruct from this growing understanding. Yoga instructing itself becomes another form of personal reflection and sadhana (personal practice).

With a health foundation in personal sadhana, the skills focused on these modules are all about the skills of learning to instruct. The personal journey of discovery continues and the approach is that Instructing Yoga is also a form of sadhana and an opportunity for continuing self discovery. This reflective approach is mirrored in the approach to learning through experience and observation and responding to the needs of those who attend classes.

We work from the understanding that becoming a yoga instructor is only of value in the context of becoming a better human being.

Approach

Yoga Instructor in the Satyananda Tradition

Traditional experiential knowledge, such as yoga, requires deep personal insight which only emerges on the personal journey of sadhana.

Approach to learning

- All these courses and course modules are highly practical, not a conventional academic approach, no essays etc. Learning and assessment tasks are highly practical, accessible, and non-competitive.
- Demonstrated participation and engagement, in sessions, in personal sadhana, and then in instruction, is the primary indicator of ongoing progress.
- Every course has three or more supporting classes of asana, pranayama and meditation each week. Classes are delivered on line and are available afterwards as quality video and audio. Classes are a mix of early morning and evening sessions.
- Daily focuses and weekly themes are drawn from traditional yoga concepts and texts directly relevant to the course, with an emphasis on practical application in daily life.
- Down to earth explanations, manuals, original commentaries, and the practical classes, all support self discovery and understanding.
- Weekly online tutorials for sharing with, and learning from, fellow participants.
- Lectures are generally live online each week.
- An online learning website offers extensive video, audio and written resources, including recordings of live classes. This adds significant flexible access to the course material.
- We don't grant credit for previous studies as it a significantly different course aiming to develop a specific set of skills.
- There is an emphasis on developing simple practices incrementally in ways that lead step by step towards experiencing the essence of yoga. The aim is to go deeper to appreciate the subtlety of key practices from the tradition. There is an understanding that one who has experienced the practices in this way can instruct highly effective simple classes with nuance and clarity.
- No prior knowledge of Sanskrit is required. Sanskrit names are used to describe the ancient concepts, particularly as there are often no direct translatable equivalents, however, clear explanations are given as concepts and practices are introduced.
- Instruction skills are accompanied by the development of yogic values. This includes exposure to a range of yama and niyama (qualities and attitudes) from the different branches of yoga.
- The cultivation of reflective self understanding, self-responsibility, appropriate personal and professional behaviour, and concern for the welfare of others, are all expected in the vocation of yoga instructor.
- Instructor module tasks often include learning to work together, with the understanding that ongoing connection with one another, and the growing cohort of graduate instructors from these courses, is likely to be an important source of mutual support going forward after graduation.
- We only teach Satyananda Tradition yoga practices. This specialisation gives us a comprehensive and unique window into a complete, integrated and incremental, holistic yoga system.

Immersion in yoga and life, developing personal insight and understanding, not just being able to list the facts, is central to development as a Yoga instructor.

A mix of traditional and contemporary approaches to learning are entwined throughout these courses to support this process.

Sadhana

All these modules, including the Instructor modules, work on the experience of developing Sadhana (personal practice), through the prism of classic texts such as Patanjali Yoga Sutra, Hatha Yoga Pradipika, Gheranda Samhita, and Bhagavad Gita, in the distinct lens of the Satyananda tradition of yoga.

This is done with the understanding that yoga is about taking responsibility for one's own life, developing self-understanding, and a positive approach to living. When these skills are systematically developed, most goals are possible. This process has traditionally been referred to as Sadhana, the subtle discipline of a lifestyle adopted to reach one's deeper goals.



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 into 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.
- Our focus is sadhana, regular practice taken up over time with the aim of achieving positive and creative potential.
- Our intention is to make yoga available accessible to the broader community in a way that bridges cultures, and supports contemporary needs.
- We aim to be informed by the yoga of common sense, with deep respect for the ancient traditions of yoga.
- We are interesting in bringing yoga to places and people where there has been little exposure to its benefits, such as remote communities.
- Alongside the benefits to physical and mental health that yoga clearly brings, we value the way yoga fosters self understanding, purpose and spiritual growth, .

About our teachers

All our teachers are qualified to instruct in the Satyananda Tradition. We don't promote individual teachers as much as the system of yoga that all our teachers have extensive experience in. We specialise in, and only teach, practices from this one holistic system of yoga.

We suggest you sign up for a free **Big Day In with Yoga** or one of our short courses to see the quality of what we do. We are happy to discuss any further details about the courses or teaching that you would like to know.

Along with yoga teaching skills, between us, we have the educative, creative and technological skills to facilitate the practical aspects of the courses.

After four years, responding successfully and thriving amidst many changes, including Covid, economic stresses, and going online, we are consolidating as a strong dedicated team confident in our ability to respond to whatever is coming next.

The course coordinator is Swami Vimalratna. He has a long history of developing innovative courses in the Satyananda Tradition.

About Sharing and Learning Yoga

Sharing and Learning Yoga is an independent social enterprise dedicated to making a systematic traditional approach to yoga available for those who need it and to those who seek to make yoga part of their life.

Sharing and Learning Yoga develops and delivers courses, and other resources such as books and films, that support yoga practitioners develop their knowledge and practice. We embrace online technologies as an accessible means to bring yoga into homes and daily lives.

We have a close working relationship with Rocklyn Yoga Ashram in Victoria. This includes running a number of residential courses there. Participants in our courses are able to live at the ashram while undertaking part or all of their studies. See details on page 19.

The course, **Yoga Instructor in the Satyananda Tradition**, is currently the only course recognised by SYTA (Satyananda Yoga Teachers Association) as meeting its training requirements for membership.

We are inspired by the teachings of the preceptors of the yoga lineage that includes Swami Sivananda, Swami Satyananda, Swami Niranjanananda and Swami Satsangananda. We have no institutional connections.

Our studio, Yoga Sharanam, purpose built for instructing yoga online, is situated in the small village of Henty in southern New South Wales, Australia.

Raja Yoga

What is Raja Yoga?

Raja Yoga is often thought of in terms of meditation and the inner journey. First steps on this adventure reveal that every aspect of life contributes to the harmony that makes the journey possible. This includes yoga asana and pranayama, daily routines, alignment of feelings and thoughts, and balanced interactions with others. Only then is consistent progress possible.

About Patanjali Yoga Sutra

The classic text on Raja Yoga by Patanjali, the Yoga Sutra, contains many concise jewels, useful tools and strategies for understanding and managing the patterns of the mind. This includes skills for self-reflection and developing sustained regular practice. Patanjali helps us develop understanding of the nature of the obstacles we place in our own path and provides powerful techniques for overcoming them. A highly practical down to earth approach to this classic text taught through a mix of practical classes, tutorials and lectures.

12 weeks

8 - 12 hrs a week

Next intake:
August 2022,
June 2023

\$900

Topics covered include the Raja Yoga approach to practices and concepts such as Drastha, Abhyasa, Vairagya, Vrittis, obstacles and how to overcome them. Kleshas, Pratyahara, Dharana, Dhyana and Samyama. All are explained and related to practice.

Eight Limbs of Raja Yoga

One of the starting points to understanding and applying Raja Yoga is the Ashtanga Yoga or 8 limbs of Patanjali: Yamas and Niyamas, Pranayama, Asana, Pratyahara, Dharana, Dhyana and Samadhi. This module covers a range of themes from Patanjali, including these eight limbs, with a particular focus on techniques and understanding of Pratyahara.

Raja Yoga practices and concepts are thousands of years old, the heritage of humanity, and more relevant today than ever.

Pratyahara is often interpreted as withdrawal of the mind from the senses. More widely it is the harmonisation of the patterns of mind and the capacity to remain undisturbed, no matter what is happening in life. It is a precursor to meditative experience.

Learning resources and tasks

- A systematic sadhana of asana, pranayama, yoga nidra, meditation and mantra is provided.
- An original easy to follow manual with commentary explaining the practices, Patanjali's Yoga Sutras, and related topics.
- Learning website: audio, video and other learning resources.
- Weekly verses for reflection drawn from the Yoga Sutras, with a related task to explore in daily life.
- Live lectures (recorded for flexible viewing) each week.
- Weekly tutorials with participants from around the world.
- Practical classes are typically Monday, Wednesday, Friday and Sunday. Weekly Yoga Nidra with a range of morning and evening times over the week to cater for different schedules.
- All classes may be done live or from video recordings for later practice. Come to at least one class per week, with deeper benefits from greater commitment.
- Ongoing email, text and phone support from experienced teachers throughout the length of the course.
- The main review tasks are a reflective diary to be submitted each fortnight, the development of a personal sadhana template, and participation in tutorials and practical classes.
- Flexible options with live and/or recorded access to materials.
- Commitment 8-12 hours per week with a high level of flexibility to suit personal circumstances.
- You are expected to practice yoga daily, based on practices being learned in the course.

Hatha Yoga

Purification, firmness, steadiness, patience, lightness, inner perception and non-involvement are the seven sadhanas.

Through shatkarma, purification of the body is achieved; through asanas, firmness, through pratyahara patience is achieved.

Through pranayama, agility or lightness is achieved; through meditation, self realisation; and through samadhi, non-involvement, or detachment, and, undoubtedly, liberation are achieved.

verses 9,10,11,
Gheranda Samhita

12 weeks

8 - 12 hrs a week

**Next intake:
27 January 2023**

\$900

About this Hatha Yoga module

Hatha Yoga is explained clearly, with immersion in practice. Hatha yoga to clear, balance and refine energy, for enhanced quality of life. Traditional yet relevant for the challenging world in which we live

Structured around the seven attainments, or sadhanas, from Gheranda Samhita, a traditional text with much poetic insight into the overall goals of Hatha Yoga and how to reach them.

The seven sadhanas are purification, firmness, stillness, patience, lightness, acceptance and non-entanglement. Each fortnight of the course takes one of these themes.

Essential Hatha Yoga practices such as a range of classic asana, pranayama, shatkarma, mudra, and a Hatha Yoga approach to meditation are included.

What is Hatha Yoga?

Hatha Yoga is often thought of as the asana (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.

A Clear straightforward approach to Hatha Yoga

Although the covered classic texts of 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

As well as a close investigation of the texts Gheranda Samhita, Hatha Yoga Pradipika and Asana Pranayama Mudra Bandha, 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.

Learning resources and tasks

- A systematic sadhana of asana, pranayama, mudra, shatkarma, yoga nidra, meditation and mantra is provided.
- An original easy to follow manual explaining the practices, relevant aspects of Gheranda Samhita, Hatha Yoga Pradipika, and related Hatha Yoga topics.
- Learning website: audio, video and other learning resources.
- Weekly verses for reflection from Hatha Yoga, with a related task to explore in daily life
- Live lectures (recorded for flexible viewing) each week.
- Weekly tutorials with fellow participants from around the world.
- Practical classes are typically Monday, Wednesday, Friday and Sunday. Weekly Yoga Nidra with a range of morning and evening times over the week to cater for different schedules.
- All classes may be done live or from video recordings for later practice. Come to at least one class per week, with deeper benefits from greater commitment.
- Ongoing email, text and phone support from experienced teachers throughout the length of the course.
- The main review tasks are participation in tutorials and practical classes a reflective diary to be submitted each fortnight, and the development of a personal sadhana template,
- Flexible options with live and/or recorded access to materials.
- Commitment 8-12 hours per week with a high level of flexibility to suit personal circumstances.
- You are expected to practice yoga daily based on what you are learning in the course.

Karma Yoga



“Having abandoned attachment to the fruit of the action, ever content, depending on nothing, they don’t do anything though engaged in activity.”

Chap 4 verse 2

12 weeks
5-10 hrs a week
Next intake:
Feb 2023
\$700

“Get rid of the excess baggage, leave the undesirable, carry forward the desirable – the strengths and qualities which uplift you and which have promise.”

Sw Niranjanananda Saraswati

Overcoming life's obstacles

What is Karma Yoga?

Karma Yoga is a traditional system for breaking the bindings of life's suffering and achieving balance within, no matter what chaos is happening around us. Karma Yoga provides a practical set of tools to act with equanimity when faced with life's difficulties.

This course provides a comprehensive but light three month program of sadhana (personal exploration and development) that builds a bridge between this ancient wisdom and practical immersion in the beauty and benefits of yoga in life.

This course covers the first six chapters of the Bhagavad Gita with a particular focus on the different aspects of karma yoga and how to live and succeed in difficult circumstances.

Learning resources and tasks

- An original manual with commentary closely follows chapter 1 to 6 of Bhagavad Gita with additional reading on Karma Yoga related topics.
- Learning management website: audio, video and learning resources.
- Daily verses for reflection from Bhagavad Gita, with a related task to explore in daily life. This is the main engagement task.
- Live lectures (recorded for flexible viewing) each week.
- Weekly tutorials with participants from around the world. A highlight of this course.
- Weekly practical classes based on related course themes, live and recorded.
- A sadhana of asana, pranayama, yoga nidra, meditation and mantra is provided.
- Ongoing email, text and phone support from experienced teachers throughout the length of the course.
- Non academic in approach.
- Flexible options with live and/or recorded access to materials.

About Instructor Module 1

- Entry dependent on successful completion of prerequisite Branches of Yoga modules.
- Instruct foundation practices of Satyananda tradition including:
 - Pawanmuktasana and a selection of other foundation level asanas
 - Foundation level basic pranayama
 - Foundation Yoga nidra with sankalpa
 - Learning to instruct sitting for comfort and stillness
- Using breath and pranayama for health and wellbeing.
- Integrated anatomy and physiology for relevant practices including principles of care.
- Instructing yoga in the time of Covid.
- Learn through practical experience of instructing from the first day.
- Skills for Instructing online and in live classes.
- Assessment through participation and engagement, instructing diary, and demonstration of instructing skills.
- With some flexibility in approach, practice a daily sadhana based on practices being instructed.
- At the end of this module the participants in the course will be able to instruct a series of simple community classes effectively and appropriately.

10 weeks
15 hrs a week
Next intake:
Sep 2023
\$1100

About Instructor Module 2

- Entry dependent on successful completion of Instructor Module 1.
- Reflective:
 - Self reflective – understanding oneself as the foundation for instructing well.
 - Reflect on the ongoing experience of instructing, learning from observation, feedback and experience.
 - Understand and reflect on the relevance to instructing of concepts from the tradition including: Head, Heart and Hands, Serve Love Give, the 18 itties of Swami Sivananda, SWAN.
- Responsive:
 - Changing behaviour, becoming a better human being.
 - Continuously learning from experience, develop and apply greater flexibility with skills and strategies to instruct in response to student needs.
- Instruct wider range of practices of Satyananda tradition.
 - Pawanmuktasana 1, 2 and 3, Vajrasana Standing and Balancing asana, Relaxation asana categories.
 - Pranayama, introductory level: Viloma, Nadi Shodhana, Bhramari, Ujjayi,
 - Instructing yoga nidra – complete practice.
 - Introduction to instructing meditation. Short practices based on body stillness, breath and senses, Understand the art of the 5 minute meditation.
- Integrated anatomy and physiology for relevant practices including care in practice.
- Greater fluidity in using themes and physical focuses for awareness including body, breath and sensory awareness.
- More tools for reducing stress, managing in life.
- Begin to apply class management techniques including addressing different skill levels within a class.
- Prepare classes and make incremental improvements based on the experience of instructing them.
- At the end of this module the participants in the course will be able to prepare and instruct a series of classes effectively and appropriately with a greater capacity to address a wider range of student needs.

10 weeks
15 hrs a week
Next intake:
Jan 2024
\$1100

About Instructor Module 3

- Entry dependent on successful completion of Instructor Module 2.
- Instruct a wide range of practices from the Satyananda tradition with understanding and skill, including:
 - Surya Namaskara
 - A selection of classic asanas from Forward, Backward, Twisting and Inversion categories, including classic asana such as Paschimottanasana, Vipareet karani asana, Dhanurasana, Ardha matsyendrasana.
 - Mantra including Aum chanting, Shanti mantras, three daily mantras.
 - Longer and deeper meditation: principally Kaya Sthairyam, Ajapajapa and Antar Mouna.
 - Deeper exploration of Nadi shodhana, introducing vitalising pranayamas kapalbhathi, bhastrika, cooling pranayamas sheetal, sheetskari.
 - 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, tratoka, simple cleansing.
 - Draw on Hatha Yoga, Raja Yoga and Karma Yoga approaches to yoga.
 - Work with attitudes, themes, focus and peak practices in classes.
 - Prepare general community level yoga courses from foundation to more progressive or more specific situations.
 - Encourage regular practice and yoga as a way of life.
 - Introduce and foster a field of community application of yoga (without being therapy), as a potential area for further development. Information and guest presenters provided, depending on the area of participant interest, on fields such as instructing yoga with: the elderly, children, in prisons, and/or drug and alcohol rehabilitation.
 - Have the understanding and skills to instruct yoga appropriately, with adaptability and flexibility in a wide range of community situations.

11 weeks
15 hrs a week
Next intake:
Sep 2023
\$1100

Residential stays

1. One week residential during Instructor Module 2

One week residential at Rocklyn Yoga Ashram held during Instructor Module 2 for minimal additional cost. This gives time for face to face learning, plenty of practice instructing, and consolidation of learning. This is a compulsory part of the course for local students. (Long distance participants, NT, WA and international, will have the opportunity to make alternate arrangements.)

Pre-requisite Instructor Module 1

Co-requisite Instructor Module 2

Sharing and Learning Yoga graduate instructors may also be eligible to attend.

2. Live at Rocklyn Yoga Ashram while studying

Many of these courses can be completed online while staying long term at Rocklyn Yoga Ashram, including Yoga Instructor training. Learn through exposure to the lifestyle in the ashram, engagement in classes from a number of teachers, and towards the end of your course, supervised instruction opportunities. Connection to online learning materials and classes as well as weekly time for study is provided as part of this unique opportunity.

3. Balanced Living weeks at Rocklyn Yoga Ashram

Regular optional balanced living weeks are held face to face at the Ashram each year to support participant integration of practice and lifestyle with instructing practice times for student instructors.

One week at Rocklyn Yoga Ashram
40 hrs
Next intake:
Jan 2024
\$200
Option: Live at ashram for all or part of the course.

Benefits of undertaking a Full Residential Stay during Courses

I chose to live at Rocklyn ashram while studying to become an Instructor in the Satyananda tradition because I wanted to be in a supportive environment, that would reinforce what I was learning on the Instructor course. As the Instructor course was taught online via zoom, I was given access to the internet in a private space to attend the yoga classes, lectures and tutorials. I was also given time for studying, reading the course material and the opportunity to give Yoga Nidra to small Ashram resident groups. This was a valuable way to build my confidence in instructing yoga nidra.

I found Rocklyn ashram schedule to be similar to the one in the Munger ashram in India. The regularity of daily tasks held space for the inner work to occur. Everyday there was the opportunity to learn something new, either in karma yoga, meditation, yoga, chanting or kirtan. The ashram environment, and the nature surrounding it, provided an inspiring, nurturing place for me to journey deeper into the Satyananda tradition.

Rachel 2022

All practices drawn from the Satyananda tradition

Overview of branches of yoga modules:

- These are sadhana (personal practice) courses and a systematic program of asana, shatkarma cleansing practices, mudra, pranayama, yoga nidra, and meditation is supported and developed.
- As these are sadhana courses you are also your primary teacher (under guidance), being led by your personal investigation and practice.
- The aim is that this will foster resilience and be a practical ongoing support throughout your life. This is also the underpinning experience for learning to instruct in later modules. There is no presumption of future Instructing yoga in these first three modules.
- The aim is to establish a deep authentic understanding of Hatha Yoga, Raja Yoga and Karma Yoga.
- Hatha Yoga approach to practices and concepts such as prana, nadis, koshas, mahabhutas (elements) and chakras is addressed thoroughly.
- Raja Yoga approach to practices and concepts such as Drastha, Abhyasa, Vairagya, Vrittis, Obstacles and how to overcome them. Kleshas, Pratyahara, Dharana, Dhyana and Samyama.
- Karma Yoga practices and related concepts such as Samatvam, Stitha Prajna, Phalam Tyaga, Akarta Bhava, Karma, Yajna, Atmabhava.
- Practices for personal sadhana modules are incrementally explored to a slightly higher level, for personal sadhana, than those covered in the Instructor Modules.

Asana in the Instructor modules:

- ASANA includes the Pawanmuktasana series 1 2 and 3, vajrasana series, standing asanas including trikonasanas, forward and backward bends, twists and inversions, balances, surya namaskara (salute to the sun) See the text *Asana, Pranayama Mudra Bandha (APMB)* as the primary reference.
- Principles of care in asana for different bodies

Pranayama in the Instructor Modules:

- basic breathing pranayama: abdominal breath, full yogic breath
- Pre-pranayama asana
- Rhythmic Breathing, Viloma
- Nadi Shodhana, stages before breath retention
- Ujjayi, Bhramari
- Kapalbhata, Swana Pranayama, Bhastrika
- Sheetal and Sheekari
- APMB primary reference with other texts from the tradition explored
- No Bandhas or Kumbhaka
- Principles of care in pranayama for different bodies

Meditation and yoga nidra in the Instructor Modules:

- 8 stage yoga nidra in the Satyananda style
- Kaya Sthairyam, Antar Mouna and Ajapajapa
- Precautions related to the effects of yoga on mental health in meditation in some situations
- Primary reference *Meditations from the Tantras*, with other texts from the tradition explored

Mudra in the Instructor Modules:

- A selection of hand mudras, head mudras
- Only postural mudra covered directly is Tadagi Mudra

Mantra in the Instructor Modules:

- Aum, So Ham, Shanti Mantras, Gayatri, Mahamrityunjaya, Durga Path
- Intro to Kirtan and Bhajan
- Sanskrit pronunciation (including for asana, pranayama, yogic concepts, etc)

Shatkarma in the Instructor Modules:

- Neti, Laghoo Shankarprakashana (simpler form), Kapalbhata and trataka. (APMB ref.)

Texts over the 6 modules include:

Swami Satyananda	Asana Pranayama Mudra Bandha <i>The principle text to purchase.</i> <i>A current version (2013) is best.</i>
Course Manual	Patanjali Yoga Sutra
Course Manual	Gheranda Samhita
Course Manual	Hatha Yoga Pradipika
Swami Satyananda	Mandukya Upanishad
Swami Satyananda	Yoga Nidra
Swami Satyananda	Meditations from the Tantras
Swami Niranjanananda	Prana Pranayama
Swami Niranjanananda	Yoga Darshan
Course manual	Bhagavad Gita Chapter 1 to 6
Swami Yogakanti	Sanskrit Glossary
Course Manuals	Each module has a manual included without additional cost.

Anatomy and Physiology:

- A basic understanding of
 - Cardio-vascular system
 - Respiratory system
 - Muscular skeletal system
 - Nervous System
- Relevant principles of care informed by understanding of the systems of body during the practice and instruction of asana, pranayama and other yoga practices covered in the course.
- Precautions related to the effects of yoga on mental health in certain situations, for example meditation.

Professional standards:

- Act at all times according to ethical and professional guidelines as given in the course, according to community standards, to Australian, and State Government legislation, and according to the SYTA Code of Ethics.
- Model values in alignment with the aspirations of the tradition including Serve Love Give, Head Heart and Hands, in alignment with the Yamas and Niyamas of each branch of yoga.
- Communication skills to instruct both online and in person, including in the use of appropriate technology.

Instructing concepts and principles

Class planning

- Prepare Satyananda style classes at foundation and progressive levels from the given schedule of practices.
- Prepare classes that have an appropriate mix of asana, pranayama, yoga nidra and meditation suitable for the participants involved.

Class delivery

- Give a community level class that accommodates a wide variety of participants, including Instructing different needs within a class.
- Utilise given principles of care and understanding of human body to create systematic incremental classes conducive to maintaining and fostering health and wellbeing.
- Flexibility and adaptability to reflect and respond to meet the needs of specific participants with a group or individual class.
- Instruct according to the Satyananda Tradition principles and style.

Course planning

- Prepare Satyananda style courses at foundation and progressive levels from the given schedule of practices that demonstrate an understanding of the tradition, systematic progression according to the tradition, principles of care.
- Flexibility and adaptability to plan and respond to meet the needs of specific groups of participants.

Instruction skills and understanding

The ability to meet the needs of a broad range of participants in a general class.

The flexibility and adaptability to adjust to a wide range of situations that may emerge in a community class.

Instruct within one's capacity, and the capacity of the students, with appropriate care and respect, according to the schedule of practices given in the course.

Draw on personal experience, from sustained regular practice, to explain yoga to others, instructing, from this experience, both how to practice yoga, as well as its limits and benefits.

Understand yoga as a systematic incremental process, learning through immersion and experience, a journey on which the participants must proceed step by step according to their capacity, preparation and engagement.

With an understanding of one's own skills and limits, appropriately support class participants work with their body, breath, energy and mind, to manage health and wellbeing, and to constructively engage in a wide range of situations that may emerge in their life.

Demonstrate a deep understanding of the behaviour, responsibilities and ethics related to instructing yoga.

Instruct according to the style and substance of the Satyananda Tradition, in a manner that would be immediately recognised as of this tradition anywhere in the world.

What will I graduate with?

Personal understanding and skills

After completing this series of courses you personally will have a comprehensive yoga toolkit to take with you throughout your life.

A deep understanding of the essence of Hatha Yoga, Raja Yoga and Karma Yoga based on familiarity with classic texts and reflection in your life and practice.

The tools and self understanding needed to establish a regular daily practice (sadhana).

Understand yoga as a tradition of systematic incremental process, learning through immersion and experience.

The ability to work with body, breath, energy and mind, to manage health and wellbeing, and to constructively engage in a full range of situations that may emerge in life.

Note: Although you may make a living from instructing Yoga, this is not that likely to be a full time income. A livelihood with yoga is not guaranteed by completion of this course or any other course. This course doesn't provide business skills, therapy or medical skills. It provides basic skills in instructing yoga, in a comprehensive tradition, within the boundaries of your personal skills and experience.

Hatha Yoga	900
Raja Yoga	900
Karma Yoga	700
Instructor 1 foundation module	1100
Instructor 2 reflect and respond module	1100
Instructor 3 community module	1100
Consolidation week at Rocklyn Ashram (Accommodation and meals fee)	200
Total cost	6000

- All figures \$AUD
- Fees subject to change without further notice.
- Note these fees represent the genuine cost of running these courses.
- In case of financial hardship please contact us to discuss how we can facilitate your engagement. Payment via installments is available.
- The preferred option is module by module payment.
- The three Instructor Modules may be paid for together in advance, for a 9% discount.
- Payment due 2 weeks before commencement.
- Full refund two weeks prior to commencing course.
- No refunds once the course has started.
- In case of course cancellation a full refund or transfer of payment towards another course is provided.

Additional training that will support your new skills

- First Aid Certificate.
- Mental Health First Aid Certificate.
- A certificate, or qualification at some level, in Small Business management.
- Additional training in whatever field of social need you intend to apply yoga instructing skills, for example, working with the elderly, or supporting those with a disability.

Timetables

Examples only subject to change

- The Raja Yoga and Hatha Yoga timetables are similar. These two modules may be done in either order.
- Karma Yoga is best done before Instructor Modules, but, with prior agreement, in some circumstances, may be completed after the instructor modules.
- Instructor module timetables are similar to one another. They also include a small number of more intensive weekends.
- These timetables are to illustrate patterns of attendance and will evolve over time in part in response to the needs of the participants in each group.

Monday	Wednesday	Friday	Saturday	Sunday
	Meditative Wednesday Practical class 7.00-8.05am	Raja Yoga Practical class 7.00-8.05am		Once every two months Big Day in Sunday program
			Raja Yoga Tutorial 9.00-10am	Raja Yoga Occasional Lecture (Will notify if on) 9.00-10.00am
		Raja Yoga Tutorial 5.00-6.00pm (Come to one tutorial)	Optional Havan 5.30pm-6.30pm	Yoga Nidra 11.30am-12pm
Raja Yoga Practical class 5.30-6.35pm		Optional Devi chanting 6.30pm-7.30pm		Simple Sunday Practical class 6.00pm-7.30pm
	Raja Yoga Lecture 6.30-7.30pm			

Class details

*All sessions except tutorials will be recorded and available after broadcast on the website for your use

Evening Practical Class Monday 5.30 - 6.35pm	This one-hour 5min class gives a solid selection of the practices for the week that may be done live or the recording listened to daily.
Morning Practical class Friday 7.00 - 8.05am	This class builds on Monday evening and Wednesday morning classes earlier in the week.
Meditative Wednesday Wednesday 7.00 - 8.05am	This class is a unique concept that focuses on asana and pranayama with meditative awareness and dynamic forms of sitting meditation. It is open to all current Sharing and Learning Yoga students. It has a Raja Yoga focus.
Simple Sunday Class Sunday 6.00 - 7.30 pm	This special class each week of 1hour 30min will often have a Raja Yoga theme and is for all current Sharing and Learning Yoga students. It includes yoga nidra and meditation as well as a solid selection of simple asanas and pranayama. Senior guest teachers regularly give these classes.
Lecture 1 Thursday 4.30 - 5.30pm	These lectures work systematically through the Yoga Sutras of Patanjali with a focus on practical application and developing personal practice, along with other lectures about specific areas of yoga practice.
Lecture 2 – some weeks only Sunday 9.00 – 10.00 am	
Tutorial Friday 5.00 - 6.00pm	Tutorials are one of the highlights of these courses. Students share their experiences of the yoga practices and concepts and of their week. You only need to come to one, but you are always welcome to come to both.
Tutorial Saturday 9.00 - 10.00am	

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		Meditative Wednesday class 7-8.05am				Once every two months Big Day In Sunday program
						Occasional Lecture 9-10am Will notify if on
						Yoga Nidra 11.30am-12pm
		Gita Lecture 5-6pm			Gita Tutorial 4-5pm	
					Havan 5.30-6.30pm	
Gita Practical class 6.30-7.35pm				Devi chanting 6.30-7.30pm		Simple Sunday class 6.30-7.45pm

Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Meditative Wednesday: linked to Module 3 7.00am-8.05am				
				Some Saturdays Guest teacher sessions 3.00-4.00pm	
					Student classes 4.00pm-5.00pm
Lectures and discussions 5pm-6pm				Havan 5.30pm-6.30pm	
		Practical class 5.30pm-7.00pm (15min discuss)	Devi chanting 6.30pm-7.30pm		Simple Sunday class 6.00pm-7.30pm

Short program online courses

The days and courses below provide an opportunity to explore the Sharing and Learning Yoga approach to learning yoga.

Regular Open day: Big Day In with Yoga

An online day of yoga on a unique topic each time every two months. Free. See website at <https://sharelearn.yoga> for details

4 to 6 week online practical courses

These courses develop aspects of yoga as personal sadhana (practice). The courses currently running regularly throughout the year are:

Vitality and Resilience
Pranayama and Ajapajapa
Inner Silence

Learn more about these courses at <https://sharelearn.yoga>

You don't need to be interested in becoming a yoga teacher to do our courses, most participants in the **Raja Yoga, Hatha Yoga and Bhagavad Gita** courses are completing them as part of fostering their personal practice and development.

Contact details

Website: sharelearn.yoga

Contact us: [Contact form](#)

Social: [Facebook](#)