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
 - Niyama personal observances/self purification discipline
 - Sauca cleanliness
 - *Santosha* contentment
 - *Tapas* self-discipline

Kriya Yoga – Yoga - of Action – sutra II.1

- *Svadhyaya* self-study/scriptural study
- *Isvara Pranidhana* surrender to the divine
- Asana Postures
- *Pranayama* Breath Regulation
 - *Puraka* inhalation
 - *Antara kumbaka* retention after inhalation
 - *Rechaka* exhalation
 - Bahya kumbaka retention after exhalation
 - Pratyahara In-drawing of the senses/withdrawal from exterior objects
- *Dharana* Concentration

Bahiranga Sadhana --Outward Quests (3)

Antaranga
Sadhana Inward
Quests (2)

Antaratma
Sadhana Quest of
the Soul (3)

- *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 \rightarrow 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

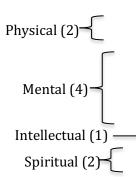
They consist of nine *Antarayas* – Obstacles to Practice of Yoga

- Vyadhi sickness
 - Styana sluggishness/languor
- Samsaya doubt/indecision
 Pramada indifference to right and wrong/selfishness
 Alasya laziness

 - Avirati craving for sensory objects
 - Bhranti Darsana illusion (false seeing)
 - *Alabdha Bumikatva* failure to concentrate/persevere
 - 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 <u>Light on Yoga</u> states that it is followed by the meditative or reflective person, who realizes his/her own divinity through control of the mind <u>Basic Guidelines for Teachers of Yoga</u> states that the three paths are included in *Yoga Marga*

There are six systems of Indian/Hindu philosophy (darsana – direct vision)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

¹ Note that this information does not come from our sources

- Parivrtta Sthiti Lateral Extensions (Twists)
- *Viparita Sthiti* Inversions
- *Udara Akunchana Sthiti* Abdominal Poses
- *Visranta Karaka Sthiti* Restorative Poses