



Seasonal Yoga Themes

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 

Bundle Contents

1. [Honoring Natural Rhythms](#)
2. [Seasonal Yoga Introduction](#)
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6. [Winter](#)

Objectives at a Glance



1. [Honoring Natural Rhythms](#)

Be familiar with the significance of the rhythms of nature and how to use an inclusive and non-threatening approach in teaching subjects that may relate to astrological, symbolic or energetic themes.

2. [Seasonal Yoga Introduction](#)

Be familiar with how the earth's axis and its relationship to the sun create seasons in the northern and southern hemispheres, and the philosophy of Seasonal Yoga.

3. [Spring](#)



Be familiar with the qualities of spring and an approach for attuning to the energy and bringing balance during that time of year.

4. [Summer](#)

Be familiar with the qualities of summer and an approach for attuning to the energy and bringing balance during that time of year.

5. [Autumn](#)

Be familiar with the qualities of autumn and an approach for attuning to the energy and bringing balance during that time of year.

6. [Winter](#)

Be familiar with the qualities of winter and an approach for attuning to the energy and bringing balance during that time of year.

[Honoring Natural Rhythms](#)



Lesson Overview

In this lesson, we offer an overview of the natural rhythms found in nature and introduce considerations for teaching associated practices.

Objective

Be familiar with the significance of the rhythms of nature and how to use an inclusive and non-threatening approach in teaching subjects that may relate to astrological, symbolic or energetic themes.

Description

Discuss the significance of the rhythms of nature. Describe how Ayurveda is related to nature's cycles. Explain the phases of the natural cycle and the representation of each. Note what the sun and moon may be associated with in yogic teachings. Discuss how students might respond to teachings related to astrology, symbols or energy, and how teachers can use an inclusive and non-threatening approach in teaching such topics.

Seasonal Yoga Introduction



Lesson Overview



In this lesson, we introduce how seasons occur and the philosophy of Seasonal Yoga.

Objective

Be familiar with how the earth's axis and its relationship to the sun create seasons in the northern and southern hemispheres, and the philosophy of Seasonal Yoga.

Description

Explain why we experience seasons. Note when the northern and southern hemispheres experience summer and winter and when each experiences the solstices. Discuss how our experience would be different if the earth's axis were not tilted. Explain the root word and meaning of the Sanskrit word *ritu*. Discuss the significance of attuning to seasonal rhythms. Define Seasonal Yoga. Note two different ways that season dates may be delineated.

Spring



Lesson Overview

In this lesson, we introduce the qualities of spring and considerations for balancing energies that time of year.

Objective

Be familiar with the qualities of spring and an approach for attuning to the energy and bringing balance during that time of year.

Description

Describe the qualities associated with spring and what students may be focused on this time of year. Explain a general approach that may help us to attune with the energy of spring and to bring balance. Describe Ayurveda's perspective on spring. Note asana and pranayama that may be particularly helpful in spring.

Summer



Lesson Overview



In this lesson, we introduce the qualities of summer and considerations for balancing energies that time of year.

Objective

Be familiar with the qualities of summer and an approach for attuning to the energy and bringing balance during that time of year.

Description

Describe the qualities associated with summer and how summer season affects circulation and range of motion in the body. Explain a general approach that may help us to attune with the energy of summer and to bring balance. Describe Ayurveda's perspective on summer. Note asana, pranayama and a mantra that may be particularly helpful in summer.

Autumn



Lesson Overview

In this lesson, we introduce the qualities of autumn and considerations for balancing energies that time of year.

Objective

Be familiar with the qualities of autumn and an approach for attuning to the energy and bringing balance during that time of year.

Description

Describe the qualities associated with autumn and what students may be focused on this time of year. Explain a general approach that may help us to attune with the energy of autumn and to bring balance. Describe Ayurveda's perspective on autumn. Note asana, pranayama and other practices that may be particularly helpful in autumn.

Winter



Lesson Overview



In this lesson, we introduce the qualities of winter and considerations for balancing energies that time of year.

Objective

Be familiar with the qualities of winter and an approach for attuning to the energy and bringing balance during that time of year.

Description

Describe the qualities associated with winter and what students may be focused on this time of year. Explain a general approach that may help us to attune with the energy of winter and to bring balance. Describe Ayurveda's perspective on winter. Note *asana* and *pranayama* that may be particularly helpful in winter.



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