



Moons & Eclipses

Description



The Business of Teaching

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



Purchase

Ujjayi Pranayama

In this lesson, we systematically present Ujjayi Pranayama.



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

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.

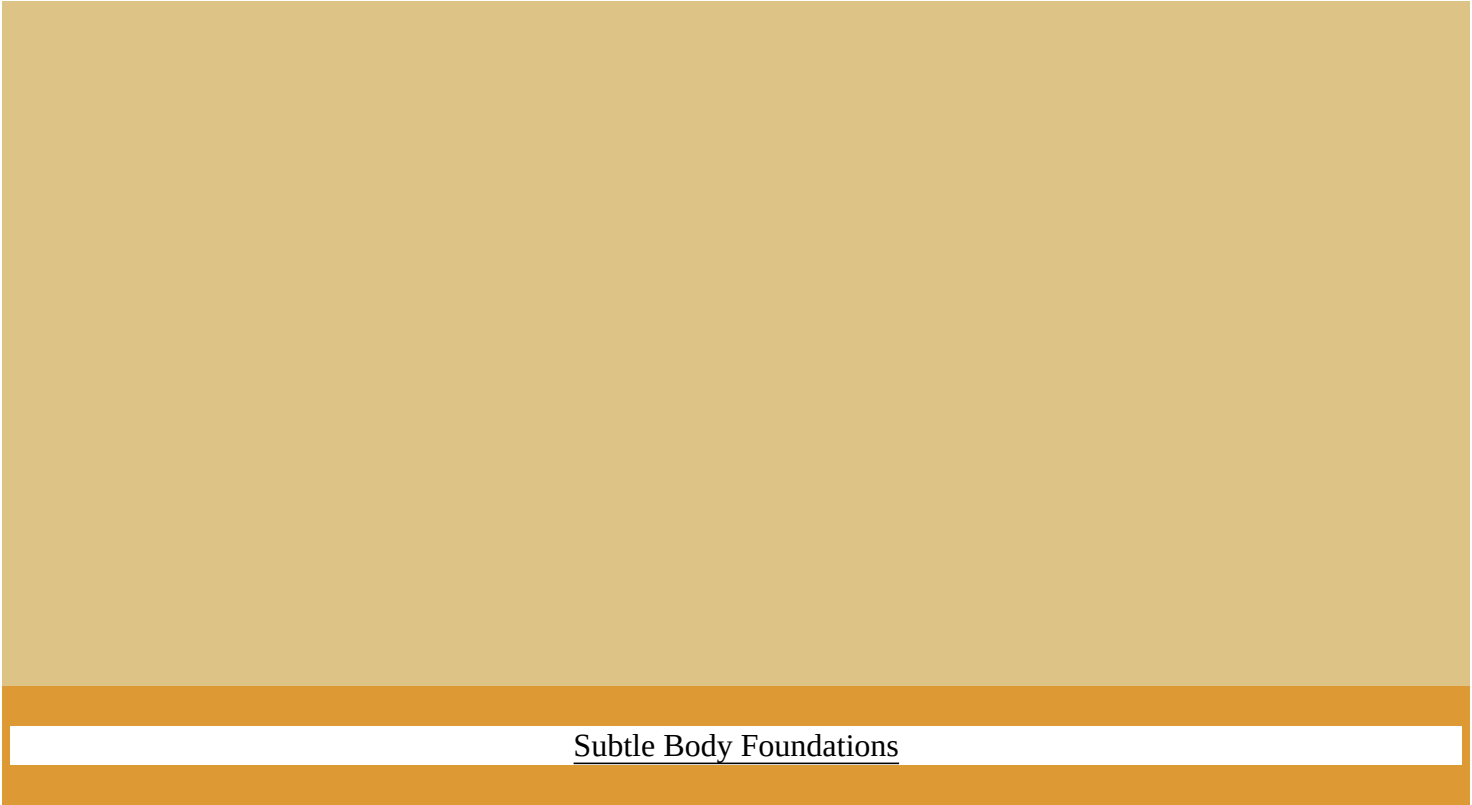


History



Origins & Sources of Yoga

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



[Subtle Body Foundations](#)

More 

Objectives at a Glance



1. [Tuning in to the Rhythms of Nature](#)

Consider how recognizing the Wheel of the Year attunes us to the cycles and rhythms of life's sacred flow and what you can do to attune to natural cycles.

2. [New Moon](#)

Become familiar with foundational astronomy and astrology teachings related to New Moons, and with practice considerations for aligning with the energy of a New Moon.



3. [First Quarter Moon](#)

Become familiar with foundational astronomy and astrology teachings related to the First Quarter Moon phase, and with practice considerations for aligning with the energy of a First Quarter Moon.

4. [Full Moon](#)

Become familiar with foundational astronomy and astrology teachings related to Full Moons, and with practice considerations for aligning with the energy of a Full Moon.

5. [Third Quarter Moon](#)

Become familiar with foundational astronomy and astrology teachings related to the Third Quarter Moon phase, and with practice considerations for aligning with the energy of a Third Quarter Moon.

6. [Balsamic / Dark Moon](#)

Become familiar with foundational astronomy and astrology teachings related to the Balsamic Moon phase, and with practice considerations for aligning with the energy of a Balsamic Moon.

7. [Eclipses](#)

Become familiar with eclipses from both astronomy and astrology viewpoints, and consider yoga practices that may support and balance the energetic effects of eclipses.

[Tuning In to the Rhythms of Nature](#)

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This universe that we are a part of is infinitely intelligent, alive, and the significance of the Equinoxes and Solstices function as reminders of this. These planetary axes serve as promptings for us to access our direct connection to the Energetic Stream of Life on Earth. Like our ancestors, this is something we can only do for ourselves, for the path of reconnection is experiential.

MYSTIC MAMMA

Tapping Into the Underlying Intelligence

Honoring the Wheel of the Year attunes us to the cycles and rhythms of life’s sacred flow.

- There’s a natural cycle of life: it begins, it sustains, it lets go.
- By attuning to this cycle and learning to align with it, we experience ourselves within the natural flow of which we are a part, and tap into the underlying fabric that connects all life.
- Attuning to natural cycles helps us tap into the intelligence from which the cycles originate. You might think of this intelligence as [consciousness](#).

What You Can Do



If you're interested in aligning with these natural events but not sure where to start, here are some ways you might engage, starting with simple awareness and progressing through more active involvement as desired.

1. You can simply become aware of the current natural phenomena. You may begin to make observations and associations with the energy of this phase.
2. You can go a little deeper by educating yourself on related themes and practices designed to align with the energy. You might experiment with practices on your own or in community.
3. You might be inspired to incorporate a particular element in your class plan: a reading, a theme, a pose, a breathing practice or *mantra*, for example.
4. You can design a class that is fully aligned with the themes and energy of this phase.

[New Moon Teaching Toolkit](#)

[First Quarter Moon Teaching Toolkit](#)



Toolkit Overview

In this lesson, we introduce astronomy and astrology teachings related to the First Quarter Moon phase.

Objective



Become familiar with foundational astronomy and astrology teachings related to the First Quarter Moon phase, and with practice considerations for aligning with the energy of a First Quarter Moon.

Description

Provide astronomy's description of the lunar cycle including the point at which it's called a First Quarter Moon. Explain whether the light (illumination of the moon) is increasing or decreasing at this time. Provide themes that may be associated with the First Quarter Moon, and examples of *asana*, *pranayama* and *bandha* practices that you might choose for aligning with First Quarter Moon energy. Also comment on philosophy and mythology teachings that may be a good support for this time.

Full Moon Teaching Toolkit



Toolkit Overview

In this lesson, we introduce astronomy and astrology teachings related to Full Moons.

Objective

Become familiar with foundational astronomy and astrology teachings related to Full Moons, and with practice considerations for aligning with the energy of a Full Moon.

Description

Provide astronomy's description of the lunar cycle including the point at which we experience the moon as full. Explain why the moon is completely illuminated at this time. From an astrological perspective, explain how the sun and moon are related during a Full Moon and the relationship of the Full Moon to the New Moon. Provide themes that may be associated with the Full Moon, and examples of *asana*, *pranayama* and meditation practices that you might choose for aligning with Full Moon energy.

Third Quarter Moon Teaching Toolkit





Toolkit Overview

In this lesson, we introduce astronomy and astrology teachings related to the Third Quarter Moon phase.

Objective

Become familiar with foundational astronomy and astrology teachings related to the Third Quarter Moon phase, and with practice considerations for aligning with the energy of a Third Quarter Moon.

Description

Provide astronomy's description of the lunar cycle including the point at which it's called a Third Quarter Moon. Explain whether the light (illumination of the moon) is increasing or decreasing at this time. Provide themes that may be associated with the Third Quarter Moon, and examples of *asana*, *pranayama* and other techniques and teachings that you might choose for aligning with Third Quarter Moon energy.

[Balsamic / Dark Moon Teaching Toolkit](#)



Toolkit Overview

In this lesson, we introduce astronomy and astrology teachings related to the Balsamic Moon phase.

Objective

Become familiar with foundational astronomy and astrology teachings related to the Balsamic Moon phase, and with practice considerations for aligning with the energy of a Balsamic Moon.



Description

Describe the meaning of the term Dark or Balsamic Moon. Discuss the meaning of the word â??balsamâ?• and how this relates to the moon phase name. Provide themes that may be associated with the Balsamic Moon, and examples of practices that you might choose for aligning with Balsamic Moon energy.

Eclipses Teaching Toolkit





Toolkit Overview

In this lesson, we introduce eclipses through astronomy (the branch of science that deals with celestial objects, space, and the physical universe as a whole) and through astrology (which studies the energetic effect of the celestial bodies on human affairs and the natural world.)

Objective

Become familiar with eclipses from both astronomy and astrology viewpoints, and consider yoga practices that may support and balance the energetic effects of eclipses.

Description

Explain the basic astronomy of eclipses including the relationship between the sun, moon and earth in a solar eclipse and in a lunar eclipse. Provide the scientific fact that may be the reason behind astrology's findings regarding the effects of planetary bodies on other living things. Describe what appears to be happening in nature during eclipses and spiritual practices that may be aligned with eclipse energy. Provide teaching themes associated with eclipses.

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