

The Global Society for Peace and Spiritual Science (GSPSS)

The Mahashakti Happy Yoga

Yoga School Name : The Global Society for Peace and Spiritual Science (GSPSS)

The yoga System: Mahashakti Happy Yoga

Our teaching methods and curriculum

The GSPSS RYS YTT200/300/500hr yoga teacher certification offers you the opportunity to deeply enrich your practice and understanding of the authentic yoga system.

This detailed and research based YTT will give you a strong foundation of yoga philosophy and important style types. Practice will be demonstrated and taught through detailed source materials: videos, readings, workbooks, handouts, and lectures.

Students will learn all the aspects of yoga teacher training and learn all the skills needed to become a knowledgeable Yoga Teacher. We offer the authentic practice based on the original scripture of Yoga Sashtra : The Shiva Samhita , Gheranda Samhita , Hatha Yoga Pradipika etc.

We will go through the basics of modern research and ancient scriptures.

Training Hours :

Techniques, Training and Practice

Contact Hours: 40%

Teaching Methodology:

Contact Hours: 15%

Anatomy and Physiology:

Contact Hours: 15%

Yoga Philosophy, Lifestyle and Ethics for Yoga Teachers

Contact Hours: 15%

Practice

Contact Hours: 15%

Curriculum in details

1. Introduction
2. History & Philosophy
3. Yoga Scriptures
4. Anatomy
5. Preparation
6. Warming up
7. Asana

8. Pranayama

9. Mudra

10. Meditation

11. Therapeutic Yoga

12. Sanskrit and yoga

13. Teaching discipline

14. Marketing and business set up

15. Chakra

16. Natural therapy

17. Ayurveda

18. Ethics

19. Research

1. Introduction

‘Yoga’ (योग) is a Sanskrit word. Sanskrit is the ancient language in the world. It means ‘to unite or yoke together’, and the essential purpose of yoga is to bring together body, mind and spirit or human to nature into a harmonious whole.

The central methods of yoga are physical postures or ‘Asanas’ and movement, breathing techniques or ‘pranayama’ and meditation. Yoga includes guidance on healthy lifestyle, eating habits, mental attitude. Ayurvedic and natural medicine is also part of the Yogic path to health and balance.

2: History & Philosophy

Hatha yoga is the path of physical yoga, which is the most popular branch of yoga in. 'HA' means 'SUN', surya and 'THA', 'MOON', Chandra, so Hatha Yoga is the joining, or the yoking together of these different energies in harmonious equilibrium, positive and negative, active and receptive.

- The Yoga Sutras
- Yoga Scriptures
- Shiva Samhita
- Hatha Yoga Pradipika
- Geranda Samhita
- Girakshya Samhita
- Hatha Ratnawali
- 8 Limbs of Yoga
- Upanishads
- Bhagavad Gita

Why Yoga !

ASTANGA YOGA IS THE WAY TO SALVATION

This eight-fold endeavour to attain ultimate liberation is complete and perfect in itself. It has taken care of all the possible repercussions and ramifications that one may encounter

during its pursuit. The real marvel of Astangayoga lies in its complete and absolute objectivity, based on unedited and unadulterated cosmic realities.

'Isvara' is a particular 'Purusa', unaffected by affliction, deed, result of action or the latent impressions thereof.

Absolute Existence is devoid of everything, infinitely beyond the faculty of human comprehension. This absolutely perfect, flawless state of existence which is all-inclusive as well, is what is known as the Supreme Deity or Isvara. This state is attainable / accessible to all hence; every Jiva is potentially divine. As we are vivid reflections of the Supreme Perfect, we are called upon to deport ourselves in a perfect way, right in this world itself. Perfection is an endless voyage and never a safe harbour. Even after attaining Perfect State of Existence i.e. Isvara, divine exercise of eternal renewal, renaissance and resurgence never ceases. Astangayoga alone extends absolutely correct description / definition of Isvara. Divinity is serene, tranquil yet never ever standstill.

3:Yoga Scriptures

In a sense, Yoga = Union.

(योगश्चितवृत्तिनिरोधः)।

“Yoga is merely the practice of restraining the mind from taking any sort of form.”

~ Patanjali, an ancient Hindu philosopher.

**यम नियमासन प्राणायाम प्रत्याहार
धारणा ध्यान समाधयोऽष्टावंगानि॥**

Yamaniyamasanapranayampratyaharadharan
adhyanasamadhyoasta vangani I (II/29)

Yama (Restraint), Niyama (Observance),
Asana (Posture), Pranayam(Regulation of
Breath), Pratyahara (Withholding of Senses),
Dharana(Fixity of Mind), Dhyana (Meditation),
and Samadhi (Perfect Concentration) are the
eight means of attaining Yoga.

(1) यम,(2) नियम,(3) आसन,(4) प्राणायाम,(5)
प्रत्याहार,(6) धारणा,(7)ध्यान,(8) समाधि ।

LIMBS 1–6 ARE THINGS WE DO

These are things that we in this body do,
that we consciously decide.

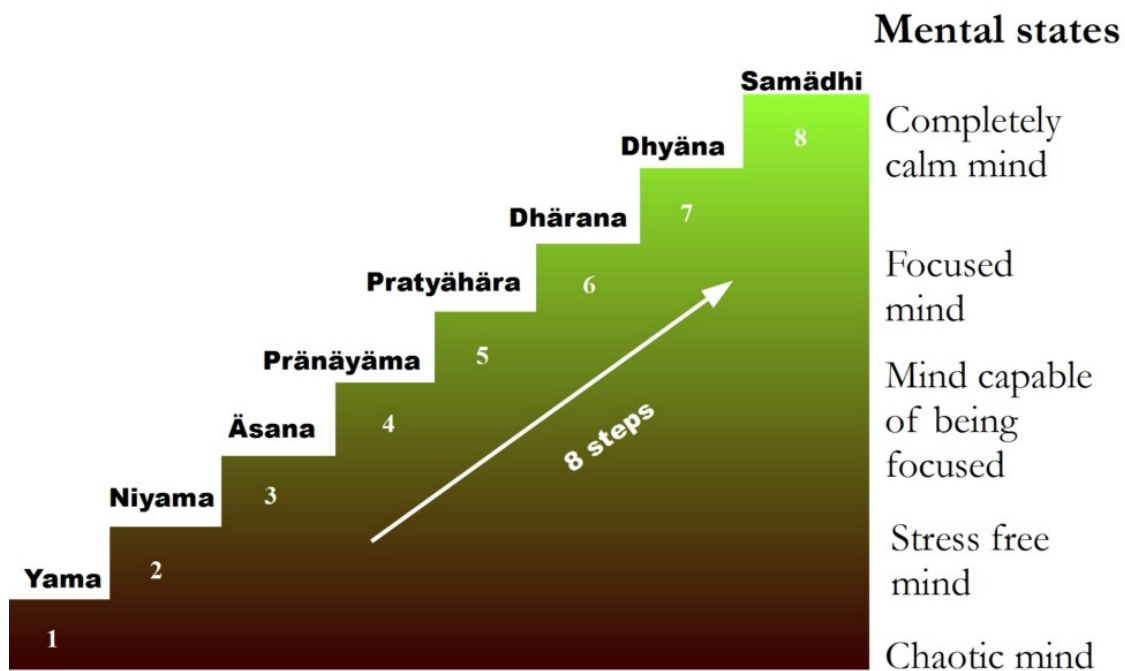
LIMBS 7–8 HAPPEN TO US

These are things that occur to us, so by
getting into the first six limbs, the seventh
and eight limb come into fruition on their
own.

So remembering that we'll get into the first limb, known as YAMAS.

Yoga is not a tool to be in shape or to become more flexible or more in tune with yourself. It is beyond all these definitions. Because yoga at its core is a method of realizing oneness with reality.

It is beyond the ego and beyond our minds. It is our true nature as human beings. It is falling into this divine reality, reducing the path between the heart and the brain.



The eight steps are a step-by-step guide to help us to live a balanced life of self-awareness through all the layers, or koshas, of our body and mind. They guide our values and morals, help us address our physical health as well as

encouraging our spiritual self-study - and its all set out as a progressive pathway.

1. Yamas - the controls

The Yamas are the very first steps along the path of yoga and self-awareness. They help us to question; "how am I living?", "What are the choices I am making?". These "don't do's" address our ethical standards and behaviours. Think about these as; "Do unto others as you would have them do unto you."

- Ahimsa: nonviolence
- Satya: truthfulness
- Asteya: non-stealing
- Brahmacharya: intelligent contact with the world via the senses
- Aparigraha: not coveting or wanting

2. Niyamas - the observances

These are the "do's" in life. They address our self-discipline and our spiritual practices. For example; have I got a consistent personal meditation practice? do I enjoy regular contemplative walks?

Attend yoga classes, say grace before a meal, attend church or temple services etc.

- Saucha: purity
- Tapas: regular spiritual practice
- Santosa: contentment
- Swadhyaya: self-study and of the sacred scriptures
- Isvara pranidhana: connecting to deepest part of yourself

3. Asana - postures

This is the one that is often perceived as 'going to a yoga class'. Asana means seat—and when we're sitting we are settled and stable. Movement is really important to help the flow of energy through the body and mind, crucial for any of the other limbs.

4. Pranayama - control of the breath

This fourth limb consists of techniques designed to gain control over the breath—creating a positive control of our life force. Pranayama is said to rejuvenate the body and help us live a healthy long life.

These first four stages of Patanjali's ashtanga yoga concentrate on refining our personalities, gaining mastery over the body, and developing an energetic awareness of ourselves, all of which prepares us for the second half of this journey, which deals with the senses, the mind, and attaining a higher state of consciousness.

5. Pratyahara - withdrawal of the senses

Pratyahara, supports us in giving the senses a rest! They are switched on all the time through everything we see, hear, smell and experience of the world. When we consciously draw in the senses we allow them to cleanse, purify and become more refined, so that we can then experience the world with even more beauty and awareness. This can help us especially with things like our habits. Take a step back and observe yourself from a bit of a distance.

6. Dharana - concentration

Having drawn our awareness inwards in pratyahara we can now start to become more aware of our mind. The first stage of meditation is called concentration. This is where we take time to focus on an object outside of ourselves, for example, a beautiful

flower. Practise focusing on something that inspires beauty and reverence, for example looking at the sky can create a feeling of expansion and joy.

7. Dhyana - meditation

Meditation is when your mind begins to settle and becomes an uninterrupted flow of concentration. Dhyana is a state of being - of not thinking or engaging. The mind becomes quiet and focused inward. To help you get into this place, focus your awareness internally through awareness of the breath, your thoughts or even the feeling of stillness. All these bring your mind inward.

8. Samadhi - total alignment

Deep meditation as a consequence of the cumulative effort of Dharana and Dhyana can result in Samadhi. This is the experience of bliss, lightness, alignment and total joy. This is the experience of total one-ness with who you truly are.

4: Anatomy

- The Spine

- Muscles & Nerves
- Skeletal & Connective Tissue
- Foot, Knee & Hips
- Breath & Bandhas
- Shoulders & Arms
- The Psaos
- The Bodily Systems

Trainees will deepen their knowledge of poses including beginner and more advanced variations. Benefits, risks and contraindications will be explored as well as safe transitions, intelligent sequencing, alignment and hands on assists. The five main categories of poses will be covered including standing/ balancing poses, forward bends, backbends, twists and inversions.

5:Preparation

- ‘Shatkarma’

The Shatkarmas, also known as Shatkriyas, are a set of Yogic purifications of the body, to prepare for the main work of yoga towards moksha. These practices, outlined by Yogi Swatmarama in the Haṭha Yoga Pradīpikā as kriya, are Netī, Dhautī, Naulī, Basti, Kapālabhātī, and Trāṭaka.

6: Warming up

A good warm up comprises four steps: loosening joints, stretching muscles, pumping the heart, and practice movements. We called it 'Sukshma Sadhana that means a detail stretch and consciousness activities from head to toes. 'Here are some basics you can start with. If these get boring, YouTube is full of fun warm-ups.

7:The Asanas

- Principles of Alignment
- Understanding the 5 Categories
- Detailed 'How To' for 50 Different Postures
- Adjustments & Modifications
- Teaching Cues
- Injury Considerations
- What to Look For When Teaching

Trainees will deepen their knowledge of poses including beginner and more advanced variations. Benefits, risks and

contraindications will be explored as well as safe transitions, intelligent sequencing, alignment and hands on assists.

The five main categories of poses will be covered including standing/ balancing poses, forward bends, backbends, twists and inversions.

7:Pranayama

- Process and tips
- Classroom Guidance
- Benefits
- Considerations
- Teaching technique

Students will practice, experience and learn how to guide several pranayama techniques. They will learn the benefits and effects of such practices as well as how and when to incorporate them into a class. Pranayamas covered in depth will include: abdominal breathing, three-part yogic breath, ujjai pranayama, nadi shodhana, anuloma viloma, and kapalabhati.

8: Meditation

- History
- Anatomy of Meditation
- Benefits
- Steps and tips
- Guiding Meditation
- Branding & Marketing

09. Mudras

- Types
- Benefits
- Guidance & Considerations

10: Chakra Science

- Energetic Associations
- Healing Affirmations
- Associated Postures

11: Therapeutic Yoga

Therapeutic yoga is defined as the application of yoga postures and practice to the treatment of health conditions and involves instruction in yogic practices and teachings to prevent reduce or alleviate

structural, physiological, emotional and spiritual pain, suffering or limitations.

12:Sanskrit and yoga

This topic will cover basic Sanskrit ,yoga terminology, translations, refinement of pronunciations, exploration its historic highlights and more. But even more significantly, students will transform their practice as they begin to understand the beauty and meaning behind the original language of yoga.

13: Natural therapy

Natural therapies encompass a broad range of disciplines, all of which aim to treat the physical and emotional well being of the client or patient without recourse to conventional drugs or medication . In this topic we will provide the deeper knowledge about the natural process healing , curing and precaution.

14: Ayurveda

This topic covers our Constitution and its inner balance .

Ayurveda places great emphasis on prevention and encourages the maintenance of health through close attention to balance in one's life: right thinking, diet, lifestyle and the use of herbs. Knowledge of Ayurveda enables one to understand how to create this balance of body, mind and consciousness according to one's own individual constitution and how to make lifestyle changes to bring about and maintain this balance.

15:Ethics

Yoga is a system of self-investigation, self-transformation and self-realisation. Its practices and lifestyle aim to integrate the body, mind, heart and spirit and awaken students to their innate wholeness. The role of the yoga teacher is to guide and support students in their practice of yoga. Yoga teachers aim to nurture the physical, emotional, psychological, social and spiritual well-being of students.

16. Business & Marketing

. Finding Teaching Opportunities

- Outreach

17 : Teaching Tips

- Key Qualities

- Skill
- Class Room Set-up
- Building Your Class Experience