

2023/24 Ashaya Path 200-Hour Teacher Training
Curriculum Overview
www.ashayayoga.com

This is a sample curriculum overview for the Ashaya Path 200-Hour Teacher Training. The content is subject to change and may shift and evolve as the course is delivered. All times are ET.

Module 1
Nov. 3-5 Weekend 12.5 hours, 1-12.5 Ashaya Deepening
Fri. 7-9 p.m.
Sat. 730-815 a.m. Sadhana, 930 a.m.-1230 p.m., 2-5 p.m.
Sun. 730-815 a.m. Sadhana, 930 a.m.-1230 p.m.

- Begin the Journey of the Heart
- Introduction to Ashaya Yoga Method
- Tantra Philosophy: Path of Radical Affirmation
- The Four Essentials™
- The Five Great Elements
- Ashaya Morning Sadhana
- Asana Clinic
- Seat of the Teacher:
 - Own Your Experience
 - Adhikara: Studentship

Module 2
Nov. 17-19 Weekend 12.5 hours, 12.5-25
Fri. 7-9 p.m.
Sat. 730-815 a.m. Sadhana, 930 a.m.-1230 p.m., 2-5 p.m.
Sun. 730-815 a.m. Sadhana, 930 a.m.-1230 p.m.

- Embody The Four Essentials™
- 25 Samkhya Tattvas: Principles of Existence
- Yoga History Timeline
- Asana Clinic
- *Yoga Anatomy for Teachers and Students, Part 1* (2 hours, 2-4 p.m. 75 min Anatomy with Randy, 45 min Asana with Todd)
- Seat of the Teacher:
 - The Power of Loving Presence

Module 3
Dec. 8-10 Weekend 12.5 hours, 25-37.5
Fri. 7-9 p.m.
Sat. 730-815 a.m. Sadhana, 930 a.m.-1230 p.m., 2-5 p.m.
Sun. 730-815 a.m. Sadhana, 930 a.m.-1230 p.m.

- Deepen Your Practice
- Refine The Four Essentials™
- Introduction to Shiva-Shakti, Absolute and Relative
- Patanjali's Yoga Sutras: Yamas and Niyamas
- Asana Clinic

- *Yoga Anatomy for Teachers and Students, Part 2* (2 hours, 2-4 p.m. 75 min Anatomy with Randy, 45 min Asana with Todd)
- Seat of the Teacher:
 - Emotional Agility
 - Worthiness Is Your Birthright

Module 4
Jan. 9-14

6-Day 35 hours, 37.5-72.5 Ashaya Awakening
Tues. 7-9 p.m.
Wed.-Sat. 7-8 a.m. Sadhana, 930 a.m.-1230 p.m., 2-5 p.m.
Sun. 7-8 a.m., 930 a.m.-130 p.m.

- Ashaya Morning Sadhana-A Deeper Dive: The Five Kriyas
- Patanjali's Yoga Sutra, padas 1 and 2
- Sat Darshans: The Six Visions of Hinduism
- The Three Yogic Worldviews
- Components of a Yoga Class
- What is an Ashaya Yoga Class? What is an Ashaya Teacher?
- Taking the Seat of the Teacher
- PT 1 (Practice Teaching) with Personal Mentoring
 - Warmups, Breath and Movement Coordinated
 - Sun Breath, Cat/Cow, and Sun Salutations
 - Foundations of Feet and Hands
 - Prepose Instruction
 - Teaching Asanas Using The Four Essentials™
 - Plain and Explicit Language
 - Directional Language
 - Unskillful Word Habits
- PT 2 with Personal Mentoring:
 - Teaching Asanas Using The Four Essentials™
 - Breath Context Statements
 - Technical Context Statements
 - Benefit Context Statements
 - Unskillful Word Habits
- Seat of the Teacher:
 - Self-Acceptance as the Key to an Open Heart

Module 5
Feb. 2-4

Weekend 16.5 hours, 72.5-89
Fri. 7-9 p.m.
Sat. 7-8 a.m. Sadhana, 930 a.m.-1230 p.m., 2-5 p.m.
Sun. 7-8 a.m. Sadhana, 930 a.m.-1230 p.m., 2-530 p.m.

- Shiva Nataraja: Revealing the Secrets of the Universe
- Pancha Krtiyas: The Five Acts of Shiva
- PT 3 with Personal Mentoring:
 - Opening Statement
 - How to Lead a Centering
 - Teaching with a Unity Heart Theme
 - Interweave Theme with Action
 - Heart Virtue Context Statements
- Seat of the Teacher:
 - Vulnerability as the Source of Courage

- o Name Your Shame, Claim Your Shame

Module 6 Weekend 17 hours (15 hours anatomy, 2 hours sadhana), 89-106 *Yoga Anatomy for Teachers and Students, Part 3: Celebrating the Interplay of Science and Spirit with Randy Boyd* (15 hours anatomy, 2 hours sadhana)

Feb. 23-25 Fri. 6-9 p.m.
 Sat. 7-8 a.m. Sadhana, 930 a.m.-1230 p.m., 2-5 p.m.
 Sun. 7-8 a.m. Sadhana, 930 a.m.-1230 p.m., 2-5 p.m.
 (See 5 additional anatomy hours, in four sessions, below)

Module 7 Weekend 16.5 hours, 106-122.5

Mar. 15-17 Fri. 7-9 p.m.
 Sat. 7-8 a.m. Sadhana, 930 a.m.-1230 p.m., 2-5 p.m.
 Sun. 7-8 a.m. Sadhana, 930 a.m.-1230 p.m., 2-530 p.m.

- Bhagavad Gita Study:
 - o Dharma, Courage, and Purpose
 - o Karma and Renunciation
 - o Three Gunas
- Eight Attributes of the Absolute
- Chit Ananda and the highest purpose of the practice
- PT 4 with Personal Mentoring:
 - o 4-Steps to the Introduction to the theme
 - o Refine The Four Essentials™
 - o Self-Demonstrations of Poses and Actions
 - o Pacing
- Seat of the Teacher:
 - o Your Hero's Journey

Module 8 Weekend 16.5 hours, 122.5-139

Apr. 12-14 Fri. 7-9 p.m.
 Sat. 7-8 a.m. Sadhana, 930 a.m.-1230 p.m., 2-5 p.m.
 Sun. 7-8 a.m. Sadhana, 930 a.m.-1230 p.m., 2-545 p.m.

- Continued Bhagavad Gita Study:
 - o The Field and the Knower of the Field
 - o Three Paths to Freedom
- Subtle Body Anatomy:
 - o The Four Tantric Bodies
 - o The Five Koshas
 - o Transformation through the Chakras
- PT 5 with Personal Mentoring:
 - o Pulsation Themes
 - o Linking language for pulsation theme (E2 and E4)
 - o 6-Steps to *Śavasāna*
 - o Closing statement (recap theme)
 - o Mirroring: mirror at least one pose while teaching

- Seat of the Teacher:
 - Chakras: The Shakti Matrix of the Subtle Body

Module 9 Weekend 17 hours, 139-156

May 3-5 Fri. 7-9 p.m.
 Sat. 7-8 a.m. Sadhana, 930 a.m.-1230 p.m., 2-5 p.m.
 Sun. 7-8 a.m. Sadhana, 930 a.m.-1230 p.m., 2-6 p.m.

- The Deepest Meaning of Ashaya: Abode of the Heart
- Qualities of a Great Teacher
- Lesson Planning
- Art of Sequencing
- Freeing the Voice Workshop
- Prenatal Yoga
- PT 6 with Personal Mentoring:
 - Pulsation theme for E3 Pelvic Integration
 - Technical and Benefit Context Statements of Pelvic Integration
 - Linking language for Pelvic Integration

Module 10 5-Day 29.25 hours, 156-185.25

May 29-Jun. 2 Wed. 7-9 p.m.
 Thurs.-Fri. 7-8 a.m. Sadhana, 930 a.m.-1230 p.m., 2-5 p.m.
 Sat. 7-8 a.m. Sadhana, 930 a.m.-115 p.m., 230-6 p.m.
 Sun. 7-8 a.m. Sadhana, 930 a.m.-130 p.m.

- Four Vibratory Bands of Consciousness
- Om and the Four States of Consciousness
- The 36 Tattvas: Principles of Existence
- Teaching Beginners, Modifications, Use of Props
- PT 7 with Personal Mentoring:
 - Active, Reflective, and Indirect Voice
 - Putting it All Together
- Professional Practices
 - Branding Strategy
 - Ethics
 - Marketing
 - 10-Class Ashaya Series
 - Online Tech and Set Up
- Devotional Ritual, Celebration, and Graduation
- Seat of the Teacher:
 - Teaching as Sadhana
 - Devotion
 - Kula: Family of the Heart

Anatomy Hours:

Part 1	Mod. 2	75 minutes
Part 2	Mod. 3	75 minutes

Part 3	Mod. 6	15 hours
total		17.5 hours

Asynchronous Hours (training hours without staff present): 20+ hours

- Homework
- Written Exam

Additional hours not counted within the 200-hour training include:

- Reading
- At-Home Sadhana practice
- At-Home Practice teaching friends, family, and/or students