

YTT Philosophy and Training Manual Reading Assignments for June

Yoga Philosophy Homework and Reading

Personal Reflection / Journaling: **THIS IS FOR YOUR OWN GROWTH. DO NOT TURN THIS IN TO ME**

Write a reflection on “I”. What is your perception of “I” right now? How does your perception of “I” interact with the mind to create a story that binds you and distorts reality? What awarenesses have arisen that allow you to be “on to yourself” regarding the story of the mind? What practices can you pursue to unwind your story and build awareness of the Buddhi that allows you to connect with the clear light of awareness?

Reading--The Path of the Yoga Sutras by Nicolai Bachman

Part 3 Outer Behavior--Chapter 27 - 34 Pages 135-68

Part 4 Personal Practices--Chapter 35-43 Pages 171 - 214

Training Manual Philosophy Reading:

Patanjali's Yoga Sutras and the Eight Limbed Path of Yoga 2-11 - 2-14

Training Manual Reading Assignments:

Posture Clinic Reading:

Parsvotanasana 5-52
Utthita Trikonasana 5-86
Vrksasana 5-94
Garundasana 5-32

Pranayama

Kaphlibhati 6-7

Teaching Yoga

Create Body Awareness Page 3-9
Anatomy of a Yoga Class Page 3-20

Based on Your Teaching Goals:

Review: Dynamic Language and Cueing 3-5

Review: Art of Demonstration 3-12 - 3-14

Review: Opening a Yoga Class: Welcome and Center 3-21 - 3-23