

Title: COMMUNICATION – *Resonating Truth: A Yogic Approach to Communicating Consciously*

Duration: 60 hours (48 contact hours - 12 hours home study)

Overview: Explore communication as a spiritual practice rooted in yoga. Through asana, meditation, pranayama, and philosophical inquiry, students will develop clarity, compassion, and confidence in how they listen, speak, and relate.

1: Inner Listening

- The yogic view of communication: truth (satya) and non-harm (ahimsa)
- Tuning in: meditation for awareness of inner dialogue
- Asana for grounding and centring expression

2: The Energetics of Expression

- Exploring the vishuddha (throat) chakra
- Pranayama to unlock voice and breath
- Journaling: noticing patterns in speaking and silence

3: Mindful Speech & Self-Inquiry

- Silence as a tool for insight
- Svadhyaya (self-study) and satya in daily conversations
- Practices for speaking your truth with care

4: Empathy & Connection

- Nonviolent Communication (NVC) through a yogic lens
- Empathic listening and open questioning
- Partner yoga and mirroring practices

5: Conflict as a Path to Growth

- Emotional regulation through breath and presence
- Communication in challenging moments
- Forgiveness meditations and holding space

6: Integration & Expression

- Designing your relational communication sadhana
- Teaching circles: practicing expression in community
- Reflection, feedback, and follow up work

Title: RELATIONSHIPS - *Union Within & Without: A Yogic Journey through Relationship*

Course Duration: 60 hours (48 contact hours - 12 hours home study)

Course Overview: This course invites participants to deepen their relationships, with self, with others, and with the world, through the lens of yoga. Combining asana, pranayama, meditation, and philosophical inquiry, students will explore the sacred art of connection, rooted in yogic tradition, modern psychology, yogic philosophy, personal insight, and embodied practice.

1: Foundations of Relational Awareness

- Yoga as union: redefining “relationship”
- Introduction to yogic models: koshas, chakras, and the gunas
- Journaling: mapping your relationship landscape

2: Relationship with Self

- Self-inquiry practices (svadhyaya)
- The inner critic vs. inner witness
- Asana & breathwork for self-acceptance

3: Connection Through Communication

- Nonviolent Communication (NVC) in yoga philosophy
- Active listening & mindful speaking
- Partner yoga: learning to listen through movement

4: Attachment, Boundaries, and Trust

- Exploring yogic and psychological perspectives on attachment
- Creating healthy energetic boundaries
- Meditation: cultivating self-trust and resilience

5: Relationships as Spiritual Practice

- Karma yoga & seva in relational life
- Holding space and co-regulation
- Group sharing circles & compassionate witnessing

6: Integration & Ceremony

- Designing a personal relational sadhana
- Closing ritual: conscious connection in action
- Reflection, feedback, and follow up work

Title: LIFESTYLE - *Living Yoga: An Exploration of Life Styles & Cycles*

Duration: 60 hours (48 contact hours - 12 hours home study)

Overview: This course invites students to explore how yogic wisdom can support balanced living across time—daily routines (*dinacharya*), seasonal shifts (*ritucharya*), and the stages of life (*ashramas*). Through movement, ritual, discussion, and reflection, students will weave yoga into the fabric of everyday existence.

1: Foundations of Yogic Living

- Yogic lifestyle: intention, rhythm, and alignment
- Introduction to the koshas as a framework for well-being
- Asana and pranayama for grounding routine and vitality
- Journaling: mapping your current lifestyle patterns

2: Dinacharya—The Rhythms of the Day

- Ayurvedic perspectives on morning, midday, evening rituals
- Establishing nourishing routines for mind, body, and spirit
- Meditation and mindfulness in daily life
- Creative assignment: crafting your personal dinacharya

3: Ritucharya—Living with the Seasons

- Seasonal energetics and the doshas
- Adapting yoga practice to seasonal cycles
- Nutrition, rest, and movement through the year
- Earth-based practices and honouring solstices/equinoxes

4: The Ashramas—Stages of Life

- Exploring the four life stages: student, householder, forest dweller, renunciate
- Lifecycle transitions and evolving dharma
- Asana and meditation for life's thresholds (menarche, parenthood, menopause, aging)

5: Inner Cycles—Emotions, Hormones, and Moon Rhythms

- The subtle body and cyclical energy (especially for those with menstrual cycles)
- Yoga for emotional regulation and hormonal balance
- Working with lunar and planetary rhythms
- Group sharing circle: honouring our inner seasons

6: Integration and Living Wisdom

- Designing a lifestyle sadhana
- Teaching circles: presenting your life-cycle insights
- Final ritual: embodiment of wise living
- Reflection, feedback, and follow up work

Title: VITALITY - *Vital Calm: A Yogic Path to Stress Release & Inner Radiance*

Duration: 60 hours (48 contact hours - 12 hours home study)

Overview: This course explores the relationship between stress and vitality through yoga philosophy, embodied practice, and nervous system literacy. Students will learn to identify personal stress patterns, apply tools to restore balance, and cultivate sustainable energy and joy.

Week 1: Understanding Stress & Energy

- Yogic and scientific views on stress and prana
- Anatomy of stress: the nervous system, vagus nerve, and adrenals
- Intro to self-assessment: discovering your personal stress “signature”
- Grounding asana, soothing pranayama, and journaling

Week 2: The Art of Rest

- Yoga nidra and supported restorative poses
- Breath techniques for down-regulating (e.g., nadi shodhana, brahmari)
- Discussion: cultural narratives around productivity and burnout
- Personal rest audit and integration plan

Week 3: Vitality through Movement & Breath

- Dynamic asana to stoke vitality without depletion
- Pranayama to cultivate alert calm (kapalabhati, ujjayi, kumbhaka)
- Exploring *ojas*, *tejas*, and *prana* as inner resources
- Movement meditation and joy practices

Week 4: Emotional Intelligence & Stress Resilience

- Samskaras and emotional memory
- Meditation for emotional witnessing and regulation
- Somatic tools for navigating big feelings
- Group inquiry: What depletes vs. what nourishes?

Week 5: Rewriting the Inner Landscape

- Affirmations, mantra, and intention as energetic rewiring
- Working with the subconscious through yoga nidra
- Chakras as energy centres and their impact on stress/vitality
- Partner practices and gentle self-expression rituals

Week 6: Integration & Sadhana

- Designing your personalized vitality toolkit
- Final project: teaching circle or practice presentation
- Reflection, feedback, and follow up work

Title: MIND - *Mindful Stillness: A Yogic Immersion into Mind & Meditation*

Duration: 60 hours (48 contact hours - 12 hours home study)

Overview: This course explores the nature of the mind through the lens of classical yoga and modern neuroscience. Through meditation, breathwork, asana, and philosophical inquiry, students will cultivate inner stillness, resilience, and clarity. Suitable for both yoga practitioners and those new to meditation.

1: Understanding the Mind

- What is the mind? Yogic psychology (manas, buddhi, ahamkara, chitta)
- Introduction to meditation: presence & observation
- Asana and pranayama to settle mental restlessness

2: The Science of Stillness

- Patanjali's Yoga Sutras: The mind as vritti (fluctuations)
- The nervous system and meditation (parasympathetic activation)
- Body-based meditation: yoga nidra, body scan

3: Concentration & Focus (Dharana)

- Trataka (candle gazing), breath-counting, mantra repetition
- Asana to support mental discipline and clarity
- Journaling: awareness of distraction and presence

4: Meditation in Action (Dhyana)

- Walking meditation and mindfulness in daily life
- Bhavana: cultivating desired mental states (compassion, joy, equanimity)
- Group inquiry: the barriers to meditation and how we meet them

5: Witness Consciousness & the Self

- Exploring the concept of *sakshi bhava* (the inner witness)
- Non-dual philosophy and expansive awareness
- Meditations from Vedanta and Tantra traditions

6: Integration & Inner Ritual

- Creating a personal meditation sadhana (practice path)
- Group meditations and silent immersion
- Reflection, feedback, and follow up work