



THE DEVON SCHOOL OF YOGA

ADVANCED TEACHER TRAINING COURSE

2023 SYLLABUS

**Devon School of Yoga established 1989
33 Years of Inspiration**

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If you require any part of this publication in larger print or as a pdf document sent electronically or via post, please contact The Devon School of Yoga at:

The Devon School of Yoga
4 Barnfield Hill
St. Leonards
Exeter
EX1 1SR
Tel: 01392-420573
info@devonyoga.com
www.devonyoga.com

Introduction

This course aims to refresh, reinspire, empower and support qualified yoga teachers. The course draws from yogic and associated traditions to promote continued learning and refinement of yogic practices and theory. By honouring the uniqueness of the individual as both student and teacher of yoga, the course enhances intuition and develops confidence.

The school aims to provide a supportive Sangha for Svadyaya and Sadhana while the course facilitates this deepening of personal practice allowing exploration of foundational yogic values and philosophy. Likewise, the course presents a toolbox of skills to apply in practice and teaching.

A Devon School of Yoga (DSY) Advanced Teacher Training (ATT) qualification will be awarded to students who have satisfactorily completed the course which includes course work and full attendance.

The course is recognised by the Independent Yoga Network and graduates can be included in The Yoga Register.

Prerequisites

Students who apply for this postgraduate advanced teacher training course must meet the following prerequisites:

Be a qualified yoga teacher PLUS please see below:

- If the yoga teacher training programme you qualified with was 500 hours, you qualify to join the course.
- If the yoga teacher training programme you qualified with was 200 to 300 hours, you must have a minimum of 2+ years teaching experience since qualifying.

Course Hours

Total course hours: This is a 150 hour course qualification
(inclusive of tutor led and student work)

DSY tutor led: 96 hours

Student work: 54 hours (including reading, assignments, and a course project)

Attitudes

Throughout as well as after the course students will:

1. Aim to uphold the values and ethical lifestyle of traditional yoga teachings in daily life.
2. Accept responsibilities compatible with the teachings of yoga and the ethics of a professional yoga teacher.
3. Continue personal practice of hatha and raja yoga as well as any other chosen yoga paths such as bhakti, jnana, karma, etc.
4. **Commit to being openminded** (particularly to exploring new practices and ideas), maintain good timekeeping, be respectful to tutors and fellow students and practice good listening skills.

Course Content

Advancing Yoga Teaching Skills and Deepening Yoga Sadhana

Each of the subjects below will be covered. Please note, that some will be covered in more depth than others.

- DSY Advanced Kriyas System
- Yamas as ethical guidelines for teaching yoga
- Niyamas as observances for self-practice and continued self-study and development
- Historical and background information on yoga
- Cultural awareness, inclusivity and sensitivity
- Developing the yoga teachers' unique qualities
- Connecting and strengthening the voice and exploring the power of language
- Creating and holding space
- Planning, themes and inspiring ways to structure classes
- Supporting less-mobile and hypermobile people
- A further look at classroom use of props and supports
- Effective classroom demonstrations
- Teaching meditation
- Developing teaching into workshops and retreats
- The yoga teacher in the digital age

- A further look at:
 - Asana
 - Pranayama
 - Mantra
 - Meditation
 - Mudra/Bandha
 - Qigong / DSY energy balancing exercises
 - Prana awareness exercises
 - Sanskrit chanting of selected yoga sutras
 - Philosophy, including Patanjali, samkhya and vedanta
- Incorporating the subtle anatomy of yoga into your teaching
 - Shariras and Koshas
 - Nadis and Chakras
- Deepening the individuals' yoga sadhana as a student of yoga
In particular (however, not limited to), developing self-practice of
 - Holistic Yoga
 - Meditation
- Revisiting the Yoga Paths including:
 - Hatha
 - Raja Yoga
 - Ashtanga Yoga
 - Bhakti
 - Jnana
 - Karma
- Mauna - silence on residentials
- Selected study of yoga philosophy, building on the basic knowledge from teacher training courses with a view to integrating it into weekly classes
- Understanding the effects of yoga practice on key areas of anatomy and physiology including:
 - Respiratory System
 - Cardiovascular System
 - Nervous System
 - Physiology of stretching

Coursework and Assessment

Coursework and assessment will be in the form of (further details for each of the below will be provided throughout the course):

- Ongoing tutor observation during course weekends
- Required reading
- Tutor specified assignments
- Writing /creating a daily or weekly self-reflective journal/scrapbook of your personal practice including how you are incorporating what you have learned in this course into your own practice and teaching
- End of course student presentation
- A personal yoga project

Suggested Reading List

Please note - the reading list below is not comprehensive nor set in stone. The books are a suggestion which we have found helpful. Students are not expected to own all the books listed below. Many of the titles below can be found in the school's library. During the course, students will have a chance to borrow any books which the school currently has in its library. Likewise, students are encouraged to explore beyond this list as well as use books from their own personal yoga library.

Yoga General

- *The Spirit and Practice of Moving into Stillness*. Schiffmann, Erich. (Pocket Books)
- *Yoga Mind, Body & Spirit* Farhi, Donna. (New Leaf)
- *The Heart of Yoga - Developing a personal Practice* Desikachar, TKV. (Inner Traditions International 1999)
- *Yoga, the Iyengar Way*. Mehta (Shayma & Mira Silva)
- *Yoga for Wellness*. Kraftsow, Gary. (Penguin)

Meditation & Yoga Nidra

- *Zen Mind, Beginner's Mind*. Shunryu Suzuki. (Weatherhill 1973)
- *Yoga Nidra Made Easy: Deep Relaxation Practices to Improve Sleep, Relieve Stress and Boost Energy and Creativity*. Uma Dinsmore-Tuli Ph.D and Nirlipta Tuli MA (Hay House UK 28 Jun 2022)
- *Nine Secrets of Successful Meditation*. Dr Samprasad (Watkins Publishing 21 May 2015)
- *The Untethered Soul*. Michael Singer. (New Harbinger Publications, 30 Nov. 2007)
- *The Art and Science of Raja Yoga: 14 Steps to Higher Awareness*. Swami Kriyananda. (Crystal Clarity,U.S.; New edition 24 Oct. 2002)

Yoga Philosophy

- *The Yoga Sutras of Patanjali*. Edywn Bryant. (North Point Press. 2009)
- *The Yoga Sutra of Patanjali - A Biography*. White, DG. (Princeton University Press. 2014)
- *Embodying the Yoga Sutra*. Ranju Roy and David Charlton. (Yoga Words. 2019)
- *The Philosophy of Patanjali*. Swami Hariharananda Aranya. (Suny. 1983)
- *The Yoga Sutras of Patanjali*. Sri Swami Satchidananda. (Integral Yoga Publications. 2012)
- *The Living Gita*. Sri Swami Satchidananda. (Integral Yoga Publications)
- *Indian Philosophy - A Very Short Introduction*. Hamilton, Sue. (Oxford University Press. 2001)
- *Hatha Yoga*. Burley, Mikel. (Motilal Banarsidass, 2000)
- *The Yoga Tradition*. Feuerstein Georg. (Hohm Press, 1998)
- *The Thirteen Principal Upanishads*. Hume, Robert Ernest. (Oxford University Press)

Suggested Reading Continued on the following page.

Hatha Texts

- *The Gheranda Samhita*. Mallinson, James. (YogaVidya.com)
- *The Shiva Samhita*. Mallinson, James. (YogaVidya.com)
- *Original Yoga, Rediscovering Tradition Practices of Hatha Yoga*. Rosen, Richard. (Shambala Publications)
- *Roots of Yoga*. Mallison, J & Singleton, M. (Milton Keynes: Penguin Classics. 2017)
- *Hatha Yoga Pradipika*. Mohan, AG & Mohan G. (Great Britain: Svastha Yoga 2017)

Subtle Body and Tantra

- *The Anatomy of Breathing*. Blandine Calais-Germain. Eastland Press. 2005.
- *Power Pranayama*. Dr Renu Mahtani. Jaico Publishing House. 2010.
- *Chakras*. Johari, Harish. Destiny Books.
- *Tantra*. Johari, Harish. Destiny Books.
- *Yoni Shakti*. Tulli, Uma Dinsmore. Yogawords Ltd.

Teaching

- *The Courage to Teach. Exploring the Inner Landscape of a Teacher's Life*. Parker, Palmer J. Jossey-Bass.
- *Teaching Yoga. Ethics and the Teacher-student Relationship*. Farhi, Donna. Rodmell press.