



Prana Vidya Workshop for Yoga Teachers

July 20 – 24, 2009

*McNeely Hall – Grand Hall
University of St. Thomas- St. Paul, MN*

Prana Vidya, the Himalayan Yoga Tradition's (HYT) style of Hatha Yoga, emphasizes the subtle and meditative aspect of the hatha-yoga practice in order to bring about mindful awareness of the prana-body and development of the flow of prana at all times and in every movement.

This workshop is recommended for those wishing to enhance their yoga teaching skills. It is based on the HYT Level One Hatha Yoga, Anatomy and Physiology curriculum and is designed as a series of hands-on, participatory experiences.

For students in the HYT - Teacher Training Program (TTP) this workshop will satisfy your requirement for mentor contact hours in anatomy and physiology as well as practice teaching for the 200-hour certification and for the completion of the 600-Hour Level One. Please contact your mentor prior to the workshop to review your current status for completing your certification.

The goals of this workshop are as follows:

- Reinforce basic anatomy and physiology
 - Be able to decompose asanas into basic movements
 - Learn names of basic muscles and bones
 - Review breathing physiology and describe the mechanics in simple terms
- Practice teach in the Prana Vidya style with provided feedback
 - Basic Joints and Glands
 - Level 1 asanas
 - Relaxation and other subtle body exercises
 - An integrated Level 1 class
- Review the philosophy of hatha and raja yoga

The workshop will run in parallel with the 2009 HYT Congress with concurrent sessions from 10:00 to 12:00 AM and from 1:45 to 6:00 PM. All participants are encouraged to follow the Ashram schedule beginning each day at 5:30 AM.

Below please find the following materials to aid your preparation:

1. HYT 2009 Congress Ashram Schedule
2. Practice Teaching Resources
3. HYT Level 1 Asanas, Anatomy and Physiology curriculum
4. HYT Practice Teaching Feedback Form and Guide



Himalayan Yoga Tradition 2009 Congress Ashram Schedule

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Prana Vidya Workshop for Yoga Teachers

July 20 – July 24, 2009

Daily Schedule

05:00	Rise with AtmaTattvalokanam
05:30-05:45	Prayers – Michael Smith
05:45-07:10	Hatha Yoga & Pranayama – Maya Balog, Mary Bowman-Cline & others
07:10- 08:00	Meditation – Ma Radha and other Swamis
08:00-09:00	Breakfast
09:15-09:30	Contemplative Walk – Ma Radha
10:00-11:45	Prana Vidya AM – Paul Emerson & others
11:45-12:00	Pranayama Practice
12:00-1:00	Lunch
1:00-1:30	Digestive Breathing & Conscious Relaxation: Ma Radha
1:45 -3:30	Prana Vidya PM #1: Stoma, Mary, Eric, Brian, Michael, others
3:30-4:00	Tea
4:00-5:45	Prana Vidya PM #1: Stoma, Mary, Eric, Brian, Michael, others
5:45-6:00	Pranayama Practice
6:00-7:00	Light Supper
7:30-9:00	Evening Program:
9:00-:	Evening Prayers – Stoma Parker and Peter Fabian

Prana Vidya Faculty: Mary Bowman-Kline, Paul Emerson, Brian Hoffman, Eric Ness, Stephen Stoma Parker, Michael Smith and others. Early morning and evening sessions will be joint sessions with other 2009 Congress participants.

*The retreat subject to change, please check daily.

Practice Teaching Resources

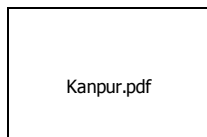
The workshop will consist of several demonstration teaching sessions, which will serve as the foundation for the practice teaching by each of the students. Using the resources listed below you should prepare:

1. A half hour Joints and Glands session
2. A half hour of Level 1 Asanas
3. A half hour session teaching “subtle body” exercises (basic relaxation, pranayama, meditation)
4. An hour long integrated class using some Joints and Glands as well as Level 1 Asanas.

Practice teaching will be performed in small groups and feedback will be provided using the HYT-TTP Practice Teaching Feedback Form and suggestions for feedback (see attachment).

Resources

“Joints & Glands Exercises” (Article) from Kanpur Basic Yoga Courses by Swami Rama. (attached below as pdf—click in box)



Yoga: Mastering the Basics (Book) by Sandra Anderson and Rolf Sovik, Chapter 3 & 5.

Summary of HYT Level 1 and 200-Hour Curriculum (below)

A&P Prerequisites and Terms

HYT-TTP Student Assignments—Anatomy Coloring Book

Anatomy Coloring Book (Book) by Wynn Kapit and Lawrence Elson, (3rd edition pages 22,23,27,28,44,45,49-51,54-57,61-64,129-130,133-135).

Yoga: Mastering the Basics. S Anderson, R. Sovik. Honesdale, PA: HI Publishers, 2001. Chapters 4 and 7

Other References

Blandine Calais-Germain. *Anatomy of Movement*. Seattle: Eastland Press, 1999.

Leslie Kaminoff. *Yoga Anatomy*. Champaign, IL: Human Kinetics, 2007.

Coulter. *Anatomy of Hatha Yoga*. Honesdale, PA: Body and Breath, 2001.

Directionality Terms

Sagittal plane
Transverse plane
Frontal/caudal plane
Lateral—Away from midline
Medial—toward midline
Posterior—Toward the back
Anterior—Toward the front
Dorsal--Posterior
Ventral--Anterior
Proximal--Closer
Distal—Farther away
Superior (coronal)—Toward the head
Inferior (caudal) –Away from head
Inferior—away from the head

Movement Terms

Flex
Extend
Dorsiflexion
Plantarflexion
Supination
Pronation
Eversion
Inversion
Elevation
Depression
Abduction
Adduction
Retraction/protraction
Nutation
Counter-nutation
Rotation

Bones

Axial skeleton
Appendicular skeleton
Ilium
Iliac crest
Anterior Superior Iliac Spine
Posterior Superior Iliac Spine
Ischium
Ischial tuberosity
Pubis
Femur
Trochanter
Condyles
Tibia
Fibula
Clavicle
Scapula
Humerus
Radius
Ulna

Muscles of the Lower Extremity

Rectus Abdominis*
Quadratus Lumborum
Internal Oblique Abdominis*
External Oblique Abdominis*
Erector Spinae Group*
Transversospinalis Group
Iliocostalis Lumborum
Iliocostalis Thoracis
Longissimus Thoracis
Spinalis Thoracis
Iliopsoas*
Sartorius*

Muscles of the Lower Ext(continued)

Rectus Femoris*
Gluteus Maximus*
Hamstrings—(Semimembranosus,
Semitendinosus, Biceps Femoris) *
Gluteus Medius*
Gluteus Minimus*
Tensor Fascia Latae (TFL)
Pectineus
Adductor Brevis
Adductor Longus
Adductor Magnus
Gracilis
Obturator Internus
Obturator Externus
Gemelli
Quadratus Femoris
Piriformis
Biceps Femoris*
Popliteus
Rectus Femoris*
Vastus Lateralis
Vastus Medialis
Vastus Intermedius

Muscles of the Upper Extremity

Trapezius (Upper)*
Levator Scapulae
Rhomboids, Major and Minor
Trapezius (Lower)*
Latissimus Dorsi*
Pectoralis Major*
Pectoralis Minor*
Serratus Anterior
Pectoralis Major*
Pectoralis Minor*
Anterior Deltoid*
Coracobrachialis
Posterior Deltoid*
Latissimus Dorsi*
Middle Deltoid*
Anterior Deltoid*
Infraspinatus
Teres Minor
Teres Major
Biceps Brachii*
Brachialis
Brachioradialis

Triceps*

Breathing

External intercostals*
Diaphragm*
Scalene
Sternocleidomastoids
Internal intercostals*
Abdominals (rectus abdominus, external
and internal obliques, transversus
abdominus)
Lungs (lobes, fissures)
Trachea
Bronchi
Bronchioles
Alveoli
Pleural membrane
Glottis
Nasal conchae (turbinates)
Hemoglobin
Medulla rhythmicity area
Carotid and aortic bodies
Tidal Volume
Minute Ventilation
Inspiratory reserve volume
Expiratory reserve volume
Residual volume
Vital capacity
Hyperventilation
Hypoxia
Hypercapnea
Lactate threshold
VO₂Max

Level One and 200-Hour Curriculum

Joints and Glands

Face:

Forehead & Sinus Massage
Scalp & Forehead
Half Face Squint
Full Face Squint
Eyes
Mouth
Lion
Face Massage

Neck:

Forward and Backward Bend
Chin Over Shoulder
Horizontal Arm Swing
Shoulders and Arms
Shoulder Wings

Arms, Hands and Wrists

Abdomen and Torso

Overhead Stretch
Sideways Stretch
Side Bends
Torso Twist
A & P (Akunchana Prasarana)
Abdominal Lift (Uddiyana Bandha)

Torso and Legs

Standing Forward Bend
Twisting Bend

Legs and Feet

Leg Kick
Knee Swirl
Dancing Knees
Knee Bends
Ankle Squat
Ankle and Feet
Toe Balance

Asanas

Standing:

Simple Standing
Overhead Stretch
Side Stretch
Simple Back Stretch
Swimming Stretch
Gentle Torso Twist
Horizontal Stretch
Preparation for Head-to-Foot
Preparation for Balancing Postures

Sitting:

Easy posture (Sukhasana)
Kneeling posture (Vajrasana)
Lion (Simhasana)
Cat Stretch series
Leg cradle
Friendship posture (Maitri-asana)

Backward Bending:

Crocodile (Makarasana)
Cobra (Bhujangasana)
Half locust (Ardha Shalabhasana)
Half boat (Ardha Naukasana or Ardha Navasana)

Forward Bending:

Child pose (Balasana)
Churning (Chalanasana)

Twisting:

Lying-down Simple Twist and Variations

Fire Series:

Knee-to-chest Posture
Wind-eliminating Pose

Inverted:

Arch Posture (Setubandhasana)
Rocking Chair
Downward-facing Dog (Adhomukha Svanasana or Parvatasana)

Relaxation

Symmetrical Stretch
Shavasana – Tension-Relaxation
Shavasana – Systematic Relaxation

Breathing

Breath Awareness
Diaphragmatic Breathing
Complete Breath
Kapalabhati
Ujjayi
Alternate Nostril Breathing (Nadi Shodhanam) (36 count of 3 rounds)
Digestive breathing

Cleansing practices – Shat Kriyas:

Cleaning the nasal passages with salty water – Jala Neti
Salty lemon water

Seated Meditation

With Stillness of Body
With So-Ham
Focus on Navel-to-Nostrils, with So-Ham.
Focus on the Eyebrow Center.
Focus on Nosebridge, with So-Ham.

HYT-TTP Practice Teaching Feedback Form

Student Name: _____ *Mentor Name:* _____

Date of Class: _____ *Length of Class (minutes):* _____

Type of Class (J&G, Asana, Integrated, other): _____

Mentors and students will agree on the feedback focus (include at least one from teaching presence (teacher quality 1-7) and at least one from teaching skills (teacher quality 8-15) prior to class as indicated by an "X" in the focus column. Suggestions for establishing the feedback focus can be found on page 3. Mentors rate student teachers on each of the appropriate qualitative dimensions. The ratings are in integers on a five point scale where 5 = Excellent, 4 = Very Good, 3 = Meets Requirements, 2 = Needs Improvement, 1 = No Score. If any of the dimensions are scored 1, please give an explanation in the "Comments" section. Use N/A for dimensions that are not appropriate for the class.

	Focus	Teacher Quality	Rating	Comments
1		Appearance		
2		Rapport With Students		
3		Use of Himalayan Prayers & Sanskrit Terms		
4		Relaxation Throughout Class /Teaching from Presence		
5		Diaphragmatic Versus Chest Breathing		
6		Concentration, Mindfulness & Awareness		
7		Giving Feedback		
8		Six Steps For Entering & Exiting Asanas		

9		Ability to Describe & Demonstrate Asana		
10		Relate Breath to Asana		
11		Overall Skill in Asana (8-10 above)		
12		Correction/ Adjustment		
13		Quality of Touch		
14		General Attention to Boundaries		
15		Overall Rating (1-14 above)		
16		Student Rating of Mentor		

The practice teaching sessions are an opportunity for the student teacher to receive feedback and learn to evaluate their teaching skills in a constructive, supportive environment.

Mentors:

Please review your ratings and comments with the student after the class. (Ratings and comments of mentors by students are also valued.)

Please also update the student's record with the overall rating, a summary of the comments, and session time (include entire student-mentor contact time, not just the class time).

Student Signature

Mentor Signature

Suggestions for Establishing Feedback Focus

The student teacher's ability in each of the teaching qualities will deepen as they progress through the program. The following schedule provides an approach for establishing the teaching presence and skill focus for each of the required 5 practice teaching sessions. This progressive approach of broadening the feedback focus is intended to build on the skills established in the previous teaching sessions. It provides a suggestion to assist the mentor and the student; however, the mentor and student are free to establish the feedback focus that seems most appropriate for them.

Session 1

Type of Class: Joints and Glands

Focus - Presence: Appearance, Rapport with students

Focus - Skill: Ability to describe, demonstrate & relate breath to asana.

Session 2

Type of Class: Level One Asana

Focus - Presence: Relaxation throughout class, Diaphragmatic vs chest breathing

Focus - Skill: Six steps for entering & exiting asanas

Session 3

Type of Class: Integrated Class

Focus - Presence: Concentration & mindfulness

Focus - Skill: Overall skill in Asana

Session 4

Type of Class: Integrated Class

Focus - Presence: Giving feedback

Focus - Skill: Correction/adjustment, quality of touch, general attention to boundaries

Session 5

Type of Class: Integrated Class introducing HYT Foundations

Focus - Presence: Use of Himalayan prayers & Sanskrit terms

Focus - Skill: Overall rating