SECTION ONE: 200-Hour Teacher Training Pragmatics

- Basic Information About Training Logistics
- Information about Who We Are
- Training Description
- Training Experiences
- Overview of Evaluation, Attendance, and Participation Requirements
- Required and Recommended Readings
- Informed Consent
- Guide for Class Observations
- Sample Class Observation Papers

Land Acknowledgement

YogaX’s home base in the School Medicine Department of Psychiatry and Behavioral at Stanford University sits on the territory of the Ramaytush Ohlone people. You can learn more about their conservation efforts that continue to this day at https://www.amahmutsunlandtrust.org. Please consider a donation.
Basic Information

- 200-hour yoga teacher training program
- YogaX is a Registered Yoga School (RYS200) with Yoga Alliance
- Maximum Enrollment: 15-20 student teachers

- Lead Trainers:
  - Christiane Brems (she/her/hers), PhD, ABPP, E-RYT500, C-IAYT – YogaX Director
  - Heather Freeman (she/her/hers), PsyD, ERYT500 – YogaX Manager
- Small Group Leaders (as needed):
  - Alex Schmidt (she/her/hers), PsyD, RYT200 – YogaX Founding Member
  - Student mentors (to be listed on start date)

- Contact Information:
  - Phone: 301.801.3193 (Heather)
    805.284.4899 (Chris)
  - Email address: yogaXteam@stanford.edu
  - Address: YogaX, Department of Psychiatry & Behavioral Sciences
    1520 Page Mill Road, Palo Alto, CA 94304

- Training Dates (also see Training Schedule)
  - February 11, 2022 to September 11, 2022
  - We will have off for Federal Holidays (Memorial Day, Independence Day and Labor Day)
  - During COVID-19 restrictions: One weekend retreat per month plus 6 hours per week of synchronous online instruction (up to 200 hours delivered in two 100-hour terms)

- Training Location: YogaX virtual synchronous zoom meetings

- Cost: $3,500 for the full 200-hour training (paid in two installments of $1,750 each); additional tuition, payment, and refund policies are contained in the YogaX Policies and Procedures, available in the final section of the training syllabus.

NOTE: Tuition cost does not include transportation, room, or board for retreat-based training.

Our commitment and vision:

Bringing Yoga into Healthcare
One Teacher at a Time
Information about Who We Are

- Mission, Vision, and Values:

YogaX is committed to the integration of science and soul in service of individual and communal health. Our work is grounded in modern neuroscience and psychology research, as well as in the ancient philosophy and psychology of yoga. Yoga as a lifestyle practice has many empirically validated health and mental health benefits and is sought after by a growing number of individuals as a form of integrative healthcare, psychological or emotional support, or physical practice. Our strong focus is to bring integrated, holistic yoga into healthcare, including allied healthcare and mental health care.

We are dedicated to inviting as many people as possible into the practice – especially those who have not typically been drawn to it because of perceived and real barriers to access. Our own research has revealed media and other biases that suggests that yoga is only for certain segments of our population. We strongly disagree with this bias and are dedicated to bringing yoga to everyone. Our own work has invited individuals with mental health and physical challenges; individuals in correctional settings and inpatient mental health settings; first responders and care providers at risk for secondary trauma; and many more. We teach accessible, integrated holistic yoga that promotes accessibility, equity, and diversity.

YogaX approaches yoga training and services as the science and practice of personal and collective transformation and change. All YogaX work is developed to inspire personal and societal self-assessment, growth, and betterment. All offerings are grounded in and defined by the following values to which we are deeply committed:

- Scholarships

We offer two types of scholarships: one is dedicated to supporting teachers who plan to bring yoga to underserved communities and represent diverse, oppressive, and under-resourced peoples; the other is dedicated to Stanford post-graduate trainees. Application materials are available on the YogaX team website (https://www.yogaxteam.com/scholarships)
• Lead Trainers’ Backgrounds

We acknowledge that the two lead trainers are white, cis-gender women, with class and educational privilege. We uplift yoga teachers of color through incorporating BIPOC teachers’ work into our reading and resource list for trainees, providing scholarships to students who seek to serve under-resourced communities and those who have decreased access to yoga spaces. We encourage our trainees to seek out additional support and training from individuals who may better represent the populations they seek to teach or represent. We encourage our trainees to embody their inner power, practice with autonomy and self-determination, and embrace the process of unlearning in becoming more aware of the intersection of identities and respecting diversity. We are committed to ongoing personal growth as related to DEI and seek to be open-hearted and open-minded about input, feedback, and challenging conversations. We look forward to sharing this commitment with all trainees.

\[Image\]

• Christiane Brems, PhD, ABPP, E-RYT500, C-JAYT; Clinical Professor, YogaX Director

Dr. Brems integrates yoga, mindfulness, holistic interventions, and self-care in her work as a psychologist, teacher, researcher, mentor, supervisor, consultant, author, administrator, and service provider. As an integrated holistic yoga teacher and therapist, she is committed to creating accessibility for all, honoring the complex biopsychosociocultural backgrounds of students and teachers, and incorporating all eight limbs of yoga in her practice, teachings, and therapeutics.

She grounds her work in yoga psychology based on ancient and modern texts, as well as in current research, especially in psychology, neuroscience, and interpersonal neurobiology. She honors trauma-sensitive teaching practices and cultural sensitivity, inclusivity, and humility. She encourages individual tailoring of yoga to contexts and needs of each practitioner, offering variations and adaptations that make yoga accessible to all.

• Heather Freeman, PsyD, E-RYT500; YogaX Manager

Dr. Freeman has extensive yoga and clinical experience in college counseling, primary care, and community mental health. She has led yoga classes, workshops, and trainings in studios, community centers, community mental health settings, on college campuses, in a psychiatric hospital, and a prison.

She synthesizes the ancient wisdom of the teachings of yoga with modern psychology and neuroscience to make the teachings accessible. Her therapy and teaching styles aim to help individuals cultivate curiosity and radically accept what it is to be constantly changing, growing, and evolving human beings.
**Training Description**

This 200-hour yoga teacher training (YTT) program is registered with Yoga Alliance and fulfills the criteria of YA as a 200-hour yoga teacher training. In compliance with Yoga Alliance requirements, the curriculum consists of five modules:

- Yoga humanities, including history, philosophy, and ethics for yoga teachers
- Anatomy and physiology, with attention to application to movement science
- Professional essentials, including teaching methodology and professional development
- Techniques, focused on analytical training as well as experiential practice
- Practicum experience, including mentored lead teaching

The YogaX YTT has a definite predetermined curriculum that covers the above-listed areas, drawing on yoga philosophy, yoga psychology, modern psychological research and principles, evidence-based practices, neuroscience, and social science. The curriculum is taught by well-versed teachers with many years of teaching experience, qualified and experienced to teach teachers and clinicians, and registered with Yoga Alliance. All teachers have advanced credentials as related to teaching yoga (i.e., a minimum of E-RYT500) as well as a healthcare specialization with an advanced degree.

The curriculum is taught with a focus on depth in the broad foundations of yoga teaching. It integrates deliberate foci on:

- preparing teachers for applying yoga practices in healthcare and allied healthcare settings,
- making yoga accessible to diverse student groups,
- honoring the wisdom traditions with deep cultural appreciation and humility,
- drawing on modern science – especially as related to the application of yoga in healthcare settings, and
- integrating all eight limbs of yoga, from ethics and disciplined lifestyles, to movement and breathing practices, to sensory withdrawal, concentration, meditation, and joyful union with a greater purpose. It is dedicated to the principles of ahimsa (non-violence, do no harm) and satya (honesty and truthfulness).

The YTT can be delivered either

- in two intensive retreat sessions of 9 days each;
- in ten intensive weekend sessions of 2.5 days each, spanning a 10 to 12-month period; or
- via virtual synchronous instruction for eight 10-hour weekends and 6 hours of weekly instruction spread across eight months.

A total of 200 contact hours is required, most of which is in-person or synchronous with RYT-qualified lead trainers. The YTT uses a cohort model of teaching, with the same group of students participating in all training sessions to build group support, cohesion, and long-term community. Retreat intensives are taught at a retreat center to allow for a full immersion experience that helps participants be undistracted and single-pointed in their training setting. Weekend and online training options are still carefully designed to foster community and concentrated attention, though spread across more time and meetings.
Requested Training Preparation

A few preparations are auspicious to maximize the success and efficiency of the teacher training experience. Specifically, it is recommended that before starting the YTT, trainees have:

- engaged in a committed yoga practice for at least a few weeks,
- completed the required pre-training readings listed below, and
- located and perused the recommended readings shown below.

Recommended Yoga Practices

- 15-20 minutes of consistent (multiple times a week to daily) integrated asana and/or pranayama practice (free full-length classes are available on the YogaX Team YouTube channel)
- 5-10 minutes of daily seated meditation practice (free meditations sessions are available on the YogaXteam.com website)
- daily mindfulness moments of the body (available on the YogaXteam.com website)
- daily mindfulness moments of the breath (available on the YogaXteam.com website)

Required Pre-Training Readings

- review the enclosed syllabus for the training and jot down any questions you may have for the first training session
- read all blogs on the yogaxteam.com website, with special attention to the blogs about the koshas and the limbs of yoga (https://www.yogaxteam.com/blog)
- carefully peruse the YogaXteam.com website and use some of the practice resources
- attend at least 5-10 YogaX yoga classes as offered for free at the YogaX Team YouTube channel

Recommended Pre-Training Readings

- review a source of the yoga sutras (do not worry if these do not make sense to you now, that is what the training is for…)
- choose a text that covers the eight limbs of yoga
- using the most recent edition of the Trail Guide to the Body, begin to review human anatomy
- peruse the YogaX Code of Conduct (Section 4 of the Training Manual)
Training Experiences

The YogaX YTT uses mixed pedagogical methods, ranging from didactics/lectures to discussion to experiential work, including small group activities. Lecture/didactic time invites discussion throughout and is accented by experiential exercises and activities. The experiential work is yoga-based and includes asana, pranayama, meditation, and guided imagery.

PLEASE NOTE: because of the experiential components of this training, Stanford University requires that you sign the release form at the end of the syllabus to be able to participate in the activities that are part of this YTT. Please submit the signed consent prior to the first training session.

For the synchronous virtual training, the training experiences are spread across two terms of 100 hours each (all times shown below are Pacific Coast time). Please be sure to review the training schedule at the end of the syllabus. You are responsible for having perused and understood the information provided in this document. Feel free to ask us lots of questions if you are unclear about anything.

Term 1:
- four 10-hour weekends (one per month), meeting from 4p-7p on Fridays, and 9a-12:30p on Saturdays and Sundays
- weekly 2-hour didactics meetings on Mondays from 4p-6p for 12 weeks
- weekly 2-hour experiential practices on Fridays from 4p-6p for ten weeks during Term 1
- weekly 2-hour mentored small group discussion meetings to be scheduled by the small group members in collaboration with the assigned mentor

Term 2:
- four 10-hour weekends (one per month), meeting from 4p-7p on Fridays, and 9a-12:30p on Saturdays and Sundays
- weekly 2-hour didactics meetings on Mondays from 4p-6p for 11 weeks
- weekly 3-hour practicum meetings on Fridays from 4p-7p or 3p-6p for 11 weeks – these are the meetings during which all lead teaching takes place: review the Teaching Observation Schedule
- weekly 1-hour experiential practice in classes taught by one of the YogaX lead teachers – this is on students’ own time using pre-recorded YouTube sessions (listing below)

To make sure that everyone can enjoy the yoga-based activities safely and with maximum comfort, please note the following (more personal) thoughts and requests.

- Required training activities start promptly every session. To make sure that we can start on time and that you have ample opportunity to get settled or ask questions, it would be lovely if you could arrive as much as 10 minutes early. Optional experiential activities may begin earlier.
- *YogaX provides all necessary props during onsite training sessions.* If you do have your own mat, feel very welcome to bring it. We like to have our own mat because we appreciate its feel and like the particular surface that we chose. Note, we like to use two mats for all but balancing poses. Please do what is best for you.
- *Participants have to provide their own props for virtual training sessions.* Minimum prop equipment includes 2 yoga blocks, 1 yoga strap (10 feet is preferrable), 1 yoga bolster, 1-2 blankets, and a yoga mat. Access to a clear wall space is extremely helpful (a closed door works). Prop substitutes are fine (e.g., a stack of books instead of blocks; a scarf instead of a strap, sofa cushions instead of a bolster, etc.). Please have all props at the ready for each training session.
• We recommend you also have a large and a small towel available. We use them (not for sopping up sweat – it’s not that kind of a yoga training) when we place our faces on bolsters and mats as you may be more comfortable spreading a towel first. We may also use them as props under our feet, neck, or head in a variety of poses.

• Yoga is best practiced on a relatively empty stomach but not starving. A sustaining but light meal prior to class will help you maintain your energy without having a full belly that makes bending and twisting difficult. You are well served to have a personal water bottle. If you need snacks, please bring what you need outside of breakfast, lunch, and dinner.

• Please ask questions about anything we do – before class, after class, and during class. If you are wondering about something – whether it’s the reason for a particular shape or movement, an alignment question, or a more healthful way of doing something – someone else is likely to ponder the same thing.

• We are active yoga teachers in that we demonstrate and walk through (onsite) class to offer assists. All hands-on assisting is optional, very light, and respectful; it is provided only with your explicit verbal consent and we ask every time we offer assistance. We never force you into a shape or alignment. If you prefer not to be touched, we open-heartedly honor that choice. We can offer verbal assists that do not require hands on your body. Please know that offered assists are never given in a spirit of criticism but always in a spirit of support and inviting a more healthful way. There is no wrong way to do yoga unless you force or misalign. Our assists are offered as gentle reminders to relinquish attachment to a particular outer shape or as supports to explore something new. In all assists our outmost concern is ahimsa and satya, as well as the facilitation of interoception and personal agency.

• Always honor your own intuition and body wisdom – if something feels wrong, painful, or if you are not comfortable doing it, do NOT do it. We are all anatomically unique and we all express the same yoga shape, breath, or practice in different ways. What works for us, your teachers, or the person next to you, may not be optimal for you. Allow yourself the joy of using props and variations based on the feedback from your own body, breath, and mind. We offer both freely and demonstrate their use throughout.

• Yoga practiced in a group is inspirational. It is never competitive. Work within your own body limits and preferences; give yourself permission not to strive to do what others are doing. Delight in the pleasure of expressing each pose or breath in uniquely your way. If something comes easily, celebrate this state of pure joy; if something is a struggle, embrace the moment of learning.

• Thank you in advance for making us aware of any medical conditions that may affect your yoga practice. It is helpful for us to know if you are modifying shapes for a particular reason or if you would like to have help in working with a particular concern.

• Thank for turning off all cell phones, beepers, or other noise-making or distracting devices before you settle in for any given training session.
Assessment, Attendance, and Participation

Graduation from the YogaX YTT requires successful completion of several assignments, listed here and detailed below:

- Training attendance and participation
- Adherence to yoga ethics and life choices for purposeful living
- Term 1 Reflection papers to introspect on content and meaning
- Term 2 Homework toward becoming a lead teacher
- Practicum experiences – Personal Transformation:
  - 10-week therapeutic protocol (Brems, 2015)
  - 10 observations of non-YogaX teachers
- Practicum experiences – Lead Teaching:
  - 10 YogaX classes as assigned via the homework assignments
  - 5 hours of live yoga teaching, 3 hours of which are observed by a YogaX mentor, 2 are on your own with your own chosen participants

Attendance and Participation

Attendance of all training sessions is required. Absences need to be excused prior to the training session to be missed and make-up work will be assigned as appropriate (typically consisting of watching the video of missed class time and writing a comprehensive reflection about the material). We do record online training sessions and you can make up missed sessions by viewing the video. We nevertheless encourage you to attend in person whenever possible. Unexcused absences or too many absences from live sessions may result in delayed graduation and extra tuition cost. Please review the YogaX Policy and Procedures Manual for more information about our attendance (and other) policies.

Participation is expected and can vary widely from student to student given personality, context, background, and other personal or collective factors. Assessment is based on quality, not quantity, of contributions. Minimally, the following factors are considered:

- Relevance and insightfulness of contributions, especially as related to personal differences, matters of diversity, topic or content, and context
- Appropriateness of contributions given topic, activity, context, diversity, other students present, and situation
- Professionalism and ethics in behavior and communication, with consideration of others, diversity, and context
- Cultural awareness, sensitivity, humility, skills, and attitudes expressed through all contributions
- Capacity for critical and integrative thought that shows depth and insight
- Evidence of having engaged in required readings ahead of the training session
- Evidence of having made up content of missed training sessions

Adherence to Yoga Ethics and Life Choices for Purposeful Living

In addition to the above, all trainees assessed on whether they demonstrate yoga values in their interpersonal relationships as noted during training sessions and small group activities. Most relevant is adherence to the ethics and lifestyle disciplines of yoga philosophy (Limbs 1 and 2). Participants evidence success if they demonstrate the behavioral expression of the yoga yamas and niyamas:
1. **Nonharming** – nonviolence and peacefulness toward self, other, and everything
2. **Truthfulness** – honesty with oneself and in all relationships and contexts to create authenticity and integrity in day-to-day life
3. **Non-stealing** – not taking what is not freely offered
4. **Moderation** – wise use of personal life energy
5. **Non-possessiveness** – not being greedy about possessions, relationships, actions, and other aspects of life
6. **Purity** – simplicity and authenticity in action, speech, and thought
7. **Contentment** – meeting every moment from a peaceful center that allows for discernment about how to take calm, appropriate action
8. **Disciplined use of energy** – leading an impassioned life of determined effort and engaged practice
9. **Self-reflection** – exploring personal reactions, habits, motivations, and intentions to guide toward self-knowledge, insight, and growth
10. **Devotion to a greater good** – creating meaning for self and others through wise discernment

*Term 1 (mostly) Reflection Papers – Exploring and Integrating Content and Meaning*

During the first term (of 100 hours), students continuously reflect on offered content via personal reflection papers and the discussion of these reflections in their small groups. Reflections are requested to support the deepening and internalization of covered contents. There will be 10 reflections over the course of the first term of the training. **NOTE: An 11th reflection is due at the end of the second term.** Instructions for each reflection assignment are included in Section 3 of the Training Manual. Due dates are provided in the training schedule.

Students are asked to write about contents explored, impact on the student, cultural context, and conceptual links to the greater YogaX YTT. Reflection papers do not have to be typed; they do need to be legible. They do not have to be terribly long – a page or two. ☺ They are evaluated on relevance to session content, depth of introspection, and insightfulness about personal process. For some reflections, it is acceptable to use art, poetry, or other means of self-reflection in addition to writing. This is noted in the instructions. Each reflection has to be completed by the due date in the training schedule to be passed.

Reflections serve as the basis for the small group meetings. It is ideal to have your reflections written before the small group meeting so that you are ready to discuss the content of your reflection and apply the learning in that small group in discussion and applied practices. The small groups are self-led although a YogaX mentor will be present for at least one of the two hours of scheduled meeting time. The YogaX mentor is present for Q&A, guidance, support, and any needed didactic content. The process of the small group, however, is in the hands of the small group members.

*Term 2 Homework Assignments – Guidance Toward Becoming a Lead Teacher*

During Term 2, homework assignments guide trainees (individually or as small groups) toward becoming lead teachers. A list of Term 2 homework assignments is included in Section 3 of the Manual. These assignment prepare teachers to learn to plan and teach their own full-length class. Due dates are provided in the training schedule. These homework assignments require a range of activities, including but not limited to class design, posture sequencing, theme development, eight-limbs-based class sequencing, lead teaching, and more. Homework assignments are developed to give trainees the opportunity to practice and apply concepts and teaching principles on their own and in real-life small groups settings. There is a total of nine required and two optional homework assignments across second term of the 200-hour training.

*A good traveler has no plan and is not intent on arriving.*

Lao-Tzu
The homework assignments also list the YogaX classes the students need to take and reflect on for any given week in Term 2. These YogaX classes are demonstrations (by the lead teachers) of the particular type of practices that covered in the didactics during the prior week and that will be taught via the live supervised teaching practicum by an assigned trainee.

The homework assignments are also the basis for the live supervised teaching practicum. The student listed in the teaching observation schedule is responsible not only for the development of the class as outlined in the homework assignment, but is the lead teacher for the specific class on that date. Each homework assignment must be completed by the due dates posted in the training schedule to be considered passed.

Practicum Experiences – Overview

YogaX practicum experiences are designed to ensure and assess knowledge, skills, and experience across all core competencies for 200-hour yoga teacher training as outlined by Yoga Alliance. As such, practicum experiences provide trainees the opportunity to demonstrate mastery appropriate to level of training in the following categories:

- asana, kriyas, and movement
- pranayama and the subtle body
- interior practices, including meditation
- anatomy, physiology, and biomechanics
- history of yoga
- philosophy of yoga
- ethics of yoga
- teaching methodology
- professional development
- successful application of skill in teaching practice

The YogaX YTT integrates two crucial aspects to practicum experiences:
(a) the personal transformation that develops through practical application of yoga principles and
(b) the professional transformation of students into teachers.

Students’ personal transformation begins immediately during and alongside the didactic training sessions through observation and assisting. Students’ professional transformation into teachers begins in the second term of training when they begin to teach.

The real voyage of discovery consists not in seeing new landscapes, but in having new eyes.

Marcel Proust
Practicum Experiences – Personal Transformation

**Personal transformation** through application that requires class attendance and observations is demonstrated via successful completion of the following requirements:

- **Term 1**: Alongside the first 100 training hours, students are required to **take and debrief 10 yoga classes taught by one of the YogaX Lead Teachers**, based on a 10-session therapeutic yoga protocol (cf., Brems, 2015). Debriefing and Q&A immediately after class provides opportunity to dissect these protocol classes for personal transformation and professional development.

- **Term 2**: Alongside the second 100 training hours, students will **take and evaluate 10 full-length (at least 45-minute) non-YogaX yoga classes** at a location of their choice to observe the teacher. They are asked to write a summary of each class, along with a critique of the teaching methods used by the teacher, an account of the effect of the class on the student, and comments about what the student themselves may have done the same as or differently than the teacher they observed.

A guide for class observations is appended to the syllabus, along with three Sample Observations Papers. Please make sure to peruse these materials and follow their guidance. To summarize, trainees observe:

- the level of integration and holism in the yoga class,
- the appropriateness and atmosphere of the physical space, and
- their personal response to the attended practice

Within these three categories shown in the handout, students integrate attention and comments related to the seven aspects of the teaching methodology spiderweb. Minimally trainees need to explore and comment on the following:

- Are the 8 limbs integrated?
- Are mindfulness and awareness strategies integrated?
- Were yoga philosophy or psychology and yoga ethics integrated?
- Was in intention set or a theme woven through the class?
- Was yoga science addressed?
- Were student needs and resources carefully considered throughout? Was equity, accessibility, and inclusion evident?
- What practice principles were employed?
- Was attention paid to the koshas?
Practicum Experiences – Lead Teaching

Professional transformation through lead teaching and observation of lead teaching is demonstrated via successful completion of the following requirements:

- **Term 2**: Students attend at least one YogaX class taught by one of the YogaX lead teachers. Class choices are provided in the YogaX YouTube Class List by Asana Categories (see table below) and are content-matched to the homework assignments.

- **Term 2**: Students participate in all classes led by fellow trainees in their assigned small group and provide appropriate formative feedback to their peers. They apply yoga’s ethical principles in this feedback, especially ahimsa and satya.

- **Term 2**: Students to spend a minimum of 5 hours as lead teacher for a class observed by fellow student teachers, including at least 3 hours observed by a YogaX lead instructor/mentor. Students receive feedback from the lead instructor and their peers for their required lead teaching activities. They are asked to respond to the feedback to show what they learned from input they received and how it will transform their practice as a teacher. **Students’ assigned time slots for lead teaching are noted in the training schedule.**

Guidance for these Practicum Experiences

**Session Outlines**: Through several homework assignments (described in detail in the homework section of the manual, trainees develop full-length session outlines that reflect all 12 core competencies, address all koshas, and integrated the 7 aspects of the teaching methodology spiderweb (presented in the training). By the end of the training, all trainees will have developed session outlines in each of the YTT lineage asana categories, integrating specific breathing techniques, and incorporating interior practices. These session outlines will also guide each trainee’s lead teaching sessions.

**Lead Teaching Hours**: Students are required to spend a total of 5 hours as lead teacher for classes attended and observed by fellow student teachers within their assigned small group for Term 2. At least 3 hours of lead teaching are attended and observed by a YTT lead instructor. These 3 hours are noted in the Teaching Observation Schedule included in the syllabus below. The other 2 hours will be fitted into the teaching schedule by the trainees in collaboration within their assigned small groups or can be done on students’ own time.

**Receiving and Incorporating Feedback.** Students will receive feedback from the YTT lead teachers and their peers for their required lead teaching activities. They will be asked to respond to the feedback provided to show what they learned from a given comment and how it may transform their practice as a teacher. Through this experience, trainees learn how to receive and provide feedback in a manner that allows for integration of input, non-defensiveness, and transformation of attitudes, skills, and knowledge.
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<td>“Dedication through Forward Folds” / Yin/Restorative Sequence:</td>
<td><a href="https://www.youtube.com/watch?v=Fi4PEqRbeKo">https://www.youtube.com/watch?v=Fi4PEqRbeKo</a></td>
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<tr>
<td>Twists</td>
<td>Chris</td>
<td>“Appreciative joy as a transformation of challenge”</td>
<td><a href="https://www.youtube.com/watch?v=a87kXPrvv48&amp;feature=youtu.be">https://www.youtube.com/watch?v=a87kXPrvv48&amp;feature=youtu.be</a></td>
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<td>Twists</td>
<td>Heather</td>
<td>“A Firmly Grounded Yoga Practice” / Revolved Triangle/ Parvritta Trikonasana:</td>
<td><a href="https://youtu.be/zfebJsEQHs4">https://youtu.be/zfebJsEQHs4</a></td>
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<td>Backbends</td>
<td>Chris</td>
<td>“Making Discerning Choices: Cultivating Resilience in Mind and Emotions”</td>
<td><a href="https://www.youtube.com/watch?v=WeN0eDHT5M0&amp;feature=youtu.be">https://www.youtube.com/watch?v=WeN0eDHT5M0&amp;feature=youtu.be</a></td>
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<td>Backbends</td>
<td>Chris</td>
<td>“Directing lovingkindness to self and others”</td>
<td><a href="https://www.youtube.com/watch?v=wDx8Mw4wK1Q&amp;feature=youtu.be">https://www.youtube.com/watch?v=wDx8Mw4wK1Q&amp;feature=youtu.be</a></td>
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<tr>
<td>Chris</td>
<td>“Integrating Yoga Practice with Strength and Conviction: Session 10 of Yoga for Health and Resilience”</td>
<td><a href="https://youtu.be/nx9rCJyd9Uc">https://youtu.be/nx9rCJyd9Uc</a></td>
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<td>Heather</td>
<td>“Working with Fear in Backbends” Wheel</td>
<td><a href="https://youtu.be/I1m-WAabdVV8">https://youtu.be/I1m-WAabdVV8</a></td>
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<tr>
<td><strong>Inversions</strong> Chris</td>
<td>“Breathing Life into Our Self and Out Relationships” Shoulder Stand</td>
<td><a href="https://studio.youtube.com/video/Wh15xhOzR6I/edit">https://studio.youtube.com/video/Wh15xhOzR6I/edit</a></td>
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<tr>
<td>Chris</td>
<td>“Appreciative Joy Arising from Inner Strength, Emotional Stability, and a Focused Mind” Half Handstand</td>
<td><a href="https://www.youtube.com/watch?v=Blw197e9NFcg&amp;feature=youtu.be">https://www.youtube.com/watch?v=Blw197e9NFcg&amp;feature=youtu.be</a></td>
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<td>Chris</td>
<td>“Recognizing our Essential Nature and Temperament: Session 4 of Yoga for Health and Resilience”</td>
<td><a href="https://youtu.be/d0kTBSq6d7g">https://youtu.be/d0kTBSq6d7g</a></td>
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<td>Heather</td>
<td>“Remembering our inner resilience” Forearm balance</td>
<td><a href="https://www.youtube.com/watch?v=H6J3cB7CEZ8&amp;list=PLzvkZpUGjwIHR_XZIn2DXI9TMip-Rpd7&amp;index=14&amp;t=2696s">https://www.youtube.com/watch?v=H6J3cB7CEZ8&amp;list=PLzvkZpUGjwIHR_XZIn2DXI9TMip-Rpd7&amp;index=14&amp;t=2696s</a></td>
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<td>Heather</td>
<td>“Practicing nonattachment and letting go through inversions” Candlestick</td>
<td><a href="https://youtu.be/pcGZnQaeWm4">https://youtu.be/pcGZnQaeWm4</a></td>
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<td><strong>Restorative</strong> Chris</td>
<td>“Winter Solstice Practice”</td>
<td><a href="https://youtu.be/K5MkiAAkRSA">https://youtu.be/K5MkiAAkRSA</a></td>
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<td>Heather</td>
<td>“Being with What is Essential”</td>
<td><a href="https://www.youtube.com/watch?v=PFnxot5fLmc&amp;list=PLzvkZpUGjwIHR_XZIn2DXI9TMip-Rpd7&amp;index=10&amp;t=2s">https://www.youtube.com/watch?v=PFnxot5fLmc&amp;list=PLzvkZpUGjwIHR_XZIn2DXI9TMip-Rpd7&amp;index=10&amp;t=2s</a></td>
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<tr>
<td>Heather</td>
<td>“Setting up for Samadhi”</td>
<td><a href="https://youtu.be/U3Il36qM4G0">https://youtu.be/U3Il36qM4G0</a></td>
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<tr>
<td>Heather</td>
<td>“Essential Ingredients of Yoga (1.12 and 1.13)”</td>
<td><a href="https://www.youtube.com/watch?v=lo2VjL0kbyA&amp;list=PLzvkZpUGjwIHR_XZIn2DXI9TMip-Rpd7&amp;index=8">https://www.youtube.com/watch?v=lo2VjL0kbyA&amp;list=PLzvkZpUGjwIHR_XZIn2DXI9TMip-Rpd7&amp;index=8</a></td>
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<tr>
<td>Chris</td>
<td>“Joy, equanimity, compassion, and lovingkindness embodied in yoga kriyas”</td>
<td><a href="https://www.youtube.com/watch?v=81cjOx3AQwI&amp;feature=youtu.be">https://www.youtube.com/watch?v=81cjOx3AQwI&amp;feature=youtu.be</a></td>
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<tr>
<td>Chris</td>
<td>“Breath with movement exploring energy and mind”</td>
<td><a href="https://youtu.be/UxkZItWFQ7Q">https://youtu.be/UxkZItWFQ7Q</a></td>
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<tr>
<td><strong>Sun Salutations</strong> Chris</td>
<td>“Enjoying the Journey That Is Your Life: Cultivating Resilience Through Wisdom”</td>
<td><a href="https://www.youtube.com/watch?v=lZP1_UYQD4M&amp;feature=youtu.be">https://www.youtube.com/watch?v=lZP1_UYQD4M&amp;feature=youtu.be</a></td>
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<tr>
<td>Chris</td>
<td>“Committing to the Ethical Practices of Yoga: Session 2 of Yoga for Health and Resilience”</td>
<td><a href="https://youtu.be/qHbLGDL8nas">https://youtu.be/qHbLGDL8nas</a></td>
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I slept and dreamt that life was joy.  
I awoke and saw that life was service. 
I acted and behold, service was joy.  

Rabindranath Tagore
Required and Recommended Readings

Required Texts (in order of use)


Recommended Readings


Wilber, K. (2016). *Integral meditation: Mindfulness as a path to grow up, wake up, and show up in your life*. Boston: Shambala.

Change is at the very core of the brain’s nature. Simpkins & Simpkins, 2010, p. 93
Helpful Journals

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<tr>
<th>Alternative Therapies in Health and Medicine</th>
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<td>Complementary Therapies in Clinical Practice</td>
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<tr>
<td>Frontiers in Human Neuroscience</td>
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<td>International Journal of Yoga</td>
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<tr>
<td>International Journal of Yoga Therapy</td>
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<tr>
<td>Journal of Alternative and Complementary Medicine</td>
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Rather than listing specific articles, we are offering you a selection of journals that may be of particular interest. Since the specific topics to which you may apply the contents of this course can vary widely, this seems to be more useful guidance than a listing of articles.

Read widely and read often. 😊

Fun Food-for-Thought Readings


Great knowledge grasps the whole; small knowledge only a part. Zhuang Zi (Daoist sage)
YogaX Training Manual

200-Hour YogaX Teacher Training Pragmatics

Space for Trainee Personal Notes