



200HR YOGA TEACHER TRAININGS PROGRAM

Asanas

The asanas studied during the 200hr teacher training are accompanied by an introduction to the principles of alignment, their meaning and functionality. The program and the subsequent subdivision in sections follow a specific methodology of our school that combines the analysis of the anatomical alignments with their psychic and emotional qualities, highlighting the link with some key terms of the Indian cultural sphere (Chakra, Dosha) and the application of these qualities within the contemporary world. This way to see things is the same as in the "Asana" section of the basic school text: Hari Yoga, by M. Mandrino.

In addition to individual asanas, during the Hari-om 200hr teacher training, a basic sequence, its logic and possible asana variations or replacements, is studied and analyzed. Vinyasa's art and logic, such as Marjariasana and Surya Namaskara, or fluid passages from one asana to another, are another peculiarity of Hari-om's dynamic approach to yoga asana.

ALIGNMENTS

ASANA FUNDAMENTALS AND STANDING ASANAS

The responsibility

- Tadasana
- Adho Mukha Svanasan
- Virabhadrasana I
- Virabhadrasana II
- Virabhadrasana III
- Utthita Parvasakonasana
- Utthita Trikonasana
- Utkatasana

STANDING ASANA FOR BALANCE

The equanimity Upekkha

- Vrksasana
- Garudasana
- Ardha Chandrasana
- Utthita Hasta Padangustasana

ASANAS FOR MEDITATION AND RELAXATION

The compassion Karuna

- Savasana
- Siddhasana and Sukhasana
- Brahmasana

ASANAS WITH TORSO BENDING BACKWARDS

Empathic joy Mudita

- Bhujangasana
- Urdhva Mukha Svanasana
- Salabhasana

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- Dhanurasana
- Supta Virasana
- Matsyasana
- Setu Bandha Sarvangasana

ASANAS WITH TORSO BENDING FORWARD AND LEGS EXTERNAL ROTATION

Metta Loving kindness Metta

- Uttanasana
- Parsvottanasana
- Prasarita Padottanasana
- Baddha Konasana
- Gomukasana
- Pachimottanasana
- Janu Sirsasana
- Upavista Konasana
- Adho Mukha Virasana

ASANAS WITH TWIST

The Change

- Parivritta Parsvakonasana
- Parivritta Trikonasana
- Parivritta Ardha Chandrasana
- Ardha Matsyendrasana
- Jathara Parivartanasana

ASANAS FOR STRENGTH

The discipline Tapas

- Navasana
- Chaturanga Dandasana

INVERTED ASANAS

Beyond fear

- Salamba Sarvangasana
- Halasana
- Sirshasana

VINYASA

Follow the flow

- What is Vinyasa?
- Marjariasana
- Surya Namaskara

The following aspects of each asana are analyzed:

- Alignment points;
- Common mistakes;
- Possible simplified or advanced variations;
- Physical benefits;

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- Contraindications;
 - Influences on the mind-body system;
 - Influences on Chakras;
 - Influences on Dosha.
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Pranayama

Hari-om's practical and theoretical approach allows the student to look at Pranayama from many points of view: the energy or vital flow is analyzed in its historical and theoretical meaning, but also immediately applied through techniques which involve the use of diaphragms, concentration and mental presence. The breathing cycle and the basics of the respiratory system are part of the general presentation of Pranayama as well as the breakdown into the 5 traditional types of energy flows or Vayu and the Bandhas.

The program is divided into different modules, each comprising a practical part, in which participants are guided to experiment directly with Pranayama techniques, and a theoretical one, which explains the historical-cultural origins of practices and their psycho-physical effects.

As for asanas, the following aspects of the different Pranayama techniques are described:

- Different approaches and teaching;
- Physical and psycho-physical benefits;
- Contraindications;
- Influences on chakras;
- Influences on Dosha.

The Pranayama

- What is meant by Prana;
- The 5 main types of Prana (Prana, Apana, Vyana, Samana, Udana);
- The breath cycle;
- Bandhas;
- Good rules for practicing Pranayama.

Basic Techniques; Balancing or soothing techniques

- Apa Japa;
- Ujjay;
- Nadi Shodana;
- Anuloma;
- Viloma;
- Sheetali and Seetkari.

Energizing and heating techniques; Advanced techniques

- Kapalabhati;
 - Bhastrika;
 - Samavritti and Asamavritti;
 - Agni Sari;
 - General guidelines for advanced techniques;
 - Review of all the techniques and focus on Pranayama teaching
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Teaching Techniques

During the Hari-om 200hr teacher training, you will be studying teaching. You will dive into the art of teaching through different approaches that highlight the abilities of each one. Discovering your linguistic, camouflage, kinetic, creative, logical, poetic skills, etc. will represent a good part of the lessons that Hari-om reserves to practice teaching, in order to allow students to emphasize their personality as a teacher. Learning to communicate the principles underlying the various sequences, Vinyasa, Pranayama, meditation, as well as learning to dialogue with students - a teaching ethics - are the main points of this section.

In short, these are the arguments:

- Lessons on the art of teaching and comparison with different types of intelligence;
- Yoga and the Ethics of Teaching;
- Practical tips for the first steps as a teacher: from the didactic and bureaucratic-administrative point of view.

Through this part of the program, we provide the necessary information to start teaching professionally, effectively and satisfactorily as soon as the Hari-om Teacher training is completed.

Philosophy and Yoga History

Some lessons on philosophy and Yoga history are part of the 200hr yoga teacher training. This section allows you to understand the historical-cultural origins of yoga and to project this knowledge into the context of contemporary life. Observing the similarities among the different traditions, cultures and philosophies that studied the body-mind relationship and the interdisciplinarity of their methodologies and techniques is one of the strengths of Hari-om Yoga School. More generally, the absence of dogmatism, the openness to syncretism, and the adherence to the universality of awareness-centered approaches is the basis of Hari-om cultural system.

These, in summary, are the main arguments:

- Historical facts about the origins of Yoga;
 - What is Yoga: an analysis of the different Yoga systems and their origins;
 - Yamas and Nyamas: or the relationship with the self and ethics towards others;
 - Introduction to Samkhya: Purusha / Prakriti, evolution / involution and liberation path;
 - Ashtanga: the eight stages of Yoga. Comparison with different classical and tantric traditions;
 - Karma Yoga: The Way of Action; Bhakti Yoga: the way of devotion; Jnana Yoga: the Way of Knowledge;
 - Introduction to Tantra: the Tantric Vision of Spirituality and Sexuality; Divinities and their qualities; The Vama and the Dakshna Marga; Ritualism and techniques;
 - Points of union between the various mystical and spiritual traditions.
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Subtle physiology

Subtle physiology is definable as the field of knowledge that deals with subtle bodies and energies and which is rooted in various non-only-Indian spiritual traditions. It is a path that calls for the human being to be considered as an ever-increasing force of power that unites seamlessly vital and psychic mental

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functions. Yoga is certainly an area where this kind of knowledge can be put into practice through a set of techniques geared to a holistic state of mind-body system.

The following are the main subjects:

- Nadi or the energy channels that cross the human body; Yogic techniques that increase their energy contribution;
 - Chakra Definition: The 7 Evolving Chakras;
 - Kosha or energy shells: how they interact with the three bodies and chakras;
 - The relationship between Hatha Yoga and Chakra and more generally with the psycho-physical well-being of the individual;
 - Kundalini / Shakti: methods and techniques for awakening.
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Mantra and Mudra

During the Hari-om 200hr Yoga teacher training, you will be studying the value of sound-vibration and more specifically the repetition of mantras.

These are the main contents:

- Om as the original vibration of the world;
- Sound and Yoga: Nada Yoga principles;
- The Bija Mantra or original sounds;
- Traditional mantras;
- The practice of the Kirtan (devotional song).

Mudras are another important topic of the Hari-om Teacher Training, as they represent one of the ways to gain access to the close connection between beauty and presence, form and content.

A first theoretical approach - an overview of the origin, use and traditional features - follows a more detailed analysis of some hands and head mudras with indications of benefits and techniques.

The hand Mudras considered are the following:

- Jnana / Chin
- Anjali
- Dhyana
- Bhairava / i
- Padma
- Abhaya
- Matangi
- Uttharabodhi
- Shiva Linga
- Ksepana
- Garuda

And some head mudras:

- Kechari
- Shambhavi

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In these lessons, as with most of the course subjects, the immediate experimentation of theory is the peculiarity of the Hari-om method.

Consciousness and Meditation: The Relationship of the Mind, the Nervous System and the Body

Meditation, or Dhyana, is a key topic of the Hari-om teacher training.

During Hari-om yoga teacher training, we will be focussing on the meaning of meditation, on how this practice has manifested itself in the history of cultures, and on its effects on mind and body from both a scientific and subtle physiology points of view.

This historical-philosophical-cultural approach is complemented by the analysis and experimentation of some of the most well-known meditation techniques, using tools such as breathing, mantra, visualizations, chakras, major Nadi, sound and senses.

Most of the meditation approaches taught during the 200 and 300hr Hari-om teacher training are Kriya Yoga, Raja Yoga and Kundalini techniques, but also practices close to the Buddhist and Zen traditions.

The relationship between the mind, body, and nervous system allows us to enter into the benefits of the gift that meditation gives us. Understanding how our mind and the nervous system work, allows the students to perceive the labile boundary that separates the various practices that lead to the deliberate conscience of the present, observing actively and without judging the different forms of thought, emotions and feelings that pass through the body-mind system.

Following are the points taken into consideration:

- Meditation: brief history and cultural aspects of the term;
 - Meditation: the various techniques in different cultures;
 - The nervous system: its functioning in relation to yoga and meditation;
 - How to teach meditation and the simplest tips to make everyday life an active field for meditation and living the present more peacefully.
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The Holistic Life: From nutrition to Good Daily Habits Passing Through Ayurveda

Bringing a bridge between western and eastern thinking means meeting holistic disciplines. Olos, totality in Greek, indicates a multidisciplinary approach to knowledge and, in particular, to complex systems. The "human system" is one of the most significant examples to investigate for its complexity and functioning: man as the interrelationship between body, mind and the environment as a whole is a good example to explore the richness of the relationship between everything and the individual parts. The search for a balance within the complex human system is at the heart of many Oriental thoughts. How to reconcile the knowledge that comes from our Western education, the "lifestyles" of the system we are immersed in, and these non-analytical, rhymomatic, and often implicating an active dialogue between ethics, medicine, psychology and self-knowledge?

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The 200hr Hari-om teacher training provides basic information to get closer to the yoga world as a holistic system. Students are invited to enter the dense mesh of Ayurveda and other holistic thoughts (oriental and non-oriental) in which the self is the indispensable fulcrum that determines the beginning of the research. The urgency of everyday life, its rituals related to food and personal hygiene, physical exercise and meditative spaces for study and pleasure of meeting with the self are the cornerstones of this interdisciplinary approach to living and seeking a conscious balance.

From these premises, the student is invited to reflect on his "yogic lifestyle", the opportunity to share it with the people who form his community and project it towards the society in which he lives.

In broad terms, the following topics are covered:

- Everyday living
 - The "yogic lifestyle": how to apply yogic knowledge to everyday life;
 - Holistic disciplines and the Western world;
 - Ayurveda, a 360° world to deal with the self and others
 - Nutrition as a daily practice to balance body and mind.
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Introduction to Yoga Therapy

During Hari-om yoga teacher training, an introduction to Yoga therapy is also planned.

The main topics covered are the following:

- Definition of yoga therapy as indicated by the International Association of Yoga Therapists (IAYT) and general overview on the structure of the yoga therapy path;
 - Skills needed to practice yoga therapy;
 - Key features of a good yoga therapist.
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Anatomy

The anatomy and physiology of the human body are developed through a detailed program that starts from the observation of the various systems that structure the human being to the complex interrelations between muscles, joints, breath and mind in the execution of movements and asanas.

The study of anatomy during the Hari-om Teacher Training is a starting point for the student to understand the alignments, benefits, and contraindications of the different postures and movements underlying them, as well as the biomechanical functioning of the Human body and the repercussions on the body-mind system. The immediate experimentation of these notions, the application of the anatomy foundations to asanas, and more generally, to the movement, is one of the aspects of the Hari-om method.

Following are the main topics which will be discussed:

The world within our body / the human body

- The human body system;
- Muscles: Muscle Chains; The connective tissue;
- The relationship between the muscles: agonists, antagonists;
- Mechanics of muscles: isometric, concentric, eccentric contraction;

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- Technical analysis of a series of asanas.

The language of anatomy

- Planes and axes of movement;
- Mobile joints (diarthroses) and joint mobility;
- Respect the Range of Motion;
- The spine and posture;
- Technical analysis of a series of asanas.

Principles of Movement applied to Yoga asana

- Starting the movement from the spine and connecting it to the big joints (shoulder, hip);
- Control and coordination of movement: the fluid strength of the "core", flexibility and endurance;
- Stabilization, rooting through supports;
- Tension and compression: how to recognize them in practice, avoid damage, tear, injury;
- Technical analysis of a series of asanas.

The vast field of the nervous system and the respiratory system are an integral part of the lessons specifically related to the relationship between meditation and mind on one side, and pranayama and breathing cycle on the other.

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