

### **Module 1 Yoga Origins, Types, Lineage and Becoming a Teacher**

What is Yoga; it's origins and history up to present. Relevance for the transition into Aquarian Age.

Types of Yoga: traditional and modern. Definition of yoga and yogi/ni.

KY as the mother of all yogas. Householder's dharma. Balance shakti/Bhakti.

Golden chain. Adi mantra & class structure. Baba Sri Chand, Guru Ramdas is Gurdev, YB,

Code of ethics – Professional Code & 16 Facets of the Teacher. Teacher's oath, 7 steps to happiness.

### **Module 2 Shabd, Mantra & Sadhana**

Quantum Shabd Guru: The 4 yugas, kali Yug and Naam as the supreme yoga of Kali Yug. The nature of the age we live in. [the grey transition between Piscean and Aquarian era]. The changes and challenges of the times, and what is needed.

Sensory Human: The body as a communication system;

Mantra: the meanings, effect, and how to chant the mantras of Kundalini Yoga.

Sadhana: The importance and value of daily discipline of exercise and meditation. Building your sadhana slowly and steadily

### **Module 3 The map — Yogic and western anatomy**

Western anatomy: Body Systems and specific organs. Effect of life-style and yoga on organs.

Intro to How stress, and lifestyle can effect your organs and how yoga and diet help

Yogic anatomy of Gunas, Tattwas, Chakras, Nadis, Vayus, prana and apana.

The path of the Kundalini and the 3 locks/bhandas.

### **Module 4 Breathing and Living**

Pranayama: Body – breath – brain - consciousness

What, how, why of the breath. Its nature, importance, variations & effects.

Yogic Lifestyle: Guidelines, wisdom and tips for all aspects of life.

How to awake, hydrotherapy, diet, times of day, getting the best sleep

Addiction: and how yoga life-style helps.

Cautions and pitfalls. Power/money/sex.

The yoga process; concept of energetics rejuvenation /balance/ elimination [G.O.D.]

Relaxation: — its importance, different techniques.

### **Module 5 The Technology of the Times; Posture**

Kriyas (concept and practice)

Asanas (angles, triangles, rhythm). The effects/benefits/cautions. Including Shivasana

### **Module 6 Mind and Meditation**

The techniques, types, effects over time (minutes and days), stages and states.

Gong, mala, mantra, celestial communication, mudras, prayer, satnam rasayan.

Tratakam and points of focus.

Tantra; black, red and white.

Brief outline of 4 limbs of Patanjali's Ashtanga: Pratyahaar, Darana, Dhyana, Samadh.

The 3 minds; training the mind.

## **Module 7 Humanology**

We are Spirits here for the Human Experience.

The possible Hu-man Be-ing, soul's choice, soul's journey,

Pregnancy - 120 days, Birth – 40 days. Role of the mother and father.

Being fe/male, growing up, Moon Points, Lifecycles. Meditations for Wo/men.

Relationships –the highest yoga. Venus Kriyas. Tips for Communication.

## **Module 8 Roles And Responsibilities***In and out of the class setting*

The Art of being a student: Obey, serve, love, excel.

5 steps to wisdom, the 4 errors.

The nature and art of a teacher: poke, provoke, confront to elevate.

2 laws - keep up and deliver. Teacher's Oath. 16 Facets. Code of ethics.

Teaching in different spaces, different levels, and different groups.

Before, during and after the class. (reminder of pitfalls; power/money/sex)

Message, market & media. Preparing yourself, preparing the class,

Managing, and maintaining, the time, the space, the ambience & the people.

Administration, Gurudakshina and prosperity.

## **Module 9 Yogic Philosophy, Death and Dying**

Philosophy: Key terms and common concepts in Yogic Philosophy.

Sutras of Patanjali. Importance of Concentration.

Yamas and Niyamas in detail, From Pranayama to Samadhi

Maya and the cycle of manifestation<--> the ladder of subtly.

Death & Dying:What happens when we die and after we die?

The stages, the issues, the opportunity, and the technology.

Dead/Liberated while Alive.

## **Module 10 - 5 Days Ashram Experience: Completion and Continuity**

Ten Spiritual Bodies; and Applied Science of Spiritual Numerology [Karam Kriya].

KY and Sikh Dharma: Differences and Similarities

Community living: model for the future.

Resources for the teacher, [Including Community and continuity.]

Answer & questions

Viewing and experiencing Yogi Bhajan through videos.

Exploring the master's words – Book: The Master's Touch

Personal check in. Improving teaching skills.

(Going deep in practicum feedback) – You are a teacher by your word.