

# THE KAIVALYA YOGA METHOD

## Course Syllabus for The Kaivalya Yoga Method® 500 Hour Teacher Training Program

This syllabus outlines what you can expect in each of the seven courses within The Kaivalya Yoga Method® Teacher Training.

**The Introduction** module helps you get oriented and allows you to share an introduction video—both so we get to meet you, and so you become comfortable with the video creation and upload process.

This module covers the following topics:

- A Welcome and Introduction to the training and The Kaivalya Yoga Method
- Expectations & Ethics
- How to Connect with Us (your mentors)
- Introductions to Alanna Kaivalya and the Mentors
- Outline of Homework and Required Reading

Approximate number of assignments (video or document upload): 1

Approximate hours to complete this module: 6

**The Anatomy & Alignment** module is a comprehensive look at both topics through an exclusively yogic lens. You learn key muscle, bone, joint and connective structures along with terms of movement and alignment principles that foster both understanding and the safe application of asana for a wide range of considerations and abilities.

This module covers the following topics:

- Anatomy for Yoga
- Basic Alignment Guidelines
- Alignment Guidelines: Standing Postures
- Alignment Guidelines: Backbends
- Alignment Guidelines: Core Postures
- Alignment Guidelines: Forward Folds
- Alignment Guidelines: Supine Poses
- Alignment Guidelines: Inversions & Arm Balances

Approximate number of assignments (video or document upload): 8

Approximate number of comprehensive tests: 3

Approximate hours to complete this module: 94

**The Vinyasa, Sequencing & Subtle Body** module covers the essentials of how to safely sequence a vinyasa class, and takes this knowledge further by giving you the insights

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necessary to sequence in accord with the more esoteric and energetic principles that fuel yoga's transformational power. Through learning the subtle anatomy (including in-depth work with the chakras and koshas) you gain an experiential understanding of the deeper layers of the body that will fundamentally shift how you harness the power of asana practice.

This module covers the following topics:

- Safe Sequencing
- Sequencing for the Subtle (Energetic) Body
- Prana, Pranayama & Bandhas (breath, the movement of breath and how to control it)
- Maya and the Koshas (layers of the body)
- Chakras: The Seven Sacred Energy Centers
- Safe Vinyasa Sequences for the Subtle Body

Approximate number of assignments (video or document upload): 6

Approximate number of comprehensive tests: 2

Approximate hours to complete this module: 114

**The Teaching Technique, Building a Business & Being a Professional** module gives you the tips, tools, technique and strategies you need to develop and hone your skills as an exceptional yoga instructor. Through refining your cues, to developing a well-rounded class to utilizing the power of the web and increasing your business acumen, this module provides everything you need to set yourself apart from the crowd and get your foot in the door, not to mention leading stellar classes that students will not forget.

This module covers the following topics:

- How to be a Good Student/How to be a Good Teacher
- Putting Together a Complete Class
- Effective Cueing Strategies
- Before Class, During Class & After Class
- Business of Yoga
- Building Your Community (Branding, Etiquette, Execution)
- Utilizing the Power of the Web (Strategies)

Approximate number of assignments (video or document upload): 4

Approximate number of comprehensive tests: 1

Approximate hours to complete this module: 66

**Modules 1, 2, and 3 constitute the 200 hour portion of The Kaivalya Yoga Method Teacher Training Program.**

**The Art of Adjustments** module presents the essential skills of connecting with students through hands-on adjustments. Whether it be to deepen a posture, modify it for a beginner or

address a specific issue, you learn what is required to deliver adjustments that allow you to profoundly connect with students on a variety of levels.

This module covers the following topics:

- Introduction to Adjustments and Essential Techniques
- Ethics of Hands-On Adjustments
- Basic Adjustments
- Vinyasa Adjustments (adjusting someone through a sun salutation)
- Standing Pose Adjustments
- Balance Pose Adjustments
- Twisting Pose Adjustments
- Forward Bend Adjustments
- Back Bend Adjustments
- Inversions Adjustments
- Shavasana Adjustments

Approximate number of assignments (video or document upload): 8

Approximate number of comprehensive tests: 1

Approximate hours to complete this module: 63

**The Philosophy, History & Theming** module develops the skills and lexicon you need in order to convey complicated yoga philosophy with ease and finesse to a modern day audience. You come to understand how the history of yoga has developed and how each one of us is moving it forward and honoring the timeless tradition today. Through your study of essential yoga texts, you learn what it takes to embody the core philosophy of yoga and become a yogi living in the modern world, as well as how to give compelling dharma talks. This module also gives you the skills necessary to build your classes around a theme in order to educate the body, mind *and* spirit of the students who come to your classes.

This module covers the following topics:

- History of Yoga
- Yoga Sutras
- Bhagavad Gita
- Hatha Yoga Pradipika
- Developing Dharma Talks
- Online Practicums of Yogic Texts

Approximate number of assignments (video or document upload): 4

Approximate number of comprehensive tests: 4

Approximate hours to complete this module: 61

**The Meditation, Myths & Mantras** module covers the power of sacred sound and the profound practice of meditation. This course not only teaches you how to develop your own meditation practice, but also how to teach a variety of meditations to others. You learn the significance of Sanskrit, mantra and chanting while going through their corresponding myth and meaning. Included in this module are both of Alanna's books: *Sacred Sound: Discovering the Myth and Meaning Behind Mantra and Kirtan*, and *Myths of the Asanas: Stories at the Heart of the Yoga Tradition*.

This module covers the following topics:

- Basic Sanskrit Pronunciation
- Basic Mantras and How to Say & Teach Them
- Basic Chants How to Say & Teach Them
- Why Myth is Important
- The Power of Yogic Myth & Storytelling

Approximate number of assignments (video or document upload) : 5

Approximate number of comprehensive tests: 3

Approximate hours to complete this module: 39

**The Final Teaching Culmination** module represents your successful completion of all other modules in The Kaivalya Yoga Method Teacher Training and your readiness to demonstrate your teaching skills. This final module gives you the opportunity to test your comprehensive knowledge of all the topics covered in the program, and also asks you to upload a video of you teaching a full 60 minute class in The Kaivalya Yoga Method. Upon successful completion of this course, you are officially a certified Kaivalya Yoga Method Instructor.

This module covers the following topics:

- Ethics Agreement
- Class Log
- hOmeWork Upload and Evaluation
- 60 Minute Practice Led by Alanna Kaivalya (video)
- 60 Minute Class Upload and Evaluation

Approximate number of assignments (video or document upload): 8 (including a 60 minute class video)

Approximate number of comprehensive tests: 1

Approximate hours to complete this module: 54

The **hOMework** for this course is to be done on your own time. It includes elements that need to be uploaded in the **Final Teaching Culmination** module including:

- Required Reading:

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- *The Yoga Sutra* with Commentary by Swami Satchidananda
  - This version is available in Kindle format from amazon.com for \$0.99. However, if you already have a version of The Yoga Sutra, or would prefer to download one of the many free versions available, that will suffice for this course.
- *The Bhagavad Gita* with Commentary by Ecknath Easwaran
  - This version is available in Kindle format from amazon.com for \$5.99. However, if you already have a version of The Bhagavad Gita, or would prefer to download one of the many free versions available, that will suffice for this course.
- [\*Myths of the Asanas: Stories at the Heart of the Yoga Tradition\*](#) by Alanna Kaivalya & Arjuna van der Kooij
  - This version is available in Kindle format from amazon.com for \$8.69 and is part of the **Meditation, Myths and Mantras** module.
- [\*Sacred Sound: Discovering the Myth and Meaning Behind Mantra and Kirtan\*](#) by Alanna Kaivalya
  - This version is available in Kindle format from amazon.com for \$9.99 and is part of the **Meditation, Myths and Mantras** module.
- Four Book Reports on the following topics:
  - Yoga Sutra
  - Bhagavad Gita
  - Myths of the Asanas
  - Sacred Sound
- Two Class Sequence Scripts for a 60 minute vinyasa class including the following:
  - Dharma talk clearly introducing the theme of class
  - Progression of asana complete with sample cues
  - Notations of how you would verbally refer/return to the theme
  - Playlist
- Take 25 classes in The Kaivalya Yoga Method on YogaDownload.com

Approximate number of hours to complete the **hOMework**: 60

**Modules 4, 5, 6, and 7 constitute the 300 hour portion of The Kaivalya Yoga Method Teacher Training Program.**

**Together, all these modules constitute the 500 hour Teacher Training Program with The Kaivalya Yoga Method.**

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**Moving through the 500 hour Kaivalya Yoga Method Teacher Training:** The course path suggests that you move through the modules in the order listed above. Upon registration for the 500 hour program, the **Introduction** (module #0) helps you get oriented and allows you to share an introduction video – both so we get to meet you, and so you become comfortable with the video creation and upload process. Though the course path above is suggested in order to develop your skills from the ground up and build a foundation before moving into more esoteric principles, you are also welcome to do modules in any order you choose. All modules must be successfully completed (materials viewed, assignments and tests successfully passed) before access to the **Final Culmination** (module #7) is granted. At that time, the final touches on your teaching skills are honed and refined. Once you pass the final tests and assignments in module #7, you are officially a 500 hour certified Kaivalya Yoga Method Teacher, and you are able to upload your information into our registry.

\*\*Hours given for each module are approximate and vary depending on individual user's interaction with the coursework. Assignments and tests are approximate and may change as we continue to enhance and develop the overall program.

\*\*Video assignments generally request approximately a 5 - 10 minute video, except for the final culmination test which is a 60 minute class. Document assignments are anywhere from approximately 150 - 500 words long.