

ABOUT THE PROGRAM

The Rising Sun Yoga Teacher Training Program teaches that the true purpose of "yoga" is more than just physical movement. It is about the body, the breath, the mind, the spirit. We teach physical postures and alignment principles, safe transitions, entering and exiting a pose, meditation, how to teach, breathing and relaxation techniques, therapeutic yoga and yoga philosophy, but it is more than that.

We teach you how to reach a state of quiet within to quell the mind chatter approximating peace as outlined in the traditional Yogic texts. It is a Teacher Training Program that presents information specific to anatomy and physiology, asanas, and the breath from a very physical perspective to those same topics looked at from an energetic and spiritual perspective. We look at philosophy as we unite the teachings of Yoga and its eight limbs with other steeped-in-history philosophies such as Advaita Vedanta, and contemporary teachings from other sources.

If you have even the slightest inclination that there's more to yoga than toned arms and a strong core (which we will learn in detail), come learn of the teachings and experience the power born from the combined power of these holy ideologies.

WHAT WE'LL COVER: THE REAL MEANING OF YOGA

yogaś citta vṛtti nirodhaḥ
(yogaścittavṛttnirodhaḥ)

Yoga is the stilling of the fluctuations in the heart-mind

Twenty-four hours a day, our mind makes a mistake that gives birth to every unhappiness we have ever known: the mistake of thinking that our world and everything in it, including ourselves, is "out there," with some nature of

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its own that is separate from us and our perceptions. As a result, we think that the world happens TO us.

The practice of yoga, in all of its aspects, reverses this inceptive and colossal mistake by employing wisdom...of the ancient sages and the contemporary masters: that every single person, place, and thing we experience is ever the result of our karma and our projections, our past and our present. The two become our projections which make our perceptions. What this means is that our world is actually coming FROM us, so we in fact have the power to change it and create our own experiences.

We can be more than just victims of "luck", "chance," or "circumstance." When we fail to realize this elementary truth, our lives are plagued with the frustrations and unhappiness that most of us experience every day; everything from the irritation of missing an appointment to the deep sadness of losing a loved one to the common experience of 'road rage'.

By combining the practice of Wisdom (breathing, withdrawing inwards, concentrating, meditating), with that of Asana (postures), we can actually begin to eliminate the unhappiness in our lives. Ultimately, through the practice of Yoga, or innumerable other methods, we can change our minds, our direction, our feelings, our attitudes, our bodies, and hence our personal worlds starting with...

1. The 8 Limbs of Yoga as outlined by Patanjali

Yamas: the ethical and moral restraints that prevent the creation of negative karma

Niyamas: the ethical and moral freedoms that ensure the creation of positive karma

Asanas: the physical postures through which the practitioner's ethical and moral life is made tangible (what most people think of as "yoga")

Pranayama: the breath, the life force, the energy that sustains all, the instructions that allow the practitioner to move inwards and upwards

Pratyahara: the invisible but profound shift from outer awareness to inner

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quietude

Dharana: the unsteady maintenance of holy concentration

Dhyana: the steady maintenance of that same concentration

Samadhi: the uninterrupted state of said concentration

and continuing with the...

2. **Yoga Sutras** of Patanjali
3. **Hatha Yoga Pradipika** as outlined by Master Svamarama
4. **Bhagavad Gita** as outlined by Eknath Easwaran
5. **Kriyas** the cleansing practices of yoga
6. **Sanskrit** - the inner sound of yoga
7. **Sequencing** - the outward dance of creation
8. **Alignment** - making sure everything is where it should be
9. **Hands-on Assisting** - skillfully moving the subtle energy of another
10. **How to Give of Oneself** - the art of in-class, one-on-one personal assists
11. **Subtle Body Anatomy** - a Being of Light
12. **Physical Body Anatomy** - the flesh, the blood, the bones
13. **Mantras & Chanting** - working with your inner winds and prana by surrendering to the holy syllables of the Divine
14. An in-depth study of **Ayurveda** by one of the best, **Sonam Targee**

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15. A Yoga Teacher Training Manual
16. Certification via a Yoga Alliance Certified School
17. And more....