**Heart of Yoga – Teacher Training**

What is Yoga?

* *Yoga citta vrtti nirodhah –* Yoga is the stilling of the fluctuations of consciousness – *sutra* I.2
* From the Sanskrit for “yoke” – it means union or communion (with God)
* *Bhagavad Gita* teaches it is deliverance from contact with pain and sorrow

*Citta* (consciousness) has three components

* *Manas –* mind
* *Buddhi* – discriminating intelligence
* *Ahamkara* – ego

Two “pillars” of yoga are the means to still the fluctuations – *sutra* 1.12

* *Abhyasa* – practice/constant practice
* *Vairagya* – detachment/freedom from desire

*Ashtanga Yoga* – Eight Limbs of Yoga – *sutra* II.29

* *Yama* – moral restraints/universal moral commandments
	+ *Ahimsa* – non-harming
	+ *Satya* – truth
	+ *Asteya* – non-stealing
	+ *Brahmacharya* – moderation/continence
	+ *Aparigraha* – non-hoarding/non-grasping

*Bahiranga Sadhana* –

Outward

Quests (3)

* *Niyama* – personal observances/self purification discipline
	+ *Sauca* – cleanliness
	+ *Santosha* – contentment

*Kriya Yoga* – Yoga

 of Action – *sutra* II.1

* + *Tapas* – self-discipline
	+ *Svadhyaya* – self-study/scriptural study
	+ *Isvara Pranidhana* – surrender to the divine
* *Asana –* Postures
* *Pranayama* – Breath Regulation

*Antaranga Sadhana* –

Inward

Quests (2)

* + *Puraka* – inhalation
	+ *Antara kumbaka* – retention after inhalation
	+ *Rechaka* – exhalation
	+ *Bahya kumbaka* – retention after exhalation
* *Pratyahara* – In-drawing of the senses/withdrawal from exterior objects

*Antaratma Sadhana* –

Quest of

the Soul (3)

* *Dharana* – Concentration
* *Dhyana* – Meditation
* *Samadhi* – Absorption/Union with the object of meditation

There are three qualities of consciousness/of nature (*prakriti)* – *Gunas*

* *Tamas* – inertia/torpor
* *Rajas* – vibrancy/mobile energy
* *Sattva* – luminosity

There are five classes of *citta vrttis* – they can cause pain and pleasure

* *Pramana* – correct knowledge 🡪 sources = °*pramana –* direct observation
* *Viparyaya –* incorrect or mistaken view °*anumana* – inference
* *Vikalpa* – fantasy/imagination °*agama –* learned from teachers
* *Nidra –* sleep
* *Smrti* –memory

There are five afflictions – the *klesas* – causes of *citta vrtti* creating pain

* *Avidya* – spiritual ignorance/not seeing the true self
* *Asmita –* I-ness/ego/separation
* *Raga –* attachment (to pleasure)
* *Dvesa –* aversion (to pain)
* *Abhinivesa* – clinging to life/fear of death

The *Citta Viksepa* are Distractions of Consciousness

 They consist of nine *Antarayas* – Obstacles to Practice of Yoga

* *Vyadhi* – sickness

Physical (2)

* *Styana* – sluggishness/languor
* *Samsaya* – doubt/indecision
* *Pramada* – indifference to right and wrong/selfishness

Mental (4)

* *Alasya* – laziness
* *Avirati – craving for sensory objects*

Intellectual (1)

* *Bhranti Darsana – illusion (false seeing)*
* *Alabdha Bumikatva* – failure to concentrate/persevere

Spiritual (2)

* *Anavasthitattva* – backsliding

And four additional distractions that accompany them

* *Dukha* – sadness
* *Daurmanasya* – despair/mental pain
* *Angamejayatva* – unsteadiness of body/tremor
* *Svasaprasvasa* – irregular breathing

The disturbances of consciousness (*citta viksepa*) can be diffused (*citta prasadanam*) by cultivation of four qualities – *sutra* I.33

* *Maitri* – friendliness
* *Karuna* – compassion
* *Mudita* – delight
* *Upeksa* – equanimity/indifference to happiness/sorrow and virtue/vice

There are three Paths (*Margas*) toward realization of the Supreme Soul within

* *Karma Marga* – the path of work and duty – for the active person
* *Bhakti Marga* – the path of devotion to and love of a personal god – for the emotional person
* *Jnana Marga* – the path of knowledge – for the intellectual person

*Yoga Marga* is not given as a separate path, yet Light on Yoga states that it is followed by the meditative or reflective person, who realizes his/her own divinity through control of the mind – Basic Guidelines for Teachers of Yoga states that the three paths are included in *Yoga Marga*

There are six systems of Indian/Hindu philosophy (*darsana* – direct vision)[[1]](#footnote-1)

* *Yoga* – practical methods for direct experience
* *Sankhya* – framework of manifestation
* *Nyaya* – reasoning
* *Vaisesika* – physical sciences
* *Mimamsa* – freedom through action
* *Vedanta* – contemplative self inquiry

*Yoga* contains or is built on the next four, and is a companion to *Vedanta*

Additional Vocabulary

* *Yogi/Yogin* – one who follows the path of yoga (masc/fem)
* *Sadhana* – study of yoga (as a spiritual endeavor)/quest
* *Sadhaka –* pupil/aspirant *–* there are four categories
	+ *Mrdu* – feeble
	+ *Madhyama –* average
	+ *Adhimatra* –superior
	+ *Adhimatratama –* the supreme one
* *Guru* –master/teacher
* *Sisya* – student – note that this is the word used in connection with *guru*

Categories of *Asana*

* *Utthistha Sthiti* – Standing Poses
* *Upavistha Sthiti –* Seated Poses
* *Paschima Pratana Sthiti* – Forward Extensions
* *Purva Pratana Sthiti –* Backward Extensions
* *Parivrtta Sthiti* – Lateral Extensions (Twists)
* *Viparita Sthiti* *–* Inversions
* *Udara Akunchana Sthiti* –Abdominal Poses
* *Visranta Karaka Sthiti –* Restorative Poses
1. Note that this information does not come from our sources [↑](#footnote-ref-1)