



300HR YOGA TEACHER TRAININGS PROGRAM

The 300H YTT program is for those who have already a 200H YTT diploma.

The 300H diploma allows to achieve a total of **500H** (200H + 300H) and to register with **Yoga Alliance** for the 500H certificate.

Hari-Om 300H diploma is split in two different paths, one for those who have completed the 200H with Hari-Om and one for those who got their 200H diploma with a different YA certified school. Those who come from a different school are required to do part of Hari-Om 200H program. Each school has a different approach to teaching in terms of both contents and methodology. Reviewing some of the topics will result in added knowledge and, at the same time, it's an essential foundation to further your studies in our school. In short:

1. Students with a 200H diploma from another YA certified must:
 - Attend part of Hari-Om 200H YTT;
 - Attend **Module A** of Hari-Om 300H YTT.
 2. Students with Hari-Om 200H YTT must:
 - Attend **Module A** Hari-Om 300H;
 - Attend **Module B** Hari-Om 300H.
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300hr - Module A

Asanas

In the "Asana" section of Hari-om 300hr yoga teacher training, the school uses the methodology of the first two years. In particular, each posture is accompanied by an introduction to the principles of alignment, their meaning and functionality. The program is divided into sections that combine analysis of the anatomical alignments with their psychic and emotional qualities, highlighting the link with some key terms of the Indian cultural context (Chakra, Dosha) and immediate 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.

ALIGNMENTS

ASANA WITH BUSINESS FLASHING ON THE INSIDE

Empathic joy Mudita

- Ustrasana
- Urdhva Dhanurasana
- Eka Pada Raja Kapotasana I, Eka Pada Raja Kapotasana II
- Hanumanasana, Eka Pada Raja Kapotasana IV

ASANA WITH TORSO BENDING FORWARD AND LEGS EXTERNAL ROTATION

Loving kindness Metta

- Kurmasana

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- Krounchasana
- Triang Mukhaikapada Pashimottanasana

ASANAS FOR STRENGTH

The discipline Tapas

- Bakasana, Parsva Bakasana
- Vasisthasana
- Eka Pada Kundinyasana I, Eka Pada Kundinyasana II
- Tittibasana
- Astavakrasana

ASANAS IN INVERSION

Fear

- Adho Mukha Vrksasana
- Pincha Mayurasana

The following aspects of each asana are analyzed:

- Alignment points;
- Common mistakes;
- Possible simplified or advanced variations;
- Physical benefits;
- Contraindications;
- Influences on the mind-body system;
- Influences on Chakras;
- Influences on Dosha.

It is possible for each teachers to add other postures and propose intense and/or simplified variations.

Sequence

How to build a yoga sequence.

After learning to build a basic sequence, Hari-om 300 hr teacher training students are dedicated to the discovery of sequences directed to specific physical and psychoanalytic needs, focusing on certain anatomic parts or or group of asanas, on the rebalancing of deficiencies or excesses related to Chakra, Dosha, or particular physiological deficits.

During this training, students are invited to understand the logic of creating specific sequences that include asanas, pranayama, meditation, and so on. In particular, they are invited to think how to select a specific focus / theme (within the yogic tradition such as Chakra, Nyama, Dosha, or in general as related to the field of senses, or elements in the various fields of knowledge: literary, Etc.) and then develop the chosen topic for the duration of an entire lesson. Through theoretical and narrative ideas, the use of historical references (before, during or after the execution of asanas), mix of pranayama movements and techniques, meditations and visualizations, the student receives a complete set of information useful to define the Teacher own personality and design the lessons on his/her own characteristics.

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Adjustments and the use of Props

During the Hari-om 300hr yoga teacher training, you will have some lessons on props and adjustments. Although the predominant feature of Hari-om practices resides essentially in the dynamic sequences of Vinyasa, the school allows 300hr students to fine-tune the ability to teach through simple supports and tools such as walls, bricks, belts, etc., expanding their own view at more static techniques like Iyengar Yoga, Restorative Yoga or Yin Yoga.

With the same purpose, 300hr students are invited to study the art of adjustments, through a detailed analysis of the main asanas studied and those examined during the first two-year period. In particular, students learn to simplify, refine, stabilize, or intensify asanas through different types of tactile indications, with great focus on teaching ethics. Some of the fundamental critical points of alignment are taken into consideration as well as the relationship between the practitioner and the teacher.

Below is the list of asanas considered in this section:

IMPORTANT ASANAS

- Tadasana
- Adho Mukha svanasana

STANDING ASANAS

- Virabhadrasana I and Halanasana (Ashta Chandrasana)
- Virabhadrasana II
- Virabhadrasana III
- Ardha Chandrasana
- Utthita Trikonasana
- Utthita Parvaskonasana

ASANAS WITH TORSO BENDING FORWARD AND HIPS EXTERNAL ROTATION

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

ASANAS WITH TWIST

- Parivritta Trikonasana
- Parivritta Parsvakonasana
- Partaged Ardha Chandrasana
- Jatar Parivartanasana
- Ardha Matsyendrasana
- Parivritta Janu Sirsasana

ASANAS FOR STRENGTH

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- Navasana
- Chaturanga Dandasana
- Bakasana
- Vasistasana

ASANAS WITH BACKWARD BENDING

- Bhujangasana
- Salabhasana
- Dhanurasana
- Supta Virasana
- Ustrasana

STANDING BALANCE ASANAS

- Vrksasana and Ardha Baddha Padmottanasana
- Utthita Hasta Padangustasana
- Garudasana

INVERTED ASANAS

- Salamba Sarvangasana
 - Halasana
 - Sirshasana
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Yoga Philosophy

During the Hari-om 300hr yoga teacher training, the teaching of Yoga's history and philosophy is continued, deepening some of the topics discussed in the first two-year course and expanding its look to comparative studies and the relationship with the contemporary world.

Among the content covered are:

- Jnana Yoga, the Way of Knowledge and the Relationship with the Other "Ways": Karma and Bakthi Yoga;
 - Buddhism and Yoga: points of contact on the concept and practice of ethics, equanimity and compassion;
 - Yoga and Relationships: how to integrate the teachings of Yoga, and Eastern spirituality, within everyday life;
 - Subjects common to various mystical and spiritual traditions with particular attention to the Yogic, Christian, Hebrew, Taoist, Buddhist and Islamic traditions;
 - Yoga in Contemporary Arts: Literature, Cinematography, Visual Arts.
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Kriya and Prana Vidya Yoga

Although the word Kriya already appears in the Patanjali Yoga Sutra, and the main concepts are present in the Bhagavad Gita of Sri Krishna, it is through the mythological figure of Babaji Maharaj and his disciples that a series of techniques for the purification of mind and body are defined as "Kriya" (action). The denomination "Kriya Yoga" then gets to the western world mainly thanks to the systematization of

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concepts and a series of practices taught by the famous masters Paramhansa Yogananda and Swami Kriyananda.

Originally, they were sequences secretly communicated from master to student, but today they can also be considered accessible practices for those who attend the world of yoga outside of an esoteric approach to this discipline.

The Hari-om lesson on Kriya sequences draws on the historical premise of the phenomenon, but focuses on some of them by declining the structure and the possible effects on the person. Given the profound value of the relationship movement-breathing often raised in many of these "actions", the lesson also looks like an enrichment on the theme of "Prana's Knowledge" (Prana Vidya) directly applied to body movements, Bandha, Mudra and visualizations.

Teaching Techniques

Along with the overhaul of the topics discussed above, during the 300hr Hari-om yoga teacher training, students will keep on studying teaching techniques and ethics in teaching.

These, in summary, are the main subjects (new insights and arguments):

- "Yoga outside the mat": the importance of exporting personal practice and discipline (Sadhana) beyond the protected space of the yoga shala;
- Individual lessons: learning to design and manage classes devoted to individuals and psycho-physical needs;
- Yoga Nidra techniques: concepts and practice on the development of an ancient method to relax the nervous system.
- Asthanga Yoga: The Basics of a practice built on Patanjali's "Eight Steps" in Yoga Sutra, systematized in the Twentieth Century by Tirumali Krishnamacharya and Sri K. Pattabhi Jois. Analysis and practice of the initial series: First Series (Yoga Chikitsa) and Second Series (or Intermediate Series, Nadi Sodhana), the look (Drishti) and Bandhas; hints on the Advanced Series (A / B / C / D, Sthira Bhaga).

The 300hr Hari-om teacher training approach is characterized by a series of technical and theoretical insights on teaching as well as simple and pragmatic suggestions to immerse yourself in the profession of teacher in today's society.

Origin of Movement

It is usual that once we start the journey through the mind-body relationship, we realize the universality of the issue of movement. Many disciplines, even distant from each other, have been designed to reconcile with the origin of the movement, to rejuvenate the body and mind to a functional, efficient, and elegant movement. From the Feldenkrais method to dance, from the principles of Laban / Bartenieff to certain practices of experiential anatomy, many enthusiasts of the "human body machine" have codified approaches applied to the awareness of movement.

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During the 300hr Hari-om teacher training, students are confronted with some of these applied theories, instantly experiencing the interiorization of the movement, the possible blockage of some physical parts or the origin of creativity and Implied beauty in an effective movement.

Contemplation Day

One of the peculiarities of the 300hr Hari-om teacher training is the "Contemplation Day": one or more days devoted to contemplation through interdisciplinary practices of meditation, creativity and free bodily expression.

Within this time, the student is invited to listen to the present through encountering reality. The meaning of Pratyahara is realized through practices that "bring in" and favour the act of perceiving. From contemplation with creative means (such as painting) to bodily movements, from gesture as a vehicle for beauty, the use of Nada Yoga and sound vibration, the Contemplation Day is a moment of immersive and expressive potential. The contact with the self, with the surrounding environment and people sharing the same path, are heightened by the practice of these contemplative experiments, where silence is the flying carpet on which to move on, listen, and perceive.

Prenatal Yoga

During pregnancy, women often decide to devote some time to themselves and to undertake a journey into awareness. For those who are already along this path, yoga can become the main tool to deepen the knowledge of the mind-body relationship. Taking a serene contact with the mystery of life, that grows visibly in the body and sensibly throughout the person, can be one of the gifts that yoga offers to pregnant women.

Without having any special requirements, the 300hr Hari-om yoga teacher training offers a basic approach to the subject of prenatal yoga from an anatomy and personal point of view.

In particular:

- Major physiological changes on the pregnant woman's body in the different trimesters;
 - Asanas, pranayama and relaxation techniques for pregnant women in the different trimesters;
 - Benefits and contraindications of yoga practice during pregnancy;
 - Use of props and visualization techniques to contact the fetus;
 - How to teach to a pregnant woman in a group lesson or how to tackle individual lessons.
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Example of Schedule 300H Mod. A Yoga Teacher Training

Teachers: Teacher 1, Teacher 2

Day	Practice	Lessons	Subjects
1	Am Teacher 2	Teacher 1	Yoga&Zen
	Pm Teacher 1	Teacher 1	Yoga in Contemporary arts

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2	Am Teacher 1	Teacher 2	Alignments: back and forward bends
	Pm Teacher 2	Teacher 2	Prenatal Yoga
3	Am Teacher 2	Teacher 1	Jnana Yoga
	Pm Teacher 1	Teacher 2	Origins of movement
4	Am Teacher 1	Teacher 2	Ashtanga Yoga
	Pm Teacher 2	Teacher 2	Adjustments 1
5	Am Teacher 2	Teacher 1	Use of Props 1
	Pm Teacher 1	Teacher 2	Use of Props 2
6	Am Teacher 1	Teacher 1	Kriya Yoga and Prana vidya
	Pm Teacher 2	Teacher 2	Alignments: strength asanas and inversions
7	Am Teacher 2	Teacher 1	Contemplation day
	Pm Teacher 1	Teacher 1	Contemplation day/Yoga Nidra
8	Am Teacher 1	Teacher 2	Adjustments 2
	Pm Teacher 2	Teacher 2	Principles of building a sequence
9	Am Teacher 1	All teachers	Certificate Presentation

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