

ASHAYA YOGA®



Ashaya Yoga Transformational Teacher Training Curriculum Overview 2024-2025

Module 1

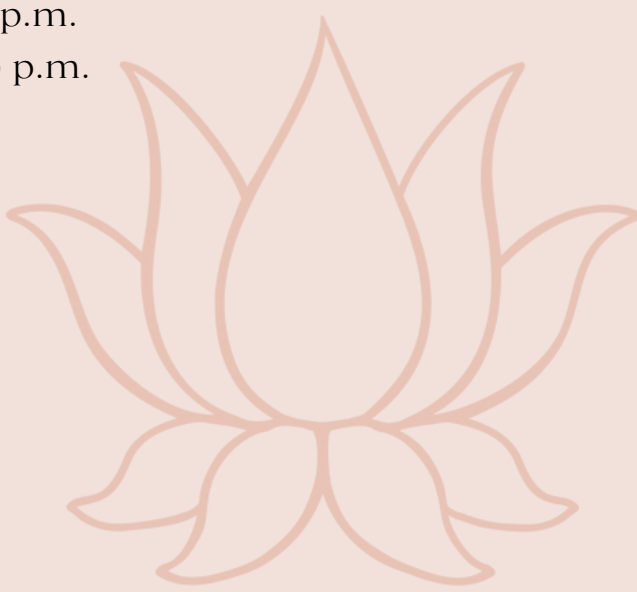
Live Online Weekend (on Zoom)

Sept. 13-15, 2024

Fri. 7-9 p.m.

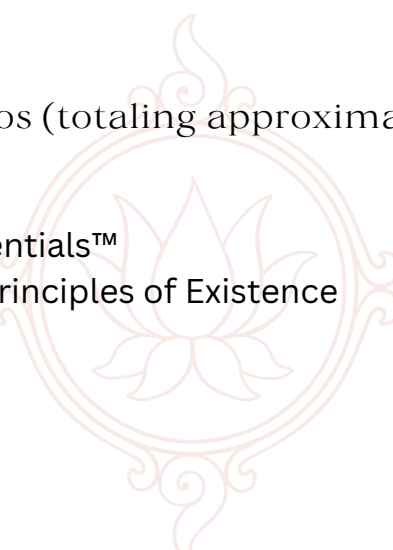
Sat. 7-8 a.m. Sadhana, 930 a.m.-1230 p.m., 2-5 p.m.

Sun. 7-8 a.m. Sadhana, 930 a.m.-1230 p.m., 2-5 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, kriya, full practice
 - Asana Clinic
 - Seat of the Teacher:
 - Own Your Experience (Making “I” Statements)
 - The Power of Loving Presence (Co-Listening)
- 

Module 2

Self-Paced, pre-recorded videos (totaling approximately 13 hours) to be completed by Oct. 6, 2024

- Embody The Four Essentials™
 - 25 Samkhya Tattvas: Principles of Existence
 - Yoga History Timeline
 - Asana Clinic
 - Seat of the Teacher
 - Adhikara: Studentship
- 

Module 3

Self-Paced, pre-recorded videos (totaling approximately 13 hours) to be completed by Nov 1, 2024

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

Module 4

Live In-Person Retreat

Nov 5-10, 2024

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. Sadhana, 930 a.m.-130 p.m.

- 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:
 - Name Your Shame, Claim Your Shame
 - Emotional Agility

Module 5

Self-Paced, pre-recorded videos (totaling approximately 16.5 hours) to be completed by Jan 12, 2025

- Shiva Nataraja: Revealing the Secrets of the Universe
- Pancha Krtayas: The Five Acts of Shiva
- PT 3 with Personal Mentoring, schedule after this module
 - 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:
 - Worthiness Is Your Birthright
 - Vulnerability as the Source of Courage

Jan. 13-19, 2025 Meet with your support group for approximately 1 hour, within these dates, to complete the Heart Virtue Context Statement Assignment

Jan. 26, Sunday, 2-5 p.m. PT 3 Mentoring (Live, Online)

Module 6

Live Online Weekend*

Feb. 7-9, 2025

*Self-Paced, prerecorded videos (3 hours) to be completed before Feb. 5

The Ultimate Yoga Anatomy Experience for Teachers and Students:
Celebrating the Interplay of Science and Spirit with Randy Boyd

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.

Module 7

Live Online Weekend (on Zoom)

March 7-9, 2025

Fri. 7-9 p.m.

Sat. 7-8 a.m. Sadhana, 9:30 a.m.-12:30 p.m., 2-5 p.m.

Sun. 7-8 a.m. Sadhana, 9:30 a.m.-12:30 p.m., 2-5:30 p.m.

- Bhagavad Gita Study:
 - Dharma, Courage, and Purpose
 - Three Gunas
 - Three Paths to Freedom
- Eight Attributes of the Absolute
- Chit Ananda and the highest purpose of the practice
- Subtle Body Anatomy:
 - The Four Tantric Bodies
 - The Five Koshas
 - Chakras: The Shakti Matrix of the Subtle Body
- PT 4 with Personal Mentoring:
 - 4-Steps to the Introduction to the theme
 - Refine The Four Essentials™
 - Self-Demonstrations of Poses and Actions
 - Pacing
- Seat of the Teacher:
 - Chakra Matrix, Clearing Out Blockages

Module 8

Self-Paced, pre-recorded videos (totaling approximately 17 hours) to be completed by April 17, 2025

- Continued Bhagavad Gita Study:
 - The Field and the Knower of the Field
 - Karma and Renunciation (moved from mod. 7)
- PT 5 with Personal Mentoring:
 - Pulsation Themes
 - Linking language for pulsation theme (E2 and E4)
 - 6-Steps to Śavasāna
 - Closing statement (recap theme)
 - Mirroring: mirror at least one pose while teaching

- Art of Sequencing, create separate videos of each topic and put in folder
- Qualities of a Great Teacher
- Lesson Planning
- Prenatal Yoga
- Seat of the Teacher:
 - Your Hero's Journey



April 27, Sunday, 2-5 p.m. PT 5 Mentoring (Live, Online)

Module 9

Live In-Person Retreat

May 13-18, 2025

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. Sadhana, 930 a.m.-130 p.m.

- The Deepest Meaning of Ashaya: Abode of the Heart
- Freeing the Voice Workshop
- Four Vibratory Bands of Consciousness
- Om and the Four States of Consciousness
- The 36 Tattvas: Principles of Existence
- Chakra Yoga Transformational Practice
- Teaching Beginners, Modifications, Use of Props
- Intro to Hands-On Assisting
- PT 6 with Personal Mentoring:
 - Pulsation theme for E3 Pelvic Integration
 - Technical and Benefit Context Statements of Pelvic Integration
 - Linking language for Pelvic Integration
 - Active, Reflective, and Indirect Voice
- Professional Practices
 - Ethics
 - Marketing
 - 10-Class Ashaya Series
 - Online Tech and Set Up
- Devotional Ritual, Celebration, and Graduation
- Talent Show, Saturday night
- Seat of the Teacher:
 - Teaching as Sadhana
 - Devotion
 - Kula: Family of the Heart