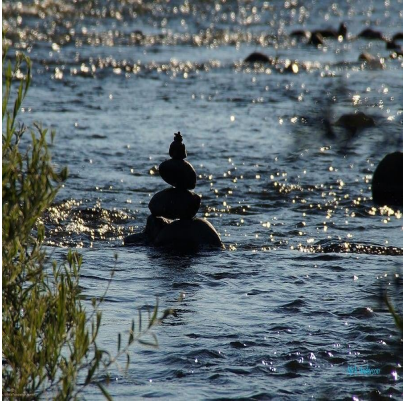




Philosophy Intro

Description

Lesson Bundle Contents

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The Business of Teaching

In this lesson, we introduce considerations related to the business aspect of yoga teaching.

Purchase

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Ujjayi Pranayama

In this lesson, we systematically present Ujjayi Pranayama.

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Anatomy of the Spine: Spinal Regions & Vertebrae

In this lesson, we introduce the anatomy of the spine.

Sanskrit: Introduction

In this lesson, we introduce the Sanskrit language.

My Courses

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Koshas / Panchamayakosha Model: Introduction & Overview

In this lesson, we introduce the kosha model as a way of describing human beings and mapping our experience of the self.

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History

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Origins & Sources of Yoga

In this lesson, we introduce the source texts of yoga.

More 

Footer Tagline



1. [What is Yoga and Why Do We Do It?](#)

Be aware of the profound depth and potential scope of yoga as a philosophy and practice, and consider multiple perspectives on the purpose of practice.

2. [Foundational Philosophies](#)

Gain an understanding of key assumptions built into the foundational philosophies upon which various branches of yoga are based: Samkhya, Advaita Vedanta and Tantra.

3. [Bhagavad Gita Introduction](#)

Understand the Gita's prominent role in yoga philosophy and establish a foundation for exploring its teachings.

4. [Yoga Sutras Historical Context](#)

Gain a basic understanding of the historical context of the Yoga Sutras of Patanjali and build a foundation for exploring the teachings.

5. [Yoga Sutras Overview & Structure*](#)

Become familiar with the scope and content of the Yoga Sutras.

**This lesson is also in Yoga Sutra Book Structure in the advanced curriculum*

6. [Kleshas Introduction](#)

Become grounded in the teachings of kleshas, a foundation of yoga philosophy.

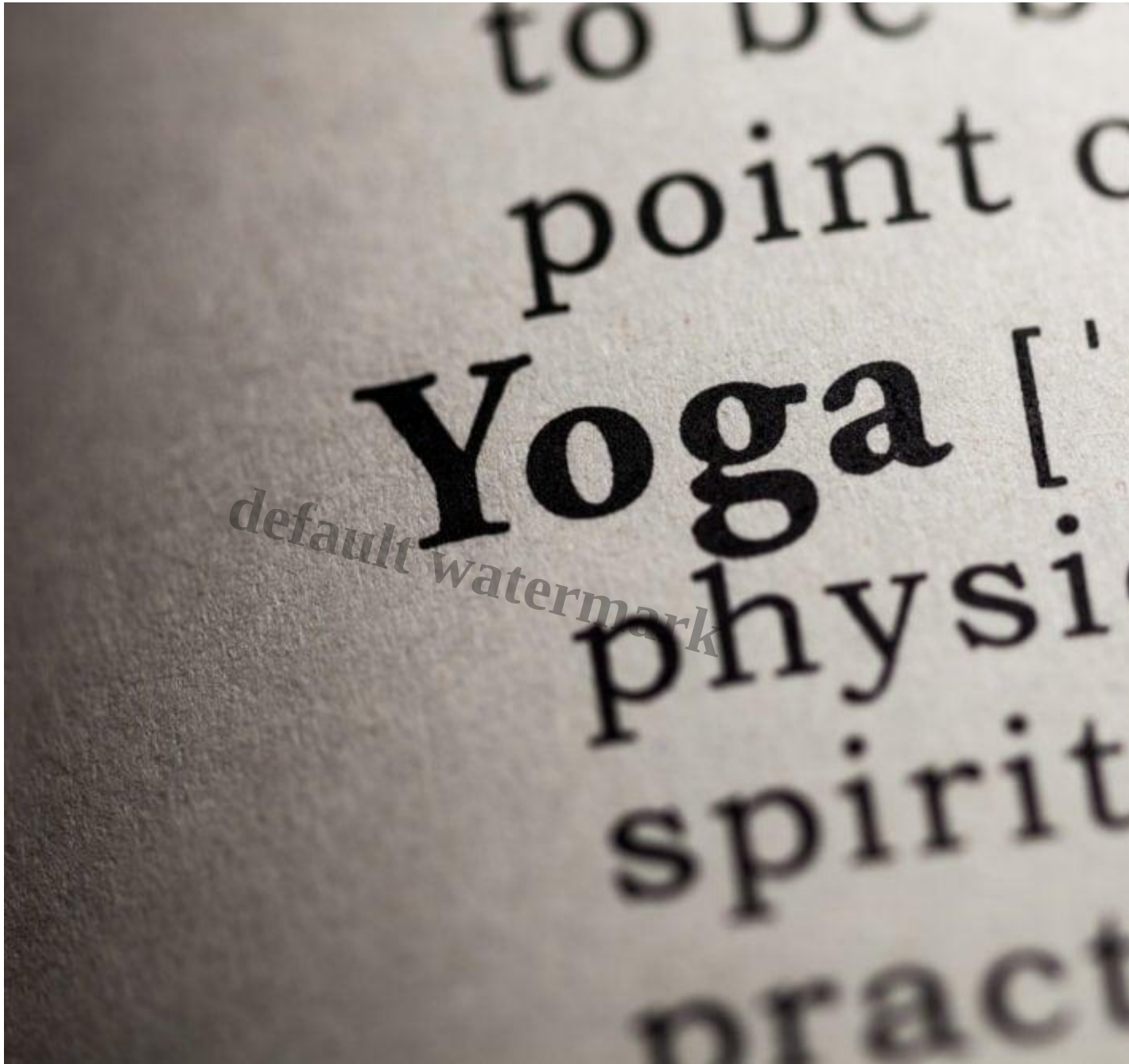
7. [Eight Limbs Intro & Overview](#)

Gain an understanding of the intention, teachings and tools of the Eight Limbs of Yoga.

8. [Yamas & Niyamas Intro & Overview](#)

Become familiar with the general subject matter of the *yamas* (restraints) and *niyamas* (observances) as a whole and individually.

[Defining Yoga What is Yoga and Why Do We Practice It?](#)



Yoga's Foundational Philosophies: Samkhya, Advaita Vedanta, Tantra



Lesson Overview

In this lesson, we introduce three foundational philosophies of yoga.

Objective

Gain an understanding of key assumptions built into the foundational philosophies upon which various branches of yoga are based: Samkhya, Advaita Vedanta and Tantra.

Description

Learn the philosophy upon which Patanjali's Yoga Sutras are based, and the way in which this philosophy is dualistic. Contrast Samkhya philosophy with Advaita Vedanta and Tantra and describe the conclusion of the latter philosophies regarding consciousness. Define *tantra* and the purpose of *tantric* practices.

The Bhagavad Gita Introduction



Lesson Overview

In this lesson, we introduce The Bhagavad Gita.

Objective

Understand The Bhagavad Gita's prominent role in yoga philosophy, and establish a foundation for exploring its teachings.

Description

Become familiar with The Bhagavad Gita, a foundational yoga text that features a dialogue between the incarnate god Krishna and the warrior-prince Arjuna. Tell how the Gita is structured. Provide an overview of its contents. Summarize Arjuna's "impossible task" and consider some of the concepts that are central to the Gita, including detachment and renunciation. Review how the Gita describes yoga.

The Yoga Sutras Historical Context

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Lesson Overview

In this lesson, we explore the historical context surrounding the Yoga Sutras of Patanjali.

Objective

Gain a basic understanding of the historical context of the Yoga Sutras of Patanjali and build a foundation for deeper exploration of the teachings.

Description

Learn about the authorship of the Yoga Sutras and the meaning and use of the *sutra* style. Consider why Sanskrit is well-suited for communicating these teachings and an issue related to translating the text into English. Examine the branch of yoga from which the Yoga Sutras arise and how the teachings compare to Buddhist philosophy.

The Yoga Sutras Overview & Structure



Lesson Overview

In this lesson, we take a high-level look at the Yoga Sutras.

Objective

Become familiar with the scope and content of the Yoga Sutras.

Description

Define *Yoga Darshana*. Describe the overall purpose, scope and subject matter of the Yoga Sutras. Delineate the number of *sutras* and how they are structured, including the name and key topics of each of the four books.

Vocabulary

Kaivalya Pada, Sadhana Pada, Samadhi Pada, Vibhuti Pada, Yoga Darshana, Yoga Sutras

Kleshas Introduction



Lesson Overview

In this lesson, we introduce *kleshas*, known as obstacles or veils.

Objective

Become grounded in the teachings of *kleshas*, a foundation of yoga philosophy.

Description

Translate the word, â??klesha.â?• Provide a more specific definition for *avidya* than â??ignorance.â?• Define *asmita*, *raga*, *dvesha* and *abhinivesha*. Provide the â??initial and pertinent questionâ?• that is answered by the philosophy of *kleshas*. Explain which of the *kleshas* are intellectual obstacles and which are emotional. Explain why the veils may thicken over innate wisdom.

Vocabulary

abhinivesha, *asmita*, *avidya*, *dvesha*, *klesha*, *raga*

Ashtanga Yoga / Eights Limbs of Yoga Introduction & Overview

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Lesson Overview

In this lesson, we introduce the Eight Limbs of Yoga.

Objective

Gain an understanding of the intention, teachings and tools of the Eight Limbs of Yoga.

Description

Introduce each of the Eight Limbs: *yama*, *niyama*, *asana*, *pranayama*, *pratyahara*, *dharana*, *dhyana* and *samadhi*. Explain why the last three limbs are in a different chapter than the first five. Translate and describe each of the limbs and present the reasoning behind the position that the *yamas* are the most important limb.

Yamas & Niyamas Overview



In this lesson, we introduce the *yamas* and *niyamas* and provide an overview of each.

Objective

Become familiar with the general subject matter of the *yamas* (restraints) and *niyamas* (observances) as a whole and individually.

Description

Describe the *yamas* and *niyamas* as a whole. Define *yama*. Explain what, in general, the *yamas* describe. Define *niyama*. Explain what, in general, the *niyamas* describe. Provide considerations for teaching the *yamas* and *niyamas* related to ethics, morality and internal vs. external effects. Note which sutras describe the *yamas* and *niyamas*. Define and succinctly describe each *yama* and each *niyama*. Provide considerations for teaching yoga philosophy in general, and the *yamas* and *niyamas* in particular.

Category

1. Uncategorized

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