



COURSES

COURSES AND AREAS OF STUDY

Anatomy & Physiology

- Ayurveda
- Human Physical Anatomy and Physiology
- Human Esoteric Energy Anatomy and Physiology
- Therapeutic Yoga

Electives

Chosen over all categories, according to your major focus

Practicum

- Teacher Assisting
- Giving Feedback
- Giving Private Sessions
- Observing Others Teaching
- Practice Teaching
- Receiving Feedback

Techniques

- Asana
- Pranayama
- Kriya
- Mantra
- Meditation
- Mudra

Teaching Methodology

- Assisting
- Demonstration
- Learning Process
- Observation
- Instruction Language
- Teaching Styles
- Teacher Qualities
- Yoga Business Skills

Yoga Philosophy, Lifestyle, Ethics

- Ethics for Yoga Teachers
- History of Yoga
- Yoga Lifestyle Choices
- Yoga Philosophies

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COURSE OBJECTIVES

ANATOMY AND PHYSIOLOGY

Anatomy & Physiology is *chakra*-based, moving from 1st to 7th metaphysical centers. Course objectives include a basic understanding of human anatomy and physiology, including bones, muscles, bodily organs, and systems. We will discuss individual variations in anatomy, benefits of yogic practice, contraindications, movement patterning, etc., and all applications therein.

Energy Anatomy and Physiology, including Esoteric/Astral/subtle systems such as the *chakras* and *nadis*, are important to UYTT course, as this is the blueprint for physical reality and the level from which real change is initiated. The principals of *Ayurveda*, or the yogic “science of life,” and its prescribed *doshic* balance are integral throughout for understanding and treatment of imbalance and consequent disease.

ELECTIVES

Course objectives include creating a major focus from all categories for advanced study, dependant upon on the student’s specific interests and career goals. Major Focus Studies may include pre-approved Workshops, Retreats, Seminars, or Conferences, offered by **UNION/YOGA** or through other pre-approved means. All Yoga Alliance approved courses are approved for electives.

SANSKRIT

Sanskrit for Yoga Teachers provides a basic utilization of the Sanskrit alphabet, correct pronunciation of *asana* names and their origin, names and characterizations of major deities, and common Sanskrit nouns and phrases. Course objectives include fundamentals of the Sanskrit language, chanting, reading and writing, and recitation of scripture in the original Sanskrit.

TEACHING METHODOLOGY

Methodology is woven into the fabric of your role as a teacher, in every class and endeavor of study that you embark upon. In each class we focus on a particular *chakra*, or area of study, and practice how to teach, and how to be an active contributor to the business of educating people about the benefits of yoga. The objective is to know what a teacher’s role is, and to execute that role to the best of your ability, including the role businessperson. Methodology includes *asana* demonstration, observation, assisting, correcting, coaching support, verbal instruction, recognizing students’ learning styles, and implementation of varied teaching styles.

TECHNIQUE

Course objective is to master your yoga practice without attachment, and to perfect without performance, your ever-changing personal outward expression of yoga. We will examine your own physical strengths and imbalances and how they show up in execution. This shining of your own practice, which enlightens your ability to deconstruct the practice of your students’, may include *asana* (postures), *pranayama* (breath), *kriya* (powers), *kirtan* (chant), meditation (varied styles), and *mudra*. In the 500 level, Technique requirements are fulfilled through one-on-one private or semi-private mentoring sessions with the primary instructor.

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COURSE OBJECTIVES continued

THERAPEUTIC YOGA

Our focus is on how to work with students in a yogic approach to therapy. We take a broad scope for both short-term rehabilitation, and long-term chronic illness, through proper breathing, dietary modifications, stress reduction, physical reintegration, emotional stabilization, and the examination of the meaning of recovery. We recognize each individual as unique, and do not “treat” any specific illness, but rather understand the role of the yoga educator as one of compassionate active listener, in partnership with the client in designing a full spectrum yogic approach to wellness.

YOGA BUSINESS SKILLS

Course objectives include how to set up a sole proprietorship, LLC, etc., and registering a DBA. Record keeping includes income vs. expense categories, financial management, tax issues, insurance, and database and accounting software. Marketing and advertising for the success of your small yoga business is examined, including print, electronic, and cyber marketing, via the worldwide web.

YOGA LIFESTYLE and ETHICAL ISSUES

Yoga Lifestyle Choices: Course objectives include examination of yoga as an Integrated lifestyle, rather than something confined to the mat. Our focus is on the creation and sustenance of a living practice that sustains a happy, healthy, wholesome life. Our aim is to bring a yogic cultural worldview to a pedestrian, practical, and applicable level, and to regard “yoga as a practice, not an exercise, a ritual, not a routine.” Ethics for Yoga Teachers: Course objectives include adoption of internationally approved guidelines for ethical behavior of yoga teachers, investigation of common modern and classical ethical dilemmas, with resource guidelines from the *yamas* and *niyamas* of the *Yoga Sutras* of Patanjali.

YOGA HISTORY, LITERATURE and PHILOSOPHY

History of Yoga: Course objectives include study and discussion of the historical record of yoga, with an emphasis on the Tantric tradition, which gave birth to modern *hatha yoga*. Yoga Philosophies: Course objectives include study of yoga Literature and scripture, from Vedic and Classical to modern, providing insight to the various philosophies prevalent in this worldwide, ancient system of transcendence.

SILENT YOGA RETREAT

Our Silent Yoga Retreat is required in the 500 level. The Silent Yoga Retreat deepens ones ability to be silent, alone and at one. Retreats are held at a retreat facility. The Retreat may be fully or partly conducted in silence. Room, board and instruction are included. Students receive private mentoring and guidance during the retreat, as requested.

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COURSE DESCRIPTIONS

ANATOMY & PHYSIOLOGY

Classic 200 Level: Anatomy & Physiology at the Classic Level 200 hour program is incorporated daily as postures are examined and mastered, both in execution and in teaching of the asanas. 28 hours are required, and include Anatomy and Physiology and Esoteric Anatomy.

Instructor: Sandra Carden
[UYTT 200: 28 hours]

Required texts, not included in tuition: (text costs: approx. \$75 total)

The Key Muscles of Hatha Yoga by Ray Long and Chris McIvor (*\$35 estimate*)
ISBN: 0-9779614-0-0 www.BandhaYoga.com

Yoga Anatomy by Leslie Kaminoff (*\$20 estimate*)
ISBN: 13:978-0-7360-6278-7 www.humankinetics.com

The Anatomy Coloring Book by Kapit and Elson (*\$20 estimate*)
ISBN: 0-06-455016-8

Master 500 Level: Anatomy for Yoga Instructors consists of 15 hours, taught at the 500 Masters Level by Carla Douros, PhD, or other professional. Ms. Douros' doctorate is in physiological psychology. Dr. Douros has designed this anatomy course especially for yoga teachers.

Instructor: Dr. Carla Douros
[UYTT 500: 10 hrs]

Required text, not included in tuition: (text costs: approx. \$35 total)

The Key Muscles of Hatha Yoga by Ray Long and Chris McIvor (*\$35 estimate*)
ISBN: 0-9779614-0-0 www.BandhaYoga.com

Recommended texts, not required:

Yoga Anatomy by Leslie Kaminoff
ISBN: 13:978-0-7360-6278-7 www.humankinetics.com

Anatomy of Hatha Yoga by H. David Coulter
ISBN: 0-9707006-0-1

The Anatomy Coloring Book by Kapit and Elson
ISBN: 0-06-455016-8

Anatomy and Asana: Preventing Yoga Injuries by Susi Hatley Aldous
ISBN: 0-93916-54-8 www.eastlandpress.com

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COURSE DESCRIPTIONS continued

A & P: ESOTERIC ANATOMY

Classic 200 Level: Esoteric Anatomy is a portion of the 28 hours required for 200 Level Anatomy and Physiology, including the Tantric theory of the Chakras, and introduction to Ayurveda. Esoteric Anatomy is included in the 200 Level A & P category.

Master 500 Level: Under the general category of Esoteric Anatomy are 20 required hours dispersed between Chakra Theory, Hormonal Mind/Body Connections, and Ayurveda.

Chakra Theory is woven into every aspect of the UNION/YOGA teacher certification program, and is not selected out as a separate course. There are several texts which are extremely useful.

Recommended texts, not required:

Eastern Body, Western Mind by Anodea Judith
ISBN: 0-89087-815-3

Wheels of Life by Anodea Judith
ISBN: 0-87542-320-5

Anatomy of the Spirit by Caroline Myss, PhD
ISBN: 0-517-70391-2

True Balance by Sonia Choquette, PhD
ISBN: 0-609-80398-0

Theories of the Chakras by Hiroshi Motoyama
ISBN: 0-8356-0551-5

Sevenfold Journey by Anodea Judith
ISBN: 0-89594-574-6

Yoga Teachers' Toolbox by Joseph LePage
ISBN: 0-9744303-3-1

Master 500 Level: Hormonal Mind/Body Connections consists of one or more meetings taught by Katherine Roth, MD. Dr. Katherine Roth is an expert on the endocrine system, hormones and the thyroid gland in particular. This esoteric connection between the thyroid and pituitary glands and the *asanas* that affect its healthy functioning will be the focus of her work with us.

Instructors: Katherine Roth, MD., and Sandra Carden, ERYT
[UYTT 500: 10 hrs]

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A & P: ESOTERIC ANATOMY, continued

Master 500 Level: Ayurveda consists of 10 hours of the Ayurveda, or the yogic Science of Life, taught by Sandra Carden, with occasional outside professional guests.

Recommended texts, not required:

Women's Power to Heal through Inner Medicine by Sri Swami Mayatittananda
ISBN: 13-978-0-9793279-0-2

Yoga and Ayurveda by David Frawley
ISBN 0-914955-81-0

A Life of Balance by Maya Tiwari
ISBN: 0-89281-490-X

Instructors: Sandra Carden, ERYT and professional guests
[UYTT 500: 10 hrs]

Master 500 Level: Therapeutic Yoga consists of one or more meetings of 10 hours, taught by Sandra Carden, with occasional outside professional guests. We explore the medical and therapeutic applications for yoga in the care of cardiac and oncology patients, those experiencing the effects of long-term illness or chronic disease, those recovering from surgeries, or living with debilitating pain or discomfort.

Instructors: Sandra Carden, ERYT and professional guests
[UYTT 500: 10 hrs]

ELECTIVES

Classic 200 Level: No Electives are designated in the 200 hour program.

Master 500 Level: Electives consist of courses of the student's own choice, totaling up to 30 hours, taught by the primary instructor or other pre-approved 500 Level yoga instructor. For instance, additional Anatomy & Physiology offerings, Prenatal Yoga, Yoga for Children, Psychology of Chakra Healing, or other workshops, seminars, or retreats, pertaining to the student's special interests, may be applied as Electives.

Instructors: Sandra Carden, ERYT, or other pre-approved instructor
[UYTT 500: up to 30 hrs]

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COURSE DESCRIPTIONS continued

SANSKRIT

Classic 200 Level: Sanskrit is taught at the 200 Level through reading and writing of the Sanskrit alphabet, proper pronunciation of common nouns and *asana* names, and chanting of the Yoga Sutras.

Recommended text, not required:

The Language of Yoga by Nicolai Bachman, soundstrue.com

Instructor: Sandra Carden

[UYTT 200: 20 hours]

Master 500 Level: Sanskrit scholar Cynthia Snodgrass, Mdiv, offers a 10 hour Sanskrit immersion training specifically for Yoga instructors. She is the founder of the *Sacred Sound Institute* and author of *The Sonic Thread: Sound as a Pathway to Spirituality*. Cynthia has studied Sanskrit extensively with Vyaas Houston of the *American Sanskrit Institute*, and has been a senior teacher of Sanskrit there for many years. Ms Snodgrass is completing her doctoral degree in Sanskrit at Harvard University.

Instructor: Cynthia Snodgrass, Mdiv.

[UYTT 500: 10 hours]

SILENT RETREAT



Master 500 Level: In this Silent Retreat, you will have ample time to sink into your own inner stillness, and to notice what comes to rest in your own mind. Yoga and the reading of *Laya Yoga* and other Tantric texts will ground your practice. We will experience silent meditation, *pratyahara*, *dharana* and *dhyana*, breath techniques, *pranayama*, and *asana* to actuate and support the arousing of *kundalini shakti*. All meals, walks, and other activities are taken in silence, and are therefore an integral part of the practice. Participants meet with a staff advisor for one hour per day for personalized support and direction.

Instructors: Sandra Carden E-RYT 500 and staff. [UYTT 500: 40 hours]

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COURSE DESCRIPTIONS continued

TEACHING THEORY, METHODOLOGY and TECHNIQUE

Classic 200 Level: Chakra-based Theory and Methodology, along with Technique, are essential to the UNION/YOGA 200 Level program, because of our unique method of examining, understanding and teaching yoga from an energetic basis. “Theory” is a lecture component. “Methodology” is an *asana* practice component. “Technique” is practiced at every meeting as students learn the *asanas* themselves, and then learn how to teach them safely and with integrity. We will give substantial emphasis to both analysis of *asana* and physical practice. Meditation practice is included in Technique. Technique does not include other practices outside of traditional yoga. 100 total hours of Technique are required for 200 hour certification. All 40 hours of Theory and Methodology required are achieved by successful completion of the 200 hour program.

Instructor: Sandra Carden E-RYT 500 and staff or other pre-approved instructor(s).
[UYTT 200: 140 hours]

Master 500 Level: “Theory” is a lecture component of 20 hours. “Methodology” is an *asana* component of 80 hours.

Each Theory and Methodology pairing of 100 hours is taught together. “Technique,” which includes, *asana*, *pranayama*, *kriya*, *mantra*, *mudra* and meditation, is covered in 50 hours.

Instructors: Sandra Carden, ERYT, and staff or other pre-approved instructor(s).
[UYTT 500: 150 hours]



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CHAKRA COURSE THEME DESCRIPTIONS

The UYTT themes for Theory, Methodology and Technique are outlined below:

1. MULADHARA CHAKRA I: Earth/Incarnation, Stability & Acceptance
2. SVADHISTHANA CHAKRA II: Water/Fluid Creativity, Sexuality, Sensuality,
3. MANIPURA CHAKRA III: Fire/ Conversion, Assimilation, Purification & Power
4. ANAHATA CHAKRA IV: Air/ Detox, Imbue, Recharge
5. VISHUDDHA CHAKRA V: Ether/ Immunity, Truth, Expression
6. AJNA CHAKRA VI: Space/ Spirit, Wisdom, Intuition
7. VINYASA, ASHTANGA: Heat, Sequencing,
8. MODIFICATIONS for Special Students
9. SUPPORT AND SURRENDER
10. THEORY OF ESOTERIC ANATOMY

YOGA BUSINESS SKILLS

Classic 200 Level: Small business guidelines for yoga teachers are enfolded as lecture within in the 200 hour program. The “business of yoga” entails learning classifications of business, basic accounting methods, and tax requirements for your yoga business. Low-cost, high-impact means of marketing and advertising are explored.

Instructors: Sandra Carden, ERYT 500, and Field Carden, CPA
[UYTT 200: 4 hrs]

Master 500 Level: You will learn more about accounting and taxation software, database management, E-commerce and direct marketing, search-engine optimization, psychology of advertising, ethics in advertising, name and logo creation, design and copywriting, electronic media, print advertising and collateral marketing pieces for the yoga business.

Instructors: Sandra Carden, ERYT 500, and Field Carden, CPA
[UYTT 500: 8 hrs]

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YOGA HISTORY and PHILOSOPHY

Classic 200 Level: 20 total hours of Philosophy/Lifestyle and Ethics are required for 200 hour certification. These hours are met by successful completion of the 200 hour program. Students will discuss the 6,000-year-old history of yoga with emphasis on the blossoming of Tantra. We will study Patanjali's *Yoga Sutras* in both English and Sanskrit.

Please purchase at least one translation of Patanjali's *Yoga Sutras*. This text has been translated by many authors. Our recommendation is to purchase the one(s) that speak to you, with the *Sanskrit* pronunciation and script. Following are a couple recommendations:

Enlightened Living by Swami Venkatesananda
(free download at www.swamivenkatesananda.org or \$11 estimate)
ISBN 1-893099-00-8

The Yoga Sutras of Patanjali by Sri Swami Satchidananda (\$20 estimate)
ISBN 978-0-932040-38-1

Instructors: Sandra Carden E-RYT 500 and staff. [UYTT 200: 20 hours]

Master 500 Level: Literature and Philosophy: 24 hours are required for Master Certification students. We will read several yoga literature classics, and engage in critical discussion of each. Several essays are required, as are written tests.

A. *The Yoga Sutras of Patanjali* We will study this treatise on Classical Yoga, the Yoga Sutra of Patanjali, (ca. 2-3rd century CE) from a lesser-known perspective of non-duality. A written exam and a 2000-word essay are required.

Required texts, not included in tuition: (text costs: approx. \$46 total)

Enlightened Living by Swami Venkatesananda
(free download at www.swamivenkatesananda.org or \$11 estimate)
ISBN 1-893099-00-8

The Integrity of the Yoga Darsana by Ian Whicher (\$35 estimate)
ISBN 0-7914-3816-3

B. *Vijnana Bhairavya* This text from early Tantric teachings, (early 9th century CE) outlines 112 ways to enlightenment. An exam and a 2000-word essay are required.

Required text, not included in tuition: (text costs: approx. \$20 total)

Vijnana Bhairavya or Divine Consciousness by Jaideva Singh (\$15 estimate)
ISBN 81-208-0820-7

or The Yoga of Delight, Wonder, and Astonishment, A Translation of the Vijnana Bhairavya by Jaideva Singh (\$20 used estimate)
ISBN 0-7914-1073-0 or ISBN 0-7914-1074-9

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C. Bhagavad Gita This great spiritual masterpiece is included in the epic *Mahabharata*, and is a core text of Hindu philosophy. We will read two translations and the commentary text by Feuerstein, which gives insight into place and time, and the considerable influence of the BG throughout the ages. A written open-book exam and a 2000-word essay are required.

Required texts, not included in tuition: (text costs: approx. \$55 total)

Introduction to the Bhagavad Gita by Georg Feuerstein (*\$20 estimate for used*)
ISBN 0-8356-0575-2

The Living Gita by Sri Swami Satchidananda (*\$20 estimate*)
ISBN 0-8050-1400-4

The Bhagavad Gita, A New Translation by Stephen Mitchell (*\$15 estimate*)
ISBN 0-609-60550-X

D. Yoga & Ayurveda Yoga and Ayurveda together form a complete approach for optimal health, vitality and higher awareness. This book reveals to us the powers of the body, breath, senses, mind and charkas. It unfolds transformational methods to work on them through diet, herbs, asana, pranayama and meditation.

Required text, not included in tuition: (text costs: approx. \$20 total)

Yoga & Ayurveda: Self-Healing and Self-Realization by David Frawley (*\$20 estimate*)
ISBN 0-914955-81-0

Required texts, listed above (approximate text costs, not included in tuition fee: \$136.00).

Instructors: Sandra Carden E-RYT 500 and staff.

[UYTT 500: 24 hours]

YOGA LIFESTYLE and ETHICS

Classic 200 Level: Yoga Lifestyle Choices establishes guidelines for yoga teachers and is enfolded as lecture and practice within in the 200 level program. We discuss implementation of positive lifestyle choices, including *seva*, community involvement, volunteerism and philanthropy. We discuss the true meaning of diet, and examine relationships, media and work.

We adhere to the Yoga Alliance guidelines for ethical practice. These tenets are discussed, endorsed and upheld. 10 total hours of Lifestyle and Ethics are required for 200 hour certification. These hours are met by successful completion of the 200 hour program.

Instructors: Sandra Carden E-RYT 500 and staff.

[UYTT 200: 10 hours]

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Master 500 Level: Ethical guidelines for yoga teachers at the Master level are offered as a separate lecture module in the Master program.

Required text, not included in tuition: (text costs: approx. \$25 total)

Teaching Yoga by Donna Farhi (\$25 estimate)

ISBN: 10: 1-930485-17-4

Instructor: Sandra Carden, ERYT 500

[UYTT 500: 6 hrs]



Note: Courses may change without notice.