The School of Yoga

The School of Yoga at Mount Madonna Institute offers our signature Yoga Teacher Training Certificates at the 200 Hour, 300 Hour, and Prenatal Specialty (85 hours). Our YTT programs are approved by the National Yoga Registry, Yoga Alliance. These programs include a broad range of Yoga theory, philosophy, and practices, with particular emphasis on the traditional Eight-limbed (Ashtanga) Yoga system as described in Patanjali’s Yoga Sutras. In addition, we draw from other classical yogic texts including the Vedas, Upanishads, Bhakti Yoga Sutras, Bhagavad-Gita, Gheranda Samhita, Shiva Samhita, Hatha Yoga Pradipka, and the published and unpublished writings of Master Yogi Baba Hari Dass, who is the inspiration for our School.

Many of our senior faculty members have been practicing, studying, and teaching Yoga at Mount Madonna Center for over 30 years. By attending the MMI School of Yoga, one has the opportunity not only to study with instructors who are deeply committed to the practice of Yoga, but also to live in a residential community dedicated to practicing yogic principles on a daily basis.

ASHTANGA YOGA TEACHER TRAINING – 200 HOUR LEVEL

Clock Hours: 205
Prerequisite: High school graduation or equivalent.
Grading: Pass or Fail

Course Outline/Description:

<table>
<thead>
<tr>
<th>Educational Categories</th>
<th>Hours</th>
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<tbody>
<tr>
<td>Techniques, Training and Practice (TTP)</td>
<td>112.00</td>
</tr>
<tr>
<td>Teaching Methodology (TM)</td>
<td>25.50</td>
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<tr>
<td>Anatomy &amp; Physiology (AP)</td>
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<tr>
<td>Yoga Philosophy/Life Style Ethics (YPLE)</td>
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Intro to Ashtanga Yoga
Techniques, Training and Practice (TTP)
Credits: 1.50
Description: Lecture of the eight limbs of Ashtanga yoga, discussing each limb and its importance to a yogic lifestyle.
Learning Objectives: Students will learn the eight limbs of Ashtanga Yoga, how to practice them in daily life, and their relevance to the ultimate aim of yoga.

Intro to Asana
Techniques, Training and Practice (TTP)
Credits: 1.50
Description: Introduction and overview of asana as part of the Ashtanga and Hatha Yoga systems.
Learning Objectives: Students will be able to place asana in a classical context. They will learn how asana affects body, breath and mind: the physical body, the subtle body, and movement of prana and the mind.
Students will also differentiate between personal practice and the teaching of asana.

**Hand Mudras**  
Techniques, Training and Practice (TTP)  
Credits: 1.50  
Description: Students will learn a series of hand mudras to use before and after meditation as a form of pratyahara, withdrawing the mind from the senses.  
Learning Objectives: Students will be able to incorporate hand mudras in their personal practice as a preparation for meditation, and prepare to be able to teach them to others if they choose.

**Sanskrit Pronunciation**  
Techniques, Training and Practice (TTP)  
Credits: 1.50  
Description: Students will learn the basics in Sanskrit pronunciation and will practice chanting some traditional Vedic prayers.  
Learning Objectives: Students will learn key concepts to help them properly pronounce Sanskrit words. They will begin to understand the importance of Sanskrit to the practices they are learning and will teach, and as an aid to learning the Sanskrit names of various practices.

**Ayurveda I**  
Techniques, Training and Practice (TTP)  
Credits: 1.50  
Description: An introduction to the 5,000 year old tradition of Ayurveda, its aims and objectives, basic principles, and concepts of health and wellness. Students are introduced to the concepts of dosha (individual constitution) and five element theory.  
Learning Objectives: Students will gain a foundation in the science, history, and philosophy of Ayurveda. They will begin to understand the basic five element theory, the doshas, their properties, functions, and locations in the body.

**Prenatal Theory**  
Techniques, Training and Practice (TTP)  
Credits: 3.00  
Description: A general introduction of Prenatal Theory in Yoga practice with an overview of some of the changes women go through during pregnancy.  
Learning Objectives: Students will understand the general guidelines for adapting yoga practices during pregnancy, including which practices to avoid and which practices are beneficial.

**Yoga Sadhana - The Kleshas**  
Techniques, Training and Practice (TTP)  
Credits: 1.50  
Description: This class delves into the obstacles to daily practice as described in the Yoga Sutras of Patanjali.  
Learning Objectives: Students will understand what the obstacles to practice are and have an opportunity to consider what obstacles they face in their own personal practice.

**Restorative Yoga Theory**  
Techniques, Training and Practice (TTP)  
Credits: 1.50  
Description: Based on the science of rejuvenative practices, students will learn how to teach basic poses that open the body and calm the mind.  
Learning Objectives: Students will be able to create a restorative class that accommodates all levels.

**Ayurveda & Asana**  
Techniques, Training and Practice (TTP)  
Credits: 3.00  
Description: Students will learn how to incorporate Ayurvedic principles in an asana practice.  
Learning Objectives: Students will be able to create an asana practice that tailors to the season, time of day, and individual constitution.

**Kid's Yoga**  
Techniques, Training and Practice (TTP)  
Credits: 3.00  
Description: This class provides techniques and tools for teaching yoga to kids of all ages, through both theory and experience.  
Learning Objectives: Students will learn ways one might teach yoga to children, including incorporating fun asana games, visualizations, song/sound, and awareness of breath, they will then have some knowledge of how to design a class for children if they have interest and opportunity.

**Shat Karma**  
Techniques, Training and Practice (TTP)  
Credits: 12.50  
Description: An introduction and overview of ancient cleansing practices with demonstration, instruction, as well as practice of a number of the methods described in the Hatha Yoga scriptures.  
Learning Objectives: Students will learn about and be able to practice a number of the cleansing techniques as they wish. This provides first hand experience and then students can choose to incorporate any that fit for them in their personal practice.

**Sadhana (Pranayama & Meditation)**  
Techniques, Training and Practice (TTP)  
Credits: 38.00  
Description: Mornings 6:30 - 8:30 for techniques and training - 19 days of learning beginning practices. Stu-
Students will then have opportunity of teaching the techniques in a small group setting that includes a mentor.

**Learning Objectives:** Students will learn classic pranayama and meditation methods through direct experience each morning, and will be encouraged to incorporate these into their daily sadhana (practice). They will also learn how to teach these beginning yoga pranayama in their classes, if they so choose.

### Asana Practice
Techniques, Training and Practice (TTP)
- **Credits:** 21.00
- **Description:** Morning asana classes that model the arch progression and the core poses.
- **Learning Objectives:** Students will experience a well-rounded asana class that follows the arch progression model, preparing them to create their own classes based on this model. They will be exposed to a variety of teaching styles as well as different approaches to asana (gentle, therapeutic, strong, vigorous, etc.).

### Asana Core Postures
Techniques, Training and Practice (TTP)
- **Credits:** 21.00
- **Description:** A mix of theory and experiential teachings explaining the 9 groups of postures, the arch progression theory and 32 core poses.
- **Learning Objectives:** Students will learn 32 core postures, which serve as the foundation for designing well-rounded classes. Each pose will be taught and experienced in great detail.

### Teaching & Learning
Teaching Methodology (TM)
- **Credits:** 1.50
- **Description:** An introduction to the different styles of learning and how a teacher can adapt his or her methods accordingly.
- **Learning Objectives:** Students will learn to identify basic learning styles so that they can design their classes to reach students effectively e.g. in an asana class, learning how verbal cues, visual demonstration, and gentle touch with permission can be effective methods.

### Teaching Yoga Sadhana
Teaching Methodology (TM)
- **Credits:** 1.50
- **Description:** Explanation of the process, planning, and teaching techniques involved in leading pranayama and meditation practices.
- **Learning Objectives:** Students will understand the process of designing and teaching a yoga class that includes pranayama and meditation.

### Sadhana (Pranayama & Meditation)
Teaching Methodology (TM)
- **Credits:** 3.00
- **Description:** Students who taught sadhana receive feedback from senior teachers, apprentices, and fellow students.
- **Learning Objectives:** Students hone their skill in teaching sadhana.

### Asana Teaching Theory
Teaching Methodology (TM)
- **Credits:** 6.00
- **Description:** To prepare the student to teach a Beginning Level asana class.
- **Learning Objectives:** Students will learn how to structure a class, how to teach to different kinds of learners, and how to cue for modifications and corrections.

### Asana Student Teaching Observation
Techniques
Teaching Methodology (TM)
- **Credits:** 9.00
- **Description:** Students who taught asana receive useful feedback about the class they taught.
- **Learning Objectives:** Students begin to understand how to communicate effectively while teaching, how to teach to different kinds of students.

### Asana Teaching with the Apprentices
Teaching Methodology (TM)
- **Credits:** 4.50
- **Description:** Students will observe class taught by fellow students.
- **Learning Objectives:** To prepare the student to teach a Beginning Level asana class.

### Intro to Asana (Subtle Body)
Anatomy & Physiology (AP)
- **Credits:** 3.00
- **Description:** An introduction and overview of the energetic principles according to the Hatha and Tantra systems.
- **Learning Objectives:** To familiarize students with subtle body anatomy: shariras, chakras, pranas, koshas, kundalini and nadis.

### Anatomy I
Anatomy & Physiology (AP)
- **Credits:** 1.50
- **Description:** This course is an introduction to human anatomy that provides students with a basic understanding of anatomical structure.
- **Learning Objectives:** Students will gain a basic understanding of the bone structure and main systems in the body.
Anatomy II
Anatomy & Physiology (AP)
Credits: 1.50
Description: A further exploration into the workings of the body and how pranayama, meditation and asana can affect the body.
Learning Objectives: Students will have a deeper understanding of the anatomy of the body and will understand how pranayama, meditation and asana create changes in the body.

Anatomy III
Anatomy & Physiology (AP)
Credits: 1.50
Description: This class applies the principles of alignment to the core yoga postures, breaking the poses down by muscle groups, actions, and benefits.
Learning Objectives: Students will learn to apply these alignment principles to specific yoga postures.

The Anatomy of the Breath
Anatomy & Physiology (AP)
Credits: 1.00
Description: This class looks at the basics of pranayama from an anatomical standpoint.
Learning Objectives: Using the full yogic breath as an example, students learn the function of the lungs and diaphragm during each part of this breath technique.

Ayurveda II - Anatomy & Physiology
Anatomy & Physiology (AP)
Credits: 1.50
Description: This course explores Ayurvedic anatomy and physiology, the formation of tissues, and the concept of disease.
Learning Objectives: Students will become familiar with the concepts of the 7 dhatus, ojas, agni, and ama.

Anatomy & Physiology of Shat Karma
Anatomy & Physiology (AP)
Credits: 2.00
Description: A presentation before the Shat karma series begins, which explains the anatomy and physiology related to Shat karma practices.
Learning Objectives: Students will understand the effects of Shat karma practices on the subtle and gross level body.

Anatomy & Physiology of Core Asana Postures
Anatomy & Physiology (AP)
Credits: 6.00
Description: An anatomical and physiological perspective on the core poses of Classical Ashtanga, as taught by Mount Madonna Center.
Learning Objectives: Students will understand how the nine groups of postures, the arch progression theory, the 32 core poses related to anatomy and physiology.

Introduction Patanjali’s Yoga Sutras
Yoga Philosophy/Life Style Ethics (YPLE)
Credits: 1.50
Description: This course will explore Book I, Sutras 1-4 of Patanjali’s Yoga Sutras, setting the foundation for the study of Classical Ashtanga Yoga. Students will chant and discuss each sutra.
Learning Objectives: Students will become familiar with the key concepts of classical yoga as codified by the sage Patanjali 2000 years ago and begin to understand the timeliness and relevance of the ancient science of yoga.

Yama & Niyama: Ethics I
Yoga Philosophy/Life Style Ethics (YPLE)
Credits: 1.50
Description: A deeper exploration of the first two limbs of Ashtanga Yoga, Yama and Niyama. A lecture and discussion of how these observances and restraints can be practiced in daily life.
Learning Objectives: Students will understand Yama (observances) and Niyama (restraints), how they are foundational in yoga and how they are relevant to, and can be incorporated in, daily life.

History of Sanskrit & Sacred Sound
Yoga Philosophy/Life Style Ethics (YPLE)
Credits: 1.50
Description: Students will learn the history and importance of Sanskrit and why it is used in yoga.
Learning Objectives: Students will have a better understanding of Sanskrit and the role of sacred sound in yoga practice. They will have opportunity to experience this knowledge in chanting Vedic prayers and mantras, and in singing kirtan.

Devotion & Ritual
Yoga Philosophy/Life Style Ethics (YPLE)
Credits: 1.50
Description: Using the Sankat Mochan Hanuman Temple as a laboratory to experience the vitality of the symbolism of yoga in yantra and ritual.
Learning Objectives: Students will understand the role of devotion (bhakti) in yoga practice, and learn some methods of devotional practice such as chanting mantra, singing kirtan, and about ritual practice such as arati.

Tattwas: Introduction to Samkhya
Yoga Philosophy/Life Style Ethics (YPLE)
Credits: 1.50
Description: An overview of the Shad Darshans (six philosophical systems) with an introduction to the Tattwas of Samkhya.
Learning Objectives: Students will develop an overview of this philosophical system. It contains foundation principles, practices, and theory accepted by both Yoga and Ayurveda. Students will learn what the tattwas are and how they evolve -causal, to subtle, to gross (physical), explaining evolution and involution of consciousness and matter.

Kriya Yoga
Yoga Philosophy/Life Style Ethics (YPLE)
Credits: 1.50
Description
Define the methods of Kriya yoga, as explained in Patanjali’s Yoga Sutras, and explore how these methods can be applied in daily life.
Learning Objectives:
Students will become aware of, and able to define, the methods of Kriya yoga and solidify their understanding of karma, latent impressions (samskaras), and obstacles (kleshas).

History of Yoga
Yoga Philosophy/Life Style Ethics (YPLE)
Credits: 1.50
Description: An overview of the origins, history, and evolution of the system of Yoga.
Learning Objectives: Students will learn about the Shad Darshan, yogic scriptures, various yogic systems, and how yoga has evolved into what we know it as today.

Yoga Sutras: Samskara
Yoga Philosophy/Life Style Ethics (YPLE)
Credits: 1.50
Description: This course introduces students to the cycle of mental patterns (samskara) and the obstacles to Yoga practice (kleshas).
Learning Objectives: Students become aware that obstacles to practice are universal and a part of the human condition. They were identified and included in the treatises on yoga thousands of years ago. With that understanding patience and compassion can develop in our own practice, and in sharing this knowledge with others.

Values in Yogic Thought
Yoga Philosophy/Life Style Ethics (YPLE)
Credits: 1.50
Description: Small group work on the practical application of Yoga to life.
Learning Objectives: Students become aware of Yoga as a lifestyle discipline and daily practice.

Yoga Psychology
Yoga Philosophy/Life Style Ethics (YPLE)
Credits: 1.50
Description

An examination of the Self through the lens of psychology using the progressive dimensions of Patanjali’s yoga sadhana.
Learning Objectives: Students will look at the relationship of the individual self to the collective Self.

Brain Science
Yoga Philosophy/Life Style Ethics (YPLE)
Credits: 1.50
Description: This class explores the effects of yoga practice on brain function via modern neuroanatomy.
Learning Objectives: Students will learn how neurobiological benefits result from practicing yogic techniques.

Next Steps & Ethics II
Yoga Philosophy/Life Style Ethics (YPLE)
Credits: 1.50
Description: This class addresses how to begin taking these teachings out into the world.
Learning Objectives: Students learn tips and guidelines for beginning their yoga teaching career, including business, ethical, and practical tools.

Yoga Sutras: The Internal Limbs
Yoga Philosophy/Life Style Ethics (YPLE)
Credits: 1.50
Description: A look at the internal limbs of Patanjali’s yoga system: dharana, dhyana, and samadhi.
Learning Objectives: Students will gain a deeper understanding of concentration, meditation, and liberation as described in Patanjali’s Yoga Sutras.

Ayurveda and the Mind
Yoga Philosophy/Life Style Ethics (YPLE)
Credits: 1.50
Description: An overview of Ayurveda and the mind in relation to the three gunas.
Learning Objectives: Students will learn the Ayurvedic perspective on psychology, how the gunas and the doshas can be used to understand the way the mind works, and how asana, pranayama and meditation can have an effect on the mind.

Integration and Review
Yoga Philosophy/Life Style Ethics (YPLE)
Credits: 4.50
Description: Review nights hosted by trainers, during which students can ask review questions on the topic of yogic philosophy.
Learning Objectives: Students will solidify their understanding of yogic philosophy through discussion with peers and trainers.
Community Philosophy Class
Yoga Philosophy/Life Style Ethics (YPLE)
Credits: 6
Description: Every Tuesday morning the community at Mount Madonna meets to discuss one section of the Yoga Sutras, the students will join the discussion.
Learning Objectives: Learn to discuss Yoga Sutras in a community setting. Be exposed to many different viewpoints in discussion.

Asana Student Teaching Practicum
Credits: 9.00
Description: Students teach each other during the Core asana section, followed by students teaching a 90 minute class over three separate occasions, divided into Opening, Apex, Closing. They receive feedback from trainer and fellow trainees.
Learning Objectives: Students apply what they have learned by teaching each part of a full asana class to fellow students.

Pranayama Student Teaching Practicum
Credits: 9.00
Description: To give the student several opportunities to teach a 1 hour sadhana class. Students receive feedback from trainers and fellow trainees.
Learning Objectives: Students apply what they have learned in sadhana classes by teaching pranayama and meditation to fellow students.

Graduation Requirements

Attendance:
All sessions must be punctually attended. An attendance record of at least 90% is required in all Schools. If any session is missed, the student must complete a make-up session with the instructor. Additional fees are charged for the make-up. The instructor make-up fee is $35.00 per hour paid in advance. Students must fulfill all assignments in all courses, despite any absences.

Grading: Pass
Tuition and Fees: 100% Paid

Important dates for 2017 – 2018:

Month-long Intensive: June 14 - July 13, 2018
Modular Program: September 10-17, 2017
October 12-15, 2017
November 9-12, 2017
December 7-10, 2017
January 11-14, 2018
February 8-11, 2018

ASHTANGA YOGA TEACHER TRAINING – 300 HOUR LEVEL

Contact Hours: 300
Prerequisite: High school graduation or equivalent and 200 hour level certificate.
Grading: Pass or Fail
- Pass: Successful completion of the program
- Fail: Unsuccessful completion of the program
Cumulative Final Exam: No
Graduation Document: Certificate

Purpose / Objective:
We teach a comprehensive system of Yoga that has endured for over 5000 years. Through the teachings of Baba Hari Dass, the practices of Ashtanga (eight-limbed) Yoga have been preserved as expounded by the sages of old, with all their vital relevance to daily life today. This program is for those who are or wish to be Yoga teachers, as well as for any conscientious student who wishes to expand and deepen his or her knowledge, experience, and practice of Yoga. The course includes in-depth instruction in the theory and methods of Ashtanga and Hatha Yoga, including Shat karma (bodily purifications), Pranayama (breathing practices), Mudra (positions to seal and direct energy), Asana (postures), and Dhyana (meditation).

Topics also cover Yoga Sutras, Ayurveda, Anatomy and Physiology, Neuroscience, Subtle (energy) Body Theory, and Yoga Psychology and Philosophy. The program includes a substantial student teaching practicum. Our purpose is to present the teachings and methods that form the foundation both for one’s personal practice and for teaching Yoga. This program is registered with Yoga Alliance, and the training qualifies anyone who completes it to register as an RYT (Registered Yoga Teacher) at the 300-hour level with Yoga Alliance.
**Course Outline/Description:**

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**Intermediate Pranayama**
Techniques, Training and Practice (TTP)
Credits: 14.00
Description: Students will review and practice all the beginning pranayama taught in YTT 200. Students prepare to teach intermediate pranayama.
Learning Objectives: Students will build upon their prior knowledge and experience of beginning pranayama practices.

**Intro to 500 Asana Curriculum**
Techniques, Training and Practice (TTP)
Credits: 1.00
Description: A review of the basic teaching principles as put forth in YTT 200 and an introduction to exploring the subtler aspects of the poses.
Learning Objectives: Students will review the basic teaching techniques as to how to create a well-balanced class. They will review Subtle Body as it relates to asana.

**Meditation Practice**
Techniques, Training and Practice (TTP)
Credits: 16.00
Description: An experiential exploration of a variety of meditation techniques.
Learning Objectives: To gain an understanding of how effective different methods are for concentration.

**Overcoming Obstacles**
Techniques, Training and Practice (TTP)
Credits: 2.00
Description: We will revisit the aim of yoga, the distractions that keep us from our aim, and methods to remove such obstacles.
Learning Objectives: To deepen knowledge of the obstacles and ways to overcome them as described in Patanjali's Yoga Sutras.

**An Eye to Assessment Techniques**
Training and Practice (TTP)
Credits: 3.00
Description: Assessing asana in order to facilitate learning for both teacher and student in terms of breath, stability, strength, and individuality.

**Intro to Tantra Sadhana**
Techniques, Training and Practice (TTP)
Credits: 3.00
Description: A broad sketch of the Tantra tradition: exploring its historical roots and evolution into its modern day presentation.
Learning Objectives: Students will gain an understanding of the meaning of Tantra and its relation to the Vedas.

**Teaching Meditation**
Techniques, Training and Practice (TTP)
Credits: 3.00
Description: From building a meditation curriculum, to the ambiance of the space, this class explores various considerations in teaching meditation.
Learning Objectives: Students increase their confidence in leading and instructing others in meditation.

**Asana: Biomechanics and Practice**
Techniques, Training and Practice (TTP)
Credits: 14.00
Description: This asana practice will work specifically with the joint covered in the previous day's theory class.
Learning Objectives: The student will explore how the joint articulates and practice what they learned in theory.

**Intro to Sadhana Student Teaching Practicum**
Teaching Methodology (TM)
Credits: 1.50
Description: Covers basic methodology for teaching beginning and intermediate pranayama and meditation.
Learning Objectives: The student will learn how to instruct intermediate pranayama and meditation.

**The Principles of Sequencing**
Teaching Methodology (TM)
Credits: 6
Description: Exploring the science of sequencing: how poses can best be linked and ordered to form a well
rounded class, which focuses on the spine in the gross body and the prana vayus in the subtle body.

Learning Objectives: The students will be able to put together a wide variety of mindfully designed classes.

Asana Biomechanics
Anatomy & Physiology (AP)
Credits: 20.00
Description: Survey of the major joints of the body (bones, muscles, tendons, ligaments, connective tissue) to assess movement and range of motion; view which asanas work in specific areas to increase strength and flexibility. This class is highly participatory with an Experiential Anatomy Clinic.

Learning Objectives: The student will learn the anatomy of poses as well as which asanas are appropriate for stabilizing an area and increasing flexibility in an area.

What is Ashtanga Yoga?
Yoga Philosophy/Life Style Ethics (YPLE)
Credits: 3.00
Description: Overview of Classical Ashtanga Yoga as taught by Baba Hari Dass. Sets the stage of Ashtanga in the context of the main systems of Yoga including Bhakti, Karma, and Jnana Yoga.

Learning Objectives: Students will understand the breadth and scope of Classical Ashtanga and will be prepared to teach the tenets of this scripture based Yoga.

Yoga Sutras 1
Yoga Philosophy/Life Style Ethics (YPLE)
Credits: 24.00
Description: An overview of Patanjali’s Yoga Sutras as they are applied to Samkhya philosophy. Includes Sanskrit chanting, lecture, self-reflective exercises, and discussion.

Learning Objectives: Students will begin to understand the philosophy and its practical application to spiritual practice.

Prana Vidya/Subtle Body
Yoga Philosophy/Life Style Ethics (YPLE)
Credits: 4.00
Description: Prana theory will be explored in the context of Samkhya philosophy, the Yoga Sutras and the Hatha Yoga Pradipika.

Learning Objectives: To deepen students understanding of prana theory and the purifying effects of pranayama on the body and mind.

Samkhya
Yoga Philosophy/Life Style Ethics (YPLE)
Credits: 4.00
Description: An explanation of Samkhya philosophy as the foundation of yoga study. The 24 principles of Samkhya are described and discussed.

Learning Objectives: Students will begin to understand the elemental foundation of yoga as expressed through Samkhya philosophy.

Sanskrit Pronunciation II
Yoga Philosophy/Life Style Ethics (YPLE)
Credits: 2.00
Description: A continuing study of how to pronounce words in Sanskrit, as can be applied to the practice and teaching of Yoga.

Learning Objectives: Students will learn principles of pronunciation in Sanskrit.

Tantra: Temple and Ritual
Yoga Philosophy/Life Style Ethics (YPLE)
Credits: 2.00
Description: An introduction to the Classical Tantric tradition. Will include an exploration of symbolism and ritual as it relates to personal practice.

Learning Objectives: Students will learn the history of Tantra and basic Tantric symbolism.

Sanskrit and Sacred Sound
Yoga Philosophy/Life Style Ethics (YPLE)
Credits: 4.00
Description: A continuing exploration of aspects of the Sanskrit language, Mantra practices, and how they are related to the philosophy of Yoga.

Learning Objectives: Students will continue to learn how the varied practices of Mantra affect the mind/body complex, encourage concentration, and promote a state of peace.

Yoga Sutra Integration
Yoga Philosophy/Life Style Ethics (YPLE)
Credits: 6.00
Description: A vehicle for integrating Yoga Sutra material presented thus far. Format includes questions and answers, review, summaries, small groups, Sanskrit vocabulary definitions, and student generated dialogue.

Learning Objectives: At the end of each session students will see the connection amongst the various topics, as well as fully integrate the new concepts into previous understanding.

The Vedic Experience
Yoga Philosophy/Life Style Ethics (YPLE)
Credits: 1.50
Description: Discussion about Vedic wisdom in modern context.

Learning Objectives: Students will develop a deeper understanding and appreciation for the universal wisdom contained in ancient explorations of the human condition. They will discover the relevance of Vedic teaching in personal life, and learn a way to stay curious and look more deeply as a method of developing awareness.
Yoga and the Self
Yoga Philosophy/Life Style Ethics (YPLE)
Credits: 2.00
Description: This class focuses on the relationship between Yoga and Buddhist psychology.
Learning Objectives: Students will develop a basic understanding of the similarities and differences between Yogic and Buddhist systems.

The Bhagavad Gita
Yoga Philosophy/Life Style Ethics (YPLE)
Credits: 2.00
Description: Gives an overview of this important scripture as well as its symbolism and hidden meaning.
Learning Objectives: Students will begin to become familiar with basic Gita symbolism.

Karma Yoga in the Gita
Yoga Philosophy/Life Style Ethics (YPLE)
Credits: 2.00
Description: Building upon the introductory class, we will go more fully into Gita symbolism with focuses on Karma, Bhakti, and Jñāna Yoga.
Learning Objectives: Students will begin to develop an understanding of how to teach the Gita as a yoga scripture, as well as explain the basic symbolism of the text.

Tantra Theory
Yoga Philosophy/Life Style Ethics (YPLE)
Credits: 4.00
Description: Building off the introduction class, we will explore the fundamental predicament we share as spiritual seekers via the description of the Tantra Cosmology and the awakening of kundalini in the language of Tantra.
Learning Objectives: Students will become familiar with Tantra's map of the evolution of our mind/body complex and our estrangement from our higher consciousness potential.

Sadhana Teaching Practicum
Practicum
Credits: 9.00
Description: Each student will teach an intermediate sadhana class to a small group with supervised evaluation and feedback. When not presenting, the student will observe other student teachers.
Learning Objectives: The students will learn how to teach intermediate pranayama and meditation. They will see what works and what doesn't work while observing their peers teach.

Yoga Theory Student Teaching Practicum - 1
Practicum
Credits: 12.00
Description: Each student will give a 10 minute presentation in yoga philosophy or theory to a larger group with supervised evaluation and feedback. When not presenting, the student will observe other student teachers.
Learning Objectives: The students will learn how to design a 10 minute presentation appropriate for a beginning yoga class. They will see what works and what doesn't work while observing their peers teach.

Yoga Theory Student Teaching Practicum - 2
Practicum
Credits: 16.00
Description: Each student will give a 45 minute presentation in yoga philosophy or theory to a larger group with supervised evaluation and feedback. When not presenting, the student will observe other student teachers.
Learning Objectives: The student will learn how to design a 45 minute presentation appropriate for a YTT-200 program. They will see what works and what doesn't work while observing their peers teach.

Asana Student Teaching Practicum
Practicum
Credits: 2
Description: The student will teach a 75-minute asana class to their group of peers with supervision, evaluation, and feedback. When not teaching, the student will be observing and/or taking the class for providing feedback.
Learning Objectives: The student will learn how to deepen their teaching of asana while weaving in parts of more advanced yoga theory.

Small Groups with Lead Trainers
Techniques, Training and Practice (TTP)
Credits: 46.00
Description: Students meet with lead trainers in small groups to refine their student presentations, integrate their personal experiences into the program, and review outside assignments.
Learning Objectives: To feel confident in teaching theory classes, relate the teachings to their lives, and gain full understanding in topics covered in outside assignments.

Asana and Ayurveda
Techniques, Training and Practice (TTP)
Credits: 3.00
Description: Weaving Ayurvedic theory into the teaching of asana, pranayama and meditation.
Learning Objectives: The student will learn the practical application of Ayurveda in teaching a class based on season, time of day, time of year as well as prakriti type.

Neuroscience and Meditation
Techniques, Training and Practice (TTP)
Credits: 6.00
Description: A view into current scientific theory on meditation and the brain.

Learning Objectives: Students learn how different types and styles of meditation may affect the physiology of the body, with a specific look at the brain and nervous system.

**Ayurvedic Biology**
Anatomy & Physiology (AP)
Credits: 3.00
Description: A review of Ayurvedic biology: dosha, dhatu, guna, mala, srotas, ojas, agni, atma, indriya, etc.
Learning Objectives: Students see Ayurveda as a holistic approach to health and wellbeing in contrast to modern medicine's reductionist approach.

**Ethics**
Yoga Philosophy/Life Style Ethics (YPLE)
Credits: 4.00
Description: A review of Mount Madonna's Ethical Guidelines and small group discussion.
Learning Objectives: The student see the value of operating under the ethical standards as a minimum goal for a yoga teacher.

**Elective Hours**
Techniques, Training and Practice (TTP)
Credits: 15.00
Description: Students will assist with Mount Madonna Center workshops, retreats, and/or 200hr Yoga Teacher Training. Includes an experiential aspect, observation of senior teachers, and teaching practice. Students will write a reflective piece about their experiences.
Learning Objectives: To refine teaching skills through observation and practice, strengthen knowledge of yoga theory, and work more closely with students in retreat and teacher training settings.

**Elective Hours**
Yoga Philosophy/Life Style Ethics (YPLE)
Credits: 35.00
Description: Students will assist with Mount Madonna Center workshops, retreats, and/or 200hr Yoga Teacher Training. Includes an experiential aspect, observation of senior teachers, and teaching practice. Students will write a reflective piece about their experiences.
Learning Objectives: To refine teaching skills through observation and practice, strengthen knowledge of yoga theory, and work more closely with students in retreat and teacher training settings.

**Graduation Requirements:**

**Attendance:** All sessions must be punctually attended. An attendance record of at least 90% is required in all Schools. If any session is missed, the student must complete a make-up session with the instructor. Additional fees are charged for the make-up. The instructor make-up fee $50.00 per hour paid in advance. Students must fulfill all assignments in all courses, despite any absences.

**Grading:** Pass

**Tuition and Fees:** 100% Paid

**Important Dates for 2018-2019:**

Session I - May 6-14, 2018
Session II – October 1-9, 2018
Session III – March 10-18, 2019

**ASHTANGA YOGA PRENATAL TEACHER TRAINING**

Clock Hours: 85
Prerequisite: High school graduation or equivalent, plus a YTT 200 or YTT 500 hour level certificate. While a YTT certificate is not required to take the course, it is required to register with the Yoga Alliance as a PYT (Prenatal Yoga Teacher).

Grading: Pass or Fail
- Pass: Successful completion of the program
- Fail: Unsuccessful completion of the program

Cumulative Final Exam: No
Graduation Document: Certificate

**Purpose / Objective:** This comprehensive prenatal training includes in-depth instruction on prenatal asana, pranayama, meditation, Ayurveda, mindfulness techniques for labor, anatomy and physiology of pregnancy, common discomforts in pregnancy, and how to support mothers through every stage of pregnancy and postpartum. It is offered over two separate four-day sessions.

**Level 1** includes instruction on prenatal asana, pranayama, meditation, Ayurveda, mindfulness techniques for labor, anatomy and physiology of pregnancy, common discomforts in pregnancy, and how to support mothers through every stage of pregnancy and postpartum.

**Level 2** is about finding your voice and further cultivating your skills as a Prenatal Yoga Teacher.
Course Outline/Description:

<table>
<thead>
<tr>
<th>Educational Categories</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Techniques, Training and Practice (TTP)</td>
<td>28.00</td>
</tr>
<tr>
<td>Teaching Methodology (TM)</td>
<td>10.50</td>
</tr>
<tr>
<td>Anatomy &amp; Physiology (AP)</td>
<td>10.00</td>
</tr>
<tr>
<td>Yoga Philosophy/Life Style Ethics (YPLE)</td>
<td>6.00</td>
</tr>
<tr>
<td>Practicum</td>
<td>20.00</td>
</tr>
<tr>
<td>Prenatal</td>
<td>10.00</td>
</tr>
<tr>
<td><strong>Total:</strong></td>
<td><strong>85.00</strong></td>
</tr>
</tbody>
</table>

Opening Circle and Introduction to Prenatal Yoga Teacher Training

Prenatal
Credits: 2.00
Description: Opening circle, introduction to prenatal yoga and overview of session one.
Learning Objectives: To set the tone for a fruitful learning experience throughout the week (Session 1 of 2). To gain a general understanding of the goals and components of this first half of the Prenatal YTT.

Postnatal Yoga Class Observation

Practicum
Credits: 1.50
Description: Observation of an ongoing postnatal class that is dedicated to and designed for moms and babies (6 weeks to crawling).
Learning Objectives: To have an overview of what an actual postnatal (mama and baby) class looks like. To experience the following: the atmosphere of the class, the approach of the experienced teacher, the modifications and support given, and the adaptability of the students and the instructor to the uniqueness of having babies in the class.

Prenatal Anatomy & Birth Culture 101

Anatomy & Physiology (AP)
Credits: 2.00
Description: Anatomy lecture and presentation on the female body during the various stages of pregnancy.
Learning Objectives: This class is designed to educate students on the physical and potential psychological experience in relation to giving birth in today’s society.

Postnatal Yoga

Techniques, Training and Practice (TTP)
Credits: 1.50
Description: This class addresses the fundamentals of teaching a postnatal yoga class through both discussion and practice.
Learning Objectives: To understand the key elements of designing a class that is supportive for mothers with their small babies (postnatal/mama & baby class).
Supporting a New Mother's Emotional Journey into Parenthood
Prenatal
Credits: 2.00
Description: This class sheds light on the challenges so often faced by new mothers, and informs students of ways they can offer support.
Learning Objectives: To inform students of common struggles of new mamas, and empower them with knowledge of how to they can empathize and be of service.

Subtle Energy & Ayurveda
Anatomy & Physiology (AP)
Credits: 2.00
Description: Gives an introduction to the subtle anatomy of Yoga and Ayurveda (nadis, chakras, pranas, kundalini, etc.)
Learning Objectives: To gain a basic understanding of the subtle body system as part of the whole person. This knowledge will inform students in their own practice and in their teaching of pre and postnatal yoga.

Prenatal Restorative Yoga
Techniques, Training and Practice (TTP)
Credits: 2.00
Description: In this class, students are led through a restorative asana class that is appropriate for pregnancy.
Learning Objectives: To experience restorative yoga (as intended for pregnant women), and to understand the benefits of this type of practice.

Common Issues & Discomforts
Prenatal
Credits: 1.50
Description: This class presents the most common issues and discomforts faced in pregnant and postpartum women. We will discuss how to provide support for women with these discomforts in our yoga classes.
Learning Objectives: To understand the cause of discomforts or other physically limiting issues that our pregnant and postpartum students are experiencing. To learn ways to help them find relief from certain discomforts and practice safely when these issues are present.

Teaching Postnatal Yoga
Teaching Methodology (TM)
Credits: 1.50
Description: We will discuss the theory and methods of designing a well-rounded, safe postnatal yoga class.
Learning Objectives: To understand how to design, modify and teach postnatal yoga classes (including some pranayama, meditation, and time of sharing for each mother, as well as asana).

Compassion, Sensitivity & Empowerment
Prenatal
Credits: 2.00
Description: This class is for sharing wisdom amongst the group - experiences of/related to pregnancy, birth, postpartum.
Learning Objectives: To deepen our own sensitivity and sense of compassion around pregnancy, birth and postpartum so we can empower mamas through all of these stages.

Birth Movie Night
Yoga Philosophy/Lifestyle Ethics (YPLE)
Credits: 2.50
Description: We will watch and discuss selected films showing the birth process including labor and postpartum.
Learning Objectives: To gain understanding of the experience of birth so that we can be in touch with what mamas need in the way of support (pre and postnatal).

Core Awareness for the Childbearing Year
Anatomy & Physiology (AP)
Credits: 1.50
Description: In this class, students will learn, in great detail, about the various abdominal muscles and how they adapt throughout the stages of pregnancy and after giving birth. Students will also learn how to incorporate this information into their teaching.
Learning Objectives: To understand how to safely guide women through yoga postures and transitions with special consideration given to the abdominal muscles. To be able to help prenatal mamas avoid diastasis recti, and to help postnatal mamas heal diastasis recti if they are experiencing it.

Sadhana Theory for Pre and Postnatal
Teaching Methodology (TM)
Credits: 1.50
Description: This class takes a deeper look into the theory and practice of sadhana (specifically pranayama and meditation) for pre and postnatal classes. We will build on what we have been learning in the morning sadhana classes, and have a chance to get additional questions answered.
Learning Objectives: To gain further understanding of how and why pranayama and meditation are beneficial, particularly during and after pregnancy. To know how to modify pranayama methods for pre- and postnatal women.
Postnatal Yoga Class Observation
Practicum
Credits: 1.50
Description: Observation of an ongoing postnatal class that is dedicated to and designed for moms and babies (6 weeks to crawling).
Learning Objectives: To have an overview of what an actual postnatal (mama and baby) class looks like. To experience the following: the atmosphere of the class, the approach of the experienced teacher, the modifications and support given, and the adaptability of the students and the instructor to the uniqueness of having babies in the class.

Prenatal Yoga Class Observation
Practicum
Credits: 1.50
Description: Observation of ongoing prenatal class.
Learning Objectives: To have an overview of what an actual prenatal class looks like. To experience the following: the approach of the teacher in setting the tone for the class; her ability to give a variety of modification; the way she links poses, breathing techniques and time for sharing together to create a well-rounded yoga class experience; and the response of the students.

Postnatal Yoga
Techniques, Training and Practice (TTP)
Credits: 1.50
Description: This class addresses the fundamentals of teaching a postnatal yoga class through both discussion and practice.
Learning Objectives: To understand the key elements of designing a class that is supportive for mothers with their small babies (postnatal/mama & baby class).

Moving Forward as a Prenatal Yoga Teacher
Prenatal
Credits: 1.00
Description: This class addresses how to use all of the knowledge gained in this session (Session 1 of 2) as students return to their everyday lives and teaching opportunities.
Learning Objectives: To feel confident in applying what they have learned in their own teaching of pre and postnatal classes.

Group Asana
Practicum
Credits: 1.00
Description: This class is led by students. Each student will teach a small section of the class, picking up seamlessly where the previous person left off, resulting in a well-rounded prenatal class.
Learning Objectives: To apply the concepts we have learned about teaching prenatal asana. To think on our feet about what the most appropriate next pose(s) should be given what was offered immediately before. To gain skills and confidence with sequencing a prenatal asana class.

Closing Circle
Yoga Philosophy/Lifestyle Ethics (YPEL)
Credits: 1.00
Description: This is a chance to bring closure to the time spent in study and practice. We will reflect upon what we have learned.
Learning Objectives: To integrate the experience of learning over the past five days through reflection within the group.

Opening Circle & Introduction to Part 2 of the Training
Yoga Philosophy/Lifestyle Ethics (YPEL)
Credits: 1.50
Description: We will set the intention for this second part of the training, becoming clear of our teaching and learning goals.
Learning Objectives: To set the tone for a fruitful learning experience throughout this final week of YTT. To gain clarity about what this week's courses offer, and why they are important for our teaching of pre and postnatal yoga.

Postnatal Yoga Class Observation (Session 2)
Practicum
Credits: 1.50
Description: Observation of an ongoing postnatal class that is dedicated to and designed for moms and babies, 6 weeks to crawling.
Learning Objectives: To have an overview of what an actual postnatal (mama and baby) class looks like. To experience the following: the atmosphere of the class, the approach of the experienced teacher, the modifications and support given, and the adaptability of the students and the instructor to the uniqueness of having babies in the class.

Prenatal Yoga Class Observation (Session 2)
Practicum
Credits: 1.50
Description: Observation of ongoing prenatal class.
Learning Objectives: To have an overview of what an actual prenatal class looks like. To experience the following: the approach of the teacher in setting the tone for the class; her ability to give a variety of modifications; the way she links poses, breathing techniques, and time for sharing together to create a well-rounded yoga class experience; and the response of the students.
Observation Q & A (for each Session)
Teaching Methodology (TM)
Credits: 1.00
Description: This is an opportunity to ask questions about the pre or postnatal class that was just observed.
Learning Objectives: To understand why the teacher taught the material she did, and how she approached modifications and offering of support.

Asana Practice - Student Led (Session 2)
Practicum
Credits: 2.00
Description: This class is taught by the students - each student teaches a portion of a prenatal-style class.
Learning Objectives: To become comfortable leading others through poses as one would for pregnant women - offering modifications and additional support where needed.

Sadhana Practice & Training (Session 2)
Techniques, Training and Practice (TTP)
Credits: 5.00
Description: Each class begins with group practice of pranayama and meditation (suitable for pre and postnatal classes). During the second half of each class, we will continue learning new pranayama methods appropriate for pre and postnatal mamas.
Learning Objectives: To continue to learn and practice pranayama and meditation techniques that students will be able to teach to their pregnant and postpartum mamas.
Students will get thorough explanations of each practice taught, and will have time to ask questions to fully understand the methods and their benefits.

Sound as Support for Mamas
Techniques, Training and Practice (TTP)
Credits: 2.00
Description: Students participate in an ongoing offering that is part of a doula salon. The focus is on using sound and music to support and nurture women during pregnancy.
Learning Objectives: To witness to profound effect of the use of music and other sound in supporting/nurturing mamas-to-be (for ex.: observing the relaxing effect on their nervous systems and psyches).

Asana Theory
Teaching Methodology (TM)
Credits: 1.50
Description: This class presents asana theory as related to teaching prenatal and postnatal classes.
Learning Objectives: To deepen understanding of asana teaching principles, and learn specific effects of poses during and after pregnancy.

Midwifery Wisdom/Anatomy 2
Anatomy & Physiology (AP)
Credits: 3.00
Description: This class outlines, in detail, the development of new human life from zygote to newborn, as well as the corresponding anatomical changes in the mother's body.
Learning Objectives: To gain a thorough understanding of the phases of pregnancy for both mother and babe. To learn how pregnancy (and even the period prior to pregnancy) can be supported to increase the health of mom and babe, and to reduce the need for interventions at birth.

Pelvic Floor
Anatomy & Physiology (AP)
Credits: 1.50
Description: This class details the anatomy of the pelvic floor.
Learning Objectives: To become familiar with the layers of muscle, tissues and organs that make up the pelvic floor region.

Student Teaching
Practicum
Credits: 6.00
Description: Each student teaches a full prenatal class to their fellow students, followed by feedback from the lead trainer.
Learning Objectives: To practice teaching a full-length class in a supportive environment. To learn and grow from that teaching experience as well as from the lead trainer’s feedback.

Infant Movement Development
Techniques, Training and Practice (TTP)
Credits: 1.50
Description: This class teaches the progression of movement development of infants, and explains how and why we should honor these inherent reflexes (and not intervene).
Learning Objectives: To gain an understanding of how we can support infants to develop as nature intends, and how we can recognize each type of movement progression.

Dystocia & Yoga
Anatomy & Physiology (AP)
Credits: 2.00
Description: This class offers insights into how yoga can be used to prevent dystocia.
Learning Objectives: To understand what happens in the body that can lead to dystocia, and learn ways of using yoga methods to prevent it.
Prenatal Yoga Workshop for Couples
Teaching Methodology (TM)
Credits: 3.00
Description: Students will observe and assist the lead trainer in giving an actual 3-hour workshop for pregnant moms and their partners.
Learning Objectives: To learn several methods of offering supportive techniques to expecting couples. The workshop includes: restorative poses, meditation, words of encouragement/empowerment, breathing practices, teaching partners to support the moms through loving touch, partner poses, asana for late pregnancy and labor, vocal toning, and labor positions in which the partners can assist.

Prenatal Restorative Yoga 2
Practicum
Credits: 2.00
Description: Building upon the elements learned in Session 1 about Restorative Yoga for pre and postnatal moms, students will lead each other though these poses.
Learning Objectives: To gain experience and confidence in teaching/modifying restorative postures specifically for pregnant and postpartum moms.

Your Role Supporting Mamas & Babes
Prenatal
Credits: 1.50
Description: This class addresses how trainees can use all of the information and practice from this training as they support pregnant and new mothers in their own prenatal and postnatal (as well as regular) yoga classes.
Learning Objectives: To maximize understanding of all of the ways trainees can use the tools and skills they have acquired to support women during the childbearing year and beyond.

Closing Circle
Yoga Philosophy/Lifestyle Ethics (YPLE)
Credits: 1.00
Description
We will bring closure to the time spent in study and practice, reflecting upon what we have learned and experienced throughout the whole training.
Learning Objectives: To integrate our learning experiences through group reflection, and empower each other to share the wisdom we have gained.

Student Teaching Preparation
Teaching Methodology (TM)
Credits: 2.00
Description: Students begin planning their own 1.5 hour Prenatal class. The lead instructor is available should they like to consult with her during their planning process.
Learning Objectives: To be able to design a well-round, safe class for pregnant women. This class will be taught to their fellow-students.

Observations Continued
Practicum
Credits: 4.00
Description: Students are required to observe at least 4 additional hours of either prenatal or postnatal yoga classes taught by experienced teachers in their community.
Learning Objectives: To continue to learn how to design and teach pre and postnatal yoga classes, and how to support their own students by observing these ongoing classes.

Graduation Requirements:
Attendance:
All sessions must be punctually attended. An attendance record of at least 90% is required in all Schools. If any session is missed, the student must complete a make-up session with the instructor. Additional fees are charged for the make-up. The instructor make-up fee is $35.00 per hour paid in advance. Students must fulfill all assignments in all courses, despite any absences.

Grading: Pass

Tuition and Fees: 100% paid

Important Dates for 2017:
Level 1: March 21-25, 2018
Level 2: May 21-24, 2018