



# THE BASICS OF YOGA PRACTICE

## EDUCATION GUIDE

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TRAINER  YOU

# Welcome to “The Basics of Yoga Practice”

If you are interested in getting to know yoga practice more than just dropping into classes occasionally, but you are not sure yet if to take on full teacher training, T4Y digital yoga course is a perfect solution for you. “The Basics of Yoga Practice” course is structured to establish the groundwork for becoming a yoga teacher or simply for anyone who is interested in knowing more about the practice than just the yogic positions we know from social media or from classical yoga lessons.

## THE PRINCIPLES OF THE COURSE

### THE GOAL

The goal of this course is to introduce the most important parts of this sacred practice. Asana practice is the most common way to discover yoga, but there is so much more to this body-mind movement system than just the positions we learn to execute. The purpose is to open the door to the insights of yoga to discover the secrets that make this practice such a powerful tool to achieve goals in life or to simply be healthier and happier.

### THE OBJECTIVES

The fathers of this practice have always stated that a human is not born into life experience to be subject to sadness, pain, anxiety, depression, diseases, or any other sort of life-shortening suffering. There is a far greater purpose to being here than just struggling through life. For this reason, the ancient gurus took it as their mission to develop an integrated system to strengthen not only the human physical body but the mental faculties as well. Hard work is not always the only way to grow in life – sometimes just a willingness to know more brings us closer to becoming aware of what life’s purpose really is.

### **The Yogic System takes us forward through five main principles to overall well-being:**

1. Proper exercise → efficient movement system → physical health
2. Proper breathing → energetical balance → a healthy nervous system
3. Proper relaxation → efficient recovery → recharging the body and mind
4. Proper fuel → right utilization of food, air, water, and sunlight → proper functioning of the body systems
5. Proper mindset → awareness of positive thinking → peaceful mind



## WHAT IT GIVES YOU

This training does not only share theoretical knowledge but also gives you the tools to start practicing. In order to achieve the end goal of the yogic practice, we need to discover why are we doing this in the first place. This digital course undertakes a step-by-step guide on how to practice in the most efficient way. The developer of this education took it as a mission to build a course that is easy to follow and does not demand an overwhelmingly big amount of time and effort to take a step into this loving tool to achieve a blissful way of living.

## WHO IS THIS TRAINING IS FOR

- Anyone interested in yogic philosophy
- Anyone interested in learning to practice
- Anyone interested in becoming yoga teacher
- No need for prior experience!

## THE COURSE STRUCTURE

The Trainer4You digital yoga course consists of independent study through audio, video, and written material including both theoretical and practical instructions. This online-based course guided through recorded assistance will deliver a clear understanding of the principles of yogic tradition and creates a strong foundation to start practicing yoga daily. Keep in mind that practicing does not mean stepping on a yoga mat every day but undertakes mostly the ability to implement the yogic mindset into daily life.

## STUDY MATERIALS

This course includes carefully designed and easy to follow study materials that help participants with any background attain the fundamentals of yogic practice.

### Written materials:

- Education Guide
- “The Basics of Yoga Practice” workbook
- Asana clinic – illustrated guide of yoga positions

### Theoretical knowledge video seminars:

- Who can teach yoga?
- What does a yogi look like?
- Definitions of Yoga
- Patanjali’s Eightfold Path of Yoga
- Pranayama & meditation
- Fundamentals of yoga anatomy
- Physical and physiological effects of yogic practices
- How to build a yoga class



### **Physical practice video seminars:**

- Asana alignment
- Traditional Sun Salutation - Hatha Yoga
- Sun Salutation A - Ashtanga Vinyasa Yoga

### **Yoga asana practice videos:**

- Vinyasa Strength class
- Hip-opening class
- Heart-opening class
- Pranayama and meditation practice

### **Guided meditation practice audios:**

- “Journey of Forgiveness”
- “I am Enough”
- “Mistake is a Gift”

## **THE CONTENT OF THE COURSE**

### **1. The Aim of Yoga**

Before we can start practicing yoga, we need to understand the aim of this tradition, which is “a path to self-realization”. At the beginning of the yogic journey, we are foremost looking into the knowledge of who we are and what it means to be a human in life experience. The first step is to see beyond the layer of the physical body and discover what else we are made of. The purpose of this ancient practice is to create a union between the body, senses and mind. The most common way to undertake this mission in our culture is through Hatha Yoga, which is a physical path to reach the end goal of self-discovery. The most important key to the accomplishment of this task is the ability to concentrate. In order to have the capacity to concentrate, we need to discover the object of observation which is the person himself. The Self within is the most subtle essence of a human being most known as the soul or spirit. The aim of self-realization itself is to find purpose in life and to have a blissful journey in this experience.

### **2. Patanjali’s Eightfold Path of Yoga**

Even though practicing yogic positions is the most known part of this tradition improving our physical and mental well-being in a ground-breaking manner, there is so much more to know about yoga than that. The first thing we discover as we learn about the history of this body-mind system is Patanjali’s teachings of the “eight-fold path”. It is also called Ashtanga Yoga, meaning “the eight limbs of yoga”,



which guides its participants to a better way of living. The step of physical positions called “asana” is only the third step in this enlightenment journey. It is fundamental to get to know these eight steps in yogic practice to reach the end goal of being free from life’s struggles and suffering.

### **The 8-folds:**

1. Yama: external discipline → Treat others as you want to be treated.
2. Niyama: internal discipline → Daily habits that nurture inner peace.
3. Asana: posture/meditation seat → Any posture that is painful or restless is not a yogic posture.
4. Pranayama: regulation of breath → Free flow of vital energy to destroy limitations of the mind.
5. Pratyahara: withdrawal of senses → Detachment from the external world.
6. Dharana: the ability to concentrate → Inner state of mind to gain self-knowledge.
7. Dhyana: state of meditation → Awakening of the consciousness in the non-judgmental observation.
8. Samadhi: oneness with all → A harmonious union with the Self and the Universe.

### **3. Asana & Sun Salutation**

According to the ancient gurus, the body and mind are interconnected. An unhealthy body will house a distressed mind. Hatha yoga is the yoga of physical movement to attain self-realization through the practice of asanas while simultaneously improving the well-being of all layers of the human body. The purpose of Hatha yoga practice is to bring the opposites together in the heart uniting the mind and body to undertake a deeper understanding of natural existence.

Sun Salutation is a mix of yogic postures combined with specific breathing to improve the health of joints, ligaments, and muscles while performing different movements of the vertebral column. This carefully established movement system does not only improve physical health but expands the ability to concentrate as well.

### **The benefits of sun salutation and asana practice:**

- Improvement in physical and mental flexibility and strength
- Improvement in keeping a healthy spinal and postural alignment
- Reduction of depression and anxiety
- Increase of the blood flow all over the body
- Improvement of emotional health
- Improvement of mental focus and the ability to concentrate
- Development of complete relaxation on all levels: physical, mental, and spiritual
- Eases chronic physical and mental pain
- Promotes self-care: physical and mental towards better choices in life
- Uplifts and brings positive thinking into everyday life





## **4. Pranayama**

The meaning of pranayama is the ability to have control over the breath and to be aware of one's breathing patterns. The purpose of pranayama is to utilize different breathing exercises to influence the flow of vital energy in the body. As breathing is the most vital process, pranayama techniques bring balance on an energetic and mental level equalizing vibrational energy. Correct breathing habits and the enhancement of pulmonary vital capacity are essential to life. Irregular breathing patterns lead to physical, emotional, and mental blockages, creating inner conflicts, an unbalanced personality, and tension on all levels of human existence. Intentional breath control builds a bridge between the conscious and unconscious mind which eventually re-establishes the natural and relaxed rhythms in the body and mind.

### **The pranayama practices included in “The Basics of Yoga Practice” course are:**

- Nadi Shodhana Pranayama - Alternate nostril breathing
- Ujjayi Pranayama – Victorious breath
- Dirga Pranayama - Three-part breath
- Bhramari Pranayama – Humming bee breath

## **5. Meditation**

Meditation is most known as the practice to still the mind. This inner reflection practice typically involves the observation of the breath or thoughts, visualization techniques, mantra chanting, rotations of the japa beads, or concentration on an object of choice. The aim of this practice is to enter into the inner kingdom and to build a bridge from ignorance to awareness. According to the Yoga Sutras, meditation is the most essential part of the practice to get rid of impurities and to reach awareness and control over the senses. Once the mind reaches that state of light and awareness, one sees past the illusions, achieving clarity and sharpness without preconditioning memory and judgment.

The best way to master this practice is to start with guided meditations until reaching the ability to sit in stillness without any movement and needless chatter of the mind.

### **Meditation techniques in this course:**

- Movement meditation
- Concentration meditation
- Mindfulness meditation



## **6. The fundamentals of Yoga anatomy**

To have a better understanding of how yogic practice influences our physical body, it is essential to have basic knowledge of the human anatomy. The intention of gaining knowledge about the human structure is to become aware of the essentials that hold the most value to yoga practitioners as well as to yoga teachers. The deepest principle of yoga is to get to know the most subtle and profound layer of our being which is the Self. The Self is an attribute of a physical body. The ancient yogis state that all we need to become aware is already present, all that is required is to attain the knowledge that is achievable to everybody.

### **The contents of anatomy in this course:**

- Skeletal system
- Muscular system
- Yoga and the spine
- Movement system and terminology

## **7. The physiological effects of yogic practices**

Since the aim of yoga is to improve the health of the body and mind, it is natural to question if this practice does reflect on the changes in physiological variables. The studies, even though they are difficult to investigate as they might be objective at times, show that a yogic lifestyle does influence physiological well-being.

### **The yogic practices have proven to have positive effects on:**

- Cardiovascular effects – heart rate and blood pressure
- Respiratory effects – respiratory rate and the health of the lungs
- The digestive system – metabolism
- The nervous system – a more relaxed state of mind
- Mental health – a better understanding of what is real and what is not
- Emotional health – control over action and reaction
- The skeletal and muscular system – the right balance between strength and flexibility

## **8. Building your own yoga class**

The aim of the “The Basics of Yoga Practice” course is to provide fundamental knowledge for efficient self-practice as well as the essentials to start building your own yoga lessons.



## **The fundamentals provided in this course are:**

- The knowledge of yogic philosophy
- The knowledge of self-awareness and consciousness
- The basics of breathing practices and meditation
- The essential knowledge of human anatomy
- The awareness of the physiological effects of yogic practices
- An illustrated asana clinic with primary yoga positions and sun salutation
- Access to recorded yoga lessons and guided meditation practices

## **THE IMPORTANCE OF THIS TRAINING**

One of the most important tools to create harmony within and with others around is to gain awareness about the Self to access a higher state of consciousness. In the normal state of consciousness, we become unaware of our full potential and rely on the knowledge gained through the sensory perception that triggers our actions and reactions received from outside stimuli. When we learn to keep our mind calm, we will gain control over our emotions, actions, and reactions resulting in a more blissful life. The expansion of the field of consciousness can be developed through yogic techniques that can be put into practice by absolutely anyone regardless of age, gender, or physical ability.

This course is a perfect tool for the step to becoming healthier both on a physical and mindful level. After completing “The Basics of Yoga Practice” course, the participant will have a foundation to understand what yoga practice is and how it affects us on all layers of human existence. The participant will also obtain a level of awareness to start individual practice as well as basics for eventually building their own yoga lessons.

**Whoever you are, wherever you are,  
you are most welcome to undertake the  
“The Basics of Yoga Practice” course!**

