

Sample Course Curriculums

Welcome to the most comprehensive yoga education you can get!

In this multi-layered engagement with the practice and philosophy of yoga, you will learn about yoga's storied history, immerse yourself in its development over time, build a personal physical and contemplative practice and experience yoga as a living, evolving culture.

These courses bring together my varied experience: as a yoga teacher of South Asian heritage, as an academic with an MA Traditions of Yoga and Meditation and ongoing doctoral work into Yoga, Politics and Possibilities for Social Justice and as a 21st-century movement practitioner interested in holistic wellbeing. That means the material we work with is credibly sourced and at the cutting edge of yoga scholarship, while at the same time is sensitive to and respectful of the legacy of those who have come before. We work with curiosity, critical thinking and embodied experience as we aim to cultivate deep feeling.

My courses are not quick-fixes or time-based immersions, which, in my experience are costly and pedagogically unsustainable. I prefer a consistent and constantly-evolving approach, which means I update material regularly and change the course contents to meet our socio-political needs.

Please note: Teacher Training Schools can pick and mix from the modules below to tailor a curriculum that suits your students.

Yoga Essentials

Learn the fundamentals of yoga through its history, philosophy and practice.

Session 1: What is Yoga and what does it mean to decolonise?

- Definitions: Lexical, Practical and Interpretative
- Timeline of Yoga's development over 5,000 years
- An analysis of consistent core principles and goals
- Practice: Foundational Poses and Sequences

Session 2: Key Ancient Texts

- An overview of the material of the four Vedas
- The Bhagavad Gita
- The Yoga Sutras
- Practice: Warrior-based practice

Session 3: Meditation

- The birth of Buddhism and Jainism
- Principles of Meditation
- Wandering ascetics and social withdrawal
- Practice: Movement then Meditation

Session 4: Introduction to Tantra

- The development of deity worship
- Fierce Goddesses
- Nadis, Chakras, Mantra and Mudra
- Practice: Mandala-Style Flow

Session 5: Pranayama

- Conceptualising Life Force
- The function and mechanics and Pranayama

- Overview of early breathwork Practices
- Practice: Co-ordinating breath with movement

Session 6: Beginning of a Postural Practice

- Analysing the 15 poses of the Hatha Yoga Pradipika
- Introduction to Inversions
- Understanding the body as a tool
- Practice: Static Postures and Strength-Building

Session 7: Complex Poses and Sequencing

- The function and purpose of postural practice after the 15th century
- Exploring different families of poses
- Putting together a sequence
- Practice: Strength-based practice

Session 8: Yoga under Colonisation

- The Philosophy of Liberation
- The influence of the Physical Culture movement
- Early research into health-based interventions in Yoga
- Practice: Progressive Building Flow

Session 9: Yoga moves West

- Who, what, when and why?
- How yoga changed across the Atlantic
- The Institutionalisation of Yoga
- Practice: Prop-Usage Practice

Session 10: Transnational Yoga

- Lineage and Post-Lineage Yoga
- Yoga Innovations in the 21st century
- Yoga for holistic wellbeing
- Practice: Nervous-System Regulation

Yoga Immersion

A deep-dive into specialist areas of yoga. This is the material that will take you from enthusiast to expert and allows you to engage in yoga with integrity and discipline.

Module 1: Mysticism

Session 1:

- Lecture: Devotion and the Self
- Practice: Finding inner peace

Session 2:

- Lecture: Poet-Sants: Kabir, Mirabai and the literature of love
- Practice: Storytelling through the body

Session 3:

- Lecture: Sacred Sounds: Temple Music, Kirtan, Bhajan and Qawwali
- Practice: Samā (Listening)

Session 4:

- Lecture: The intersections of Yoga and Sufism
- Practice: Sufi-inspired

Module 2: Yoga as a Health Intervention

Session 1:

- The History of Anatomical Study
- Practice: Joint-focused

Session 2:

- Lecture: Early-Research Interventions on Yoga in India
- Practice: Yoga for Health as taught in India in the 1900s

Session 3:

- Lecture: Yoga for exercise
- Practice: Gym-based yoga

Session 4:

- Lecture: Yoga for therapeutic use
- Practice: Trauma-Informed yoga

Module 3: Yoga and Politics

Session 1:

- Lecture: Yoga and Politics pre-colonisation
- Practice: Re-enacting pre-colonial yoga poses

Session 2:

- Lecture: Yoga and the Indian independence movement.
- Practice: Yoga and Physical Culture

Session 3:

- Lecture: Yoga and the American Civil Rights Movements and Black Lives Matter
- Practice: Yoga for Self-Care

Session 4:

- Lecture: Yoga and Hindu Nationalism
- Practice: Yoga as Resistance

Module 4: Refractions in Culture

Session 1:

- Lecture: The Commercialisation of Yoga
- Practice: Anti-Capitalist Yoga Class

Session 2:

- Lecture: Yoga in Fashion and Popular Music
- Practice: 60s-style Yoga Class

Session 3:

- Lecture: Food politics and Yoga
- Practice: Yoga for digestion

Session 4:

- Lecture: Yoga in Visual Art
- Practice: How do I look?

Module 5: Pedagogy (The Practice of Teaching)

Session 1:

- Lecture - Historical relationships between teachers and students and the sages
- Practice - Following instructions

Session 2:

- Lecture: Guru culture and lineage-based yoga
- Practice: What does Iyengar teach about alignment?

Session 3:

- Lecture: Paolo Freire's model of education
- Practice: Personalising your Practice

Session 4:

- Lecture: Using your voice and discovering the inner teacher
- Practice: Yoga led by You

Module 6: Transnational yoga

Session 1:

Lecture: Yoga in Europe: Western and Eastern

Practice: Guest Teacher

Session 2: Yoga in Latin America

Practice: Guest Teacher

Session 3: Yoga in Africa

Practice: Guest Teacher

Session 4: Yoga in East Asia

Practice: Guest Teacher

Yoga Exploration:

A creative examination of yoga in contemporary times with a focus on innovation, cultural connections and clashes.

Session 1: New Ageism and Yoga

- Yoga and Counter-Culture
- The Hippy Movement
- Myth-Busting Alternative Healing Practices
- Practice: 60s-style yoga class

Session 2: Yoga and Capitalism

- Selling Spirituality
- Yoga and Commercialism
- The Industry Around Yoga
- Practice: All-the-bells-and-whistles-you-can-imagine-class

Session 3: The Institutionalisation of Yoga

- Formalising Yoga teachings
- The creation of the Yoga Teacher Training
- Specialist Yoga courses
- Practice: Back-to-basics YTT class

Session 4: Cultural Appropriation

- Intention v Impact
- The Language of Yoga
- Signs and Symbols
- Practice: Culturally-cognisant

Session 5: Yoga at work and school

- Yoga interventions in corporate settings
- Yoga as part of the school curriculum
- Yoga for “team-building”

- Practice: Yoga-at-work class

Session 6: Yoga in Places of Need

- Yoga for Displaced People
- Yoga for GBV
- Yoga in incarceration
- Practice: Trauma-Informed Yoga

Session 7: Yoga and Technology

- Yoga online
- The impact of social media
- Tracking your Yoga practice
- Practice: YouTube practice

Session 8: Abuse of Power in Yoga

- Centering survivors' voices
- Can we separate the teacher from the teachings?
- Accountability in Yoga spaces
- Practice: Trauma-Informed

Session 9: The Future of Yoga

- Yoga and Social Prescription
- The Future of Yoga studies
- Yoga and ... collaborations gone crazy
- Practice: Final Flow

Session 10: Final Project

Participants to upload a presentation (lecture and movement) on a topic of their choice).