

Upama Yoga Syllabus by Module:

Module 1: Introductions & Foundations

Description:

This short module is designed to provide background knowledge to help students learn the terms found in anatomy and yoga more readily. Basic concepts & word roots found in anatomy, physiology, and Sanskrit pose names are covered.

Upon completion of this course, students should be able to:

- Recognize most major bones of the body
- Be able to identify most major bony landmarks
- Understand the significance of muscle origin, insertion, action, and nerves when memorizing muscles
- Understand the roles of synergists, agonists, and antagonists
- Be aware of muscle tissue and fibers relating to stretching and strengthening
- Recognize and understand the following terms:
 - Anterior/ Posterior
 - Lateral / Medial
 - Superior, Supra/ Inferior, Infra
 - Distal/Proximal
 - Superficial / Deep
 - Plantar/Dorsal vs (ventral) (dorsal)
 - Flexion/Extension, Dorsiflexion, Plantar Extension
 - Abduction/Adduction
 - Internal rotation, External rotation
 - Pronation/Supination
 - Synergists, agonists, antagonists
- Be aware of Latin and Greek roots and stems in anatomical language and begin to draw conclusions about new words based on root knowledge
- Understand and explain to students why spelling of pose names varies
- Generally exercise accurate pronunciation when using yoga terms
- Be able to recall at least 10 common pose-related words including:
 - adho
 - urdvha
 - mukha
 - pada
 - parsva
 - kona
 - baddha
 - parivrrta
- Be able to understand Sanskrit vowel elision (combining of two words into one) [example: parsva + uttanasana= parsvOttanasana]
- Know the basic aspects and characteristics of the nervous system and stress response
- Understand how yoga impacts the nervous, circulatory, endocrine, and digestive systems
- Understand how yoga impacts and is informed by the respiratory system and its relation to Prana and Apana
- Be aware of theories relating the endocrine and chakra systems
- Be aware of characteristics of connective tissue as it relates to stretch
- Be aware of emerging theories regarding fascia and its relation to the nervous system
- Know the following terms:
 - Central Nervous System
 - Autonomous NS
 - Peripheral NS

Module 2: Anatomy and Physiology of Asana Practice

Description: This module goes over muscular-skeletal anatomy in asana, and begins to introduce alignment principles. Poses will be taught with attention to biomechanics and anatomical structures.

Upon completion of this course, students should be able to:

- Identify all major bony landmarks of axial skeleton
- Understand the muscular affects of pelvic tilts on other muscle groups of upper and lower body
- Be aware of issues relating to the core, SI joint, psoas/iliacus, gluts, pelvic floor, etc.
- Be aware of issues relating to the skeletal structure of the neck (atlas, etc.)
- Understand the position and placement of pelvis, low back, lower abdomen, hips and thighs in common yoga poses
- Understand how the position of the pelvis can result in changes to muscles of other connected areas in asana
- Know what bony landmarks to check for alignment and safety in relation to back and hips
- Identify all major bony landmarks of the appendicular skeleton
- Be aware of most major muscle groups of the appendicular skeleton
- Be aware of issues relating to muscles of neck and shoulders
- Be aware of common issues relating to the knee joint, muscles of the hips and ankles that get strained from being seated, running, etc.
- Be aware of issues relating to arms and wrist joints
- Compare and contrast the shoulder girdle to pelvic girdle
- Understand the position and placement of legs, knees, ankles, feet, in common yoga poses
- Understand how the position of the feet and knees relate to position of pelvis and hips in asana
- Understand issues relating to arches, ankles, and knees in asana
- Know what bony landmarks to check for alignment and safety in relation to knees and ankles
- Understand the position and placement of shoulders, neck, arms, wrists, and hands in common yoga poses
- Understand how the position of the arms can result in changes to shoulders and thoracic spine and ribs
- Know what bony landmarks to check for alignment and safety in relation to back, shoulders and neck

Module 3:Yoga Philosophy and Hatha Practices

Description: This section contextualizes the history and cultural significance of yoga, while teaching aspects of the practice that are often missed in modern Western yogasana classes, such as pranayama, the subtle body, the Yoga Sutra, Bhagavad Gita, bandhas, mantra, mudra, etc.

Upon completion of this course, students should be able to:

- Be familiar with the classification of Hindu orthodox (Astika) and heterodox (Nastika) schools
- Be familiar with yoga in non-Hindu contexts including Buddhism and Jainism
- Chronologically organize major yogic texts and philosophical influences
- Define the following terms
 - dualistic/dualism/
 - nondualistic/nondualist/Advaita
 - shruti/smṛti/Dvaita
 - Puruṣa/Prakṛiti
 - Brahma/Brahman
 - Atman
 - Ishvara
 - Samkhya
 - dharma
 - vedas
 - Rīg Veda
 - Bhagavad Gita
 - jnana, karma, and bhakti yoga
- Explain the difference between transcendental and mindful meditation traditions and how they relate to the two major types of Samādhi: Samprajñata Samādhi (conscious) and Asamprajñata Samādhi.
- Be able to practice and guide short meditations (between 5-10 minutes) using at least 3 different techniques from the following:
 - mindful movement/yoga
 - body scan
 - visualization
 - mindful breathing
 - chanting/mantra
 - fire-gazing
 - metta/lovingkindness
 - walking meditation/labyrinth
 - affirmations

- yantra/mandala
- sutra reflection
- mindful check-ins, ordinary activities
- mindful eating
 - Be able to briefly define all of the above techniques
 - Explain the potential physiological explanation for what is occurring in the nervous, endocrine, circulatory and respiratory systems.
 - Characterize the common qualities of “warming” pranayama exercises.
 - Practice, define, and be able to instruct the following forms of pranayama
- Dirga: 3 part breath
- Ujjayi: Victorious, Triumphant, Conqueror's
- Nadi Sodhana: Alternate Nostril
- Bhramari: Bees Breath
 - Define and practice the following:
- Sit Cari, Sitkari: hissing breath, teeth hissing, (also called tongue hissing breath, see Shitali)
 - Compare and contrast major ideas of the Hatha Pradipika and other contemporary texts with Patanjali and Modern Postural Yoga
 - Discuss recent controversy regarding the work of Mark Singleton and Richard Rosen in examining historical Hatha practice compared to Modern Hatha practice
 - Define and explain the significance of the following terms:
- shiva/shakti/kundalini
- prana/ apana
- shatkarma
- kriyas
- chakras
- bandhas
- shakti
- nadis
- mudras
 - Perform, define, and characterize the results of the following:
- Mula Bandha
- Uddiyana Bandha
- Jalandhara Bandha
- Maha Bandha
 - Discuss the usage of locks in relation to Prana and Chakras in traditional wisdom
 - Know the literal translation of Kundalini and the ways it is used classically and in modern contexts
 - Be able to compare traditional, psychological, and clinical perspectives on the chakra system
 - Understand these ideas in relation to asana and pranayama practice
 - Define the following terms:
- kriyas
- mantra
- kirtan
 - Explain the significance of accuracy in rhythm and pronunciation in different types of chanting
 - Explain the philosophical significance of kriyas within hatha, tantric and Kundalini traditions
 - Understand the potential physiological explanation for what is occurring in the nervous, endocrine, circulatory and respiratory systems.
 - Characterize the common qualities of “warming” pranayama exercises.
 - Practice and define the following forms of pranayama
- Bhastrika: Bellows Breathing, Breath of Fire
- Kapalabhati: Shining Skull breath
 - Identify key lineages and significant yoga gurus involved in bringing Yoga to the West
 - Identify ways in which the yoga tradition changes in the 19th and 20th centuries
 - Discuss ways in which these changes to yoga tradition have created new complications regarding

authenticity and essentialization of yoga in Modern Postural Yoga

- Consider how historical factors influence or create controversies or differences in the yoga community today
- Formulate well-informed opinions regarding how the history of yoga and lineage informs the student's personal teaching practice.
- Discuss Patanjali in relation to dualism and nondualism
- Identify the books of the Sutras and know their themes/titles
- Be able to recite the following sutras from memory in Sanskrit: 1.2, 1.6, 2.1, 2.30, 2.32, 2.33, 2.46
- Be able explain the following sutras in English using your own words: 1.2-6, 1.13-16, 1.33, 2.1-3, 2.33, 2.46, 2.50, 4.9
- Define and pronounce the following Sanskrit terms:
 - Raja Yoga
 - Ashtanga
 - Yamas
 - Ahimsa
 - Satya
 - Aparigraha
 - Asteya
 - Brahmacharya
 - Niyamas
 - Shaucha
 - Tapas
 - Ishvarapranidhana
 - Svadyaya
 - Santosha
 - Asana
 - Pranayama
 - Pratyahara
 - Dharana
 - Dhyana
 - Samadhi
 - Vrittis
 - Koshas
 - Klesha: "afflictions"
 - Avidya
 - Asmita
 - Raga
 - Dvesha
 - Abhinivesha
 - Klishta/Aklishta
 - smriti/samskaras
 - sthira/sukha

Module 4: Energetics in Asana

Description: This module begins to examine the subtle body in asana and how to see asana expressed in a variety of body types. Students will learn major pose categories based on energetics of poses rather than pure anatomical application.

Upon completion of this course, students should be able to:

- Practice and instruct more advanced pose groups
- Recall both the English and Sanskrit names of at least 40 additional poses
- Begin to be able to instruct poses both anatomically and energetically
- Recognize pose variations between different traditions, such as Classical, Iyengar and Ashtanga
- Begin to understand sequencing with energetics in mind
- Identify individual variations in human anatomy and account for these variations in asana practice.
- Be able to observe position of pelvis in most poses.
- Identify bony landmarks on self while in multiple asanas
- Identify bony landmarks on others while in multiple asanas
- Understand asana cautions and contraindications based on knowledge and reason, rather than rote memorization
- Upon completion of this course, students should be able to:
 - Explain the potential physiological explanation for what is occurring in the nervous, endocrine, circulatory and respiratory systems.
 - Understand the significance of pranayama in classical and hatha philosophies
 - Understand the significance of bandhas in classical and hatha philosophies
 - Instruct students in safely practicing bandhas
 - Instruct others in the following forms of pranayama
 - Dirga: 3 part breath
 - Ujjayi: Victorious, Triumphant, Conqueror's
 - Nadi Sodhana: Alternate Nostril
 - Bhramari: Bees Breath
 - Sit Cari, Sitkari: hissing breath, teeth hissing, (also called tongue hissing breath, see Shitali)
 - Shitali, Sitali, Sheetal: curled tongue, (also tongue hissing breath, see Sit Cari)
 - Bhastrika: Bellows Breathing, Breath of Fire
 - Kapalabhati: Shining Skull breath
- Understand the anatomical and physiological issues relating to fused vertebrae, back strain, knee conditions, neck

problems, frozen shoulders, limited ROM in joints, tight IT bands, carpal tunnel, balance problems, etc.

- Understand physiological issues relating to stress and blood pressure, PTSD, etc.
- Modify asana instruction for individual conditions and injuries based on a deep understanding of the conditions and poses involved rather than rote memorization of contraindications.

Module 5: Intro to Yoga Teaching

Description: This module goes beyond just explaining an asana to other people. In this module, we'll take an in depth look at techniques and practices from the perspective of a teacher, looking not only at our own yoga practice, but looking in comparison to others. In addition to techniques of instruction, this module covers classroom management and teaching theories from a variety of disciplines so that students can find their unique & authentic teaching voice.

Upon completion of this course, students should be able to:

- Characterize the verbal instruction styles of different yoga traditions
- Evaluate verbal instruction as an effective teaching technique
- Avoid common pitfalls in verbal instructions and communication
- Avoid clichéd cues and be capable of creating verbal instructions based on a deep understanding of the pose and what students are doing
- Confidently and clearly address a group of people
- Identify the following props and suggest at least one way to use each:
 - Straps
 - Blocks
 - Wedges
 - Bolsters
 - Blankets
 - Mats
 - Tennis balls
- Discuss the different types of materials in props and when one material might be preferable over another
- Discuss ways to substitute for any of the above listed props in a home environment
- Identify at least three different reasons to use a prop
- Teach safely in environments where props are not available
- Discuss different yoga styles and their perspectives on using props
- Identify student populations who are best served with the use of props
- Characterize the physical instruction styles of different yoga traditions
- Evaluate physical instruction as an effective teaching technique
- Understand emotional, cultural and social issues that can make physical adjustments less effective
- Make clear hands-on adjustments with others and guide self-adjustments in class settings
- Understand ways to use their own body as a “prop” to enable students to learn stability in a pose.
- Design yoga sequences to meet each of the following requirements
 - Anatomical focus
 - Energetic goal
 - Philosophical theme
 - Traditional Style Practice
- Discuss the different theories about and principles of sequencing
- Evaluate when one principle may be better than another for a given class type
- Explain the difference between transcendental and mindful meditation traditions and how they relate to the two major types of Samadhi: Samprajnata Samadhi (conscious) and Asamprajnata Samadhi (supraconscious)
- Practice and guide short meditations (between 5-10 minutes) using at least 3 different techniques from the following:
 - mindful movement/yoga
 - body scan
 - visualization
 - mindful breathing
 - chanting/mantra

- fire-gazing
- metta/lovingkindness
- walking meditation/labyrinth
- affirmations
- yantra/mandala
- sutra reflection
- mindful check-ins, ordinary activities
- mindful eating
- Briefly define all of the above techniques
- Identify common factors that can prohibit a student's learning process and identify ways to address or avoid these factors
- Discuss how and why different students may require different methods of explanation
- Describe the links between memorizing, moving, feeling, problem solving and true learning
- Effectively observe students and engage in feedback in order to determine student interest and “learning style”
- Define the difference between formative and summative assessment and describe ways assessment might be used in a drop-in class environment
- Be familiar with recent neuroscientific theories on neural networks, neuroplasticity, cognition and education
- Explain the impact of Howard Gardner's Theory of Multiple Intelligences on education and discuss its criticism
- Design classes with a clear idea of the differences and factors relating to WHO is being taught, WHAT is being taught and HOW it is being taught
- Critically examine texts on fitness instruction for how or if they address the differences or complexities of subject matter, student, and teaching methods
- Be able to define the following key terms (if *, also provide etymology):
 - Curriculum* (multiple definitions)
 - Student*
 - Education*
 - Pedagogy* and Andragogy*
 - Bloom's Taxonomy
 - Student Centered Instruction
 - Differentiated Instruction
 - Emergent Curriculum
 - Multiple Intelligences
 - Scaffolding
 - Webbing (Emergent Curriculum)
- Discuss the various roles of a yoga instructor
- Describe the differences between a yoga instructor and other types of fitness instructors
- Explain the ethical concerns of being a yoga instructor
- Discuss the differences between a teaching practice and a student practice and the importance of maintaining both
- Develop a well-reasoned, personal opinion as to the appropriate social and cultural boundaries of a yoga instructor, and the role of teachers off the mat and outside of the studio.
- Differentiate requirements from preferences in structuring a classroom environment
- Identify techniques for managing difficult spaces or circumstances including:
 - Lack of appropriate wall space
 - Lack of appropriate flooring surface
 - Lack of mats or appropriate attire
 - Lack of traditional props
 - Lack of privacy
- “Freeway Flyers”: Nomadic teaching and stocking your trunk
- Choose from multiple strategies for identifying, addressing and managing challenging student situations
- Use yoga technology such as cloud-based apps for planning and managing yoga classes
- Develop a well-reasoned personal opinion on use of music, light, candles, and scents within a class environment
- Manage scheduling and travel logistics that come with professional yoga instruction

Module 6: Intro to Yoga Professionalism

Description:

Yoga has changed drastically in the last decade, becoming a billion dollar competitive industry. This module covers how to stay true to your center while navigating issues of marketing, legal liability, insurance, labor laws, registration, and more. Teaching Practicum, the Culminating Research Paper & Presentation, and course electives are also a part of this section.

Upon completion of this course, students should be able to:

- Make informed decisions about professional organizations and know how to register
- Identify what types of insurance to get and how
- Understand the different legal and professional requirements of working in different locations including studios, schools, gyms, etc.
- Be familiar with trademarks, copyright, waiver forms and injury liability
- Understand the difference between 1099 contractor and W2 employment
- Identify a target market
- Evaluate return on investment in marketing efforts
- Understand the nature of branding
- Feel more knowledgeable and confident in sales and marketing efforts
- Be familiar with basic marketing terminology
- Define the following:
 - Marketing
 - Target
 - Promotion
 - Social Media
 - Advertising
 - Branding
 - ROI
 - Demographic
- Instruct one or more of the following specialties safely:
 - Kids Yoga
 - Prenatal Yoga
 - Restorative Yoga
- Define a thesis or goal relating to yoga for Culminating Project
- Find accurate and reliable sources for project research
- Develop presentation materials based on an understanding of learning styles
- Complete significant self-guided study in a topic significant to yoga today
- Prepare and deliver a 20 minute presentation on your topic
- Clearly, critically, and concisely discuss a variety of issues in yoga today based on other students' presentations
- Feel confident and knowledgeable in at least one area of interest as a result of own personal research and presentation
- Be better able to define what aspects of yoga are of particular personal interest and be better able to determine future practice goals, career paths, and continuing education requirements
- Be more familiar with a variety of perspectives and interests within the greater field of yoga studies

Observation (10 hours)

Students will observe a program approved instructor for 10 class hours and submit observation reports. Details will be provided in the Intro to Teaching Theories class.

Apprenticing (10 hours)

Students will observe a program approved instructor for 10 class hours and submit observation reports. Details will be provided in the Comparative Approaches series.

Teaching (10 hours)

Students will lead classes under the supervision of a program approved instructor for 10 hours. Details on these opportunities will be provided throughout the course.