

Prana Vidya Workshop for Yoga Teachers



July 18 – 22, 2011

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 2011 HYT Congress with concurrent sessions from 10:00 to 12:00 AM and from 1:45 to 6:00 PM. All residential participants are encouraged to follow the Ashram schedule beginning on Sunday evening (Dinner at 6 PM, Orientation at 7:30 PM, and Prayers at 9:00 PM).

Below please find the following materials to aid your preparation:

1. HYT 2011 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 2011 Congress Ashram Schedule

*McNeely Hall – Grand Hall
University of St. Thomas- St. Paul, MN
Prana Vidya Workshop for Yoga Teachers
July 18 – July 22, 2011*

Daily Schedule: (non-residential participants: 10:00 AM – 6:00 PM)

- 05:00 Rise with AtmaTattvalokanam
- 05:30-05:45 Prayers – Ma Radha
- 05:45-07:10 Hatha Yoga & Pranayama –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: Ma Radha, Brian, Paul, Barb, Rene
- 3:30-3:45 Break
- 3:45-5:45 Prana Vidya PM #2: Ma Radha, Brian, Paul, Barb, Rene, 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: Barb Aschettino, Paul Emerson, Ma Radha, Brian Hoffman, Rene David Alkalay. Early morning and evening sessions will be joint sessions with other 2011 Congress participants.

*The retreat subject to change, please check daily.

Practice Teaching Resources

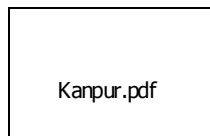
The workshop will consist of several demonstration teaching sessions, which will serve as the foundation for the practice teaching by each of the students. Using the resources listed below you should prepare:

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. Send an email to creatingjoy@hyt-ttp.com to receive an electronic copy.



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*

Muscles of the Lower

Ext(continued)

Sartorius*
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

Himalayan Yoga Tradition Integrated Practice

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 or 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

Mountain Pose – *Tadasana*

Simple standing
Overhead stretch
Side stretch
Simple back stretch
Swimming stretch
Gentle torso twist
Horizontal stretch
Preparation for forward bending poses
Preparation for balancing poses

Sitting:

Easy posture – *Sukhasana*
Kneeling posture – *Vajrasana*
Lion – *Simhasana*
Cat stretch series
Leg cradle
Friendship posture – *Maitryasana*

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 – *Setu Asana*
Rocking chair
Downward facing dog – *Adho-mukha Svanasana*

Relaxation:

Corpse Pose – *Shavasana*
Symmetrical Stretch
Tension-Relaxation
Complete Systematic Relaxation

Breathing:

Breath Awareness (to teach in Level One)
Diaphragmatic Breathing (to teach in Level One)
Complete Breath (to teach in Level One)
Shining-Skull Breathing – *Kapalabhati* (for personal practice)
Victorious Breathing – *Ujjayi* (for personal practice)
Channel Purification – *Nadi Shodhana* (3 rounds) (to teach in Level One)
Digestive Breathing (for personal practice)

Cleansing practices: Shat Kriyas (for personal practice)

Cleaning the nasal passages with salty water – *Jala Neti*
Drinking salty lemon water – *Bowel Cleansing*

Seated Meditation:

Establish seated posture with the head, neck and trunk in alignment.
Systematically relax the whole body.
Establish diaphragmatic breathing.
Establish breath awareness at the navel and stomach region.
Follow the breath from navel to nostrils and nostrils to navel.
Focus on the touch and flow of breath in the nostrils, add *So-Ham* or personal mantra.
Observe the breath, the mantra, and the mind flowing as a single stream.
Observe the presence of the mantra wave alone in the mind.
Let the mantra wave subside into the tranquil Lake of Silence.
Let the mantra wave arise again and merge the sound with the flow of the breath in the nostrils.
Close the meditation with surrender and gratitude to the Guru Lineage, blessings to all beings, a resolve to sit again and to maintain the meditative presence until then.

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		
7		Giving Feedback		
8		Six Steps for Performing Asanas Meditatively		

HYT-TTP Level One and 200-Hour Program Retreat Handouts

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 opportunities for student teachers 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 the entire student-mentor contact time, not just the class time).

Student Signature

Mentor Signature

Suggestions for Establishing Feedback Focus

Student-teachers' 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 a 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 performing asanas meditatively.

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