



# Yoga Scotland

*(incorporating the Scottish Yoga Teachers' Association)*

## LIVING YOGA STUDY GROUP PROSPECTUS



Yoga Scotland has an Exchange Diploma agreement with the B.W.Y.

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Scottish Charity Number SC020590

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*Governing Body for Yoga in Scotland*



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## Living Yoga Study Group

### AIM

The course is designed for students who have completed a Yoga Scotland Foundation Course. It is intended to meet the needs of those who do not wish to go on to teacher training, but would like to continue to develop and deepen their study of yoga and personal practice.

### DURATION

50 contact hours, in 10 sessions over 10 months. There will also be personal home study.

### TUTORS

1 or 2 tutors will teach on the course, depending on student numbers, with visiting tutors as applicable for special topics, to be decided by the course tutors. Tutors to be appointed by Yoga Scotland.

### PRE-ENTRY REQUIREMENTS

Applicants will have attended and obtained a certificate from, a Yoga Scotland Foundation Course or equivalent e.g. British Wheel of Yoga Foundation Course.

### COURSE REQUIREMENTS

- Membership of Yoga Scotland
- Students must continue to attend a regular yoga class
- Students must be prepared to practise daily for 30 – 45 minutes per day
- Students are required to keep a record of their daily practice, including reflection on its impact on their life
- Some reading and study of essential yoga texts, approximately 4 hours per month

### CERTIFICATION

A certificate of attendance will be given for full attendance on the course.

### LEARNING OUTCOMES

At the end of the course students will have a more integrated understanding of the different aspects of yoga; be able to plan their personal yoga practice; have a deeper understanding of a selection of classic yoga texts and be able to apply their understanding of yoga philosophy to daily life.

More specifically, students will be able to

- Understand and apply principles of foundation, alignment and breathing in postures
- Practice a range of *asana* and appreciate *asana* as a process rather than a goal
- Recognise the value of both static and flow-based approaches to *asana*
- Practise a range of natural breathing and *pranayama* techniques
- Practice *mudra* and *bandha*
- Practice a range of relaxation techniques
- Practice a range of concentration/meditation techniques
- Understand the use of sound in yoga including chanting a variety of *mantra*
- Understand the use of *kriya* and have practical experience of some of them
- Understand basic anatomy, physiology and kinesiology in relation to yoga practice
- Understand *pranic* or subtle anatomy in relation to yoga
- Understand the basic precepts of yoga philosophy

### COURSE CONTENT

It is anticipated that the specific practices covered will vary, to meet the needs of individual student groups. The course is intended to build on previous learning established on an approved Foundation course, enabling students to broaden and deepen their knowledge and practice of Yoga. Detailed examples of material that may provide the basis for further growth and development are outlined in the current YS Foundation course syllabus. Generally, students will broaden and deepen their knowledge and experience of:

1. A range of preparatory techniques including warm-ups
2. A wide and balanced range of *asana*, to incorporate: balancing, seated, lateral flexion, forward and backward bends, inverted and twisting postures
3. Static and flow-based approaches to *asana*
4. Basic breathing and *pranayama* techniques
5. *Kriya*
6. *Mudra* and *bandha*
7. Relaxation
8. Concentration/Meditation
9. *Mantra*
10. *Pranic* anatomy; *vayu*, *kosa*, *nadi* and *chakra*
11. Planning a personal practice
  - Setting objectives
  - Modifications where appropriate to meet personal needs
  - Application of principles of sequencing and counterpose
  - Recording and self-evaluation of personal practice

In addition, students will gain a deeper insight into

12. Anatomy, physiology and kinesiology, integrating this study with the practice
13. Yoga philosophy, to include study of selected passages from
  - *The Upanishads*
  - *The Bhagavad Gita*
  - *The Yoga Sutras of Patanjali*
  - *The Hatha Yoga Pradipika*

Tutors will offer guidance regarding development, further studies and/or teacher training.