



Information for Bodhiyoga Teacher Training.

Dear Student,

Welcome to Bodhiyoga! Please read through this material carefully and ask yourself if this is the yoga teacher training for you. We are offering a Mindfulness based approach to Hatha yoga, firmly based in the Buddhist Mindfulness teachings and Contemporary Hatha yoga practices, emphasising technically skillful and safe posture work. Once you have read through the material, we can then arrange a meeting via Video call to help clear up any questions. It's recommended to attend our Online classes regularly and/or do a retreat with us in the lead up to the teacher training.

Before you arrive in Spain for the Residential component of the Teacher training, we want you to be well prepared. Start thinking in terms of your yoga teaching career and the knowledge you will need to acquire in order to fulfil that role.

Do the essential reading before coming on the course. We include a study guide to help you assimilate the information and knowledge that we will be working with while you are doing the contact hours with us.

Study carefully. We want to encourage a reflective and critical approach to teaching. This therefore requires a full engagement from you, emotionally, intellectually and spiritually. This is not just an academic course, it is about real life and working with ourselves to change, grow and then influence others positively by how we ourselves are as teachers. This is a job of real responsibility. Are you ready?

Also note that all payments to Bodhiyoga are completely **non-returnable** under any circumstances and only transferable to trainings the following year.

Yours Kindly,

Directors and course facilitators,

Dharmachari Sudaka, & Dharmachari Sadhita



Essential Reading list

Living with Awareness - Sangharakshita (2004)
Living with Kindness - Sangarakshita (2004)
Introduction to Human Anatomy and Physiology - Eldra Pearl Soloman (2008)
Science of Breath - Himalayan Institute Press (2007)

Additional background reading

The Muscle Book - Paul Blakey (2000)
Stretching without Pain - Paul Blakey (1994)
Anatomy for Yoga - Leslie Kaminoff (2007)
Anatomy Colouring Book - Wynn Kapit
Anatomy of Movement - Blandine Calais-Germain (2007)
Satipatthana - Analayo (2004)
Hatha Yoga Pradipika - various translations
Mastering the Basics - Himalayan Institute Press (2007)
Somatics - Thomas Hanna (2004)
The Heart of Yoga - T.K.V. Desikachar (1999)
Yoga for Wellness - Gary Kraftsow (1999)
Light of Yoga - B.K.S. Iyengar (2001)
Insight Yoga - Sarah Powers (2008)
Yin Yoga - Paul Grilley (2002)
Dynamic Yoga - Godfrey Devereux (1999)
The Yoga Tradition - George Feuerstein (1998)
Yoga Body - Mark Singleton (2010)
The Science of Yoga - William J. Broad (2012)
Your Body Your Yoga – Bernie Clark (2016)
Your Spine Your Yoga – Bernie Clark (2018)
Your upper body Your Yoga– Bernie Clark (2022)
Trauma-Sensitive Yoga in Therapy: Bringing the Body into Treatment - David Emerson (2015)



Directions for travel to the Bodhiyoga training venue

Arriving at Suryavana, near Jerica, Castellon.

Address:

Suryavana, Masía Novales

Partida Novales, s/n, 12450 Xèrica, Castellón

Spain

Flying to **Valencia** is the easiest airport. We can organise a taxi pick up for the airport. (About 90 euros).

On public transport simply take the Metro into town to the train station “Estación Nord”. Take the train up to Jerica/Viver (C5 Valencia-Caudiel line). We will organise a cab to pick you up from there for the 10 minute journey to Suryavana. (15 euros)

Please note that there are only two trains in the afternoon from Valencia Estación Nord to Jerica/Viver.

From Alicante, Madrid or Barcelona airport. You will need to take the train or bus to Valencia. Be sure to co-ordinate travel times with the train to Jerica/Viver from Valencia.

Leaving the course

On the last day, after an early breakfast, you will depart from Suryavana. We can arrange taxis and there are early trains.

Make sure your onward travel times co-ordinate with this!



Practicals and what you will need to bring

What to bring;

- Yoga mat if you want to (we have mats and belts, blocks, bolsters, blankets etc.)
- Light comfortable clothing for yoga practice
- Swimming costume
- Towel
- Bathroom things
- Head lamp or torch
- Sturdy shoes or boots
- Sun protection and sun creams
- Insect repellent (antihistamines if you have an adverse reaction to mosquito or midge bites)
- Any essential medicines
- Notebooks (more than you think you might need)
- Some clothing to cover up at night (it can be cool)
- Your yoga practice diary
- Your notes from home study
- A copy of Living with Awareness and Living with Kindness



Preparing for the training inwardly

We want you to really enjoy the process of your teacher training course. It will be of real benefit to you and others for many years to come.

In terms of preparation, we want you to start studying as soon as you receive this information. How and when you do that depends upon your lifestyle and your other commitments. We recommend putting aside some hours every week whereby you can sit down quietly, in a reflective mood, and begin to try and assimilate some of what you need to know as a yoga teacher.

Keep up a regular yoga practice and a meditation practice if you have one. Make sure that you keep a practice diary and make regular entries. This will help you in the learning process of your own practice.

Things to note in the practice diary

- The time of day that you do your practice
- The length of time of your formal practice.
- Your state of mind immediately before and after the practice (happy, sad, angry, positive, negative etc.)
- If you are going to a teacher, note how often and what you did in the class.
- If you are practising alone, note what you did (are there themes to your practice, for example?)
- The effects of your yoga on your general state of mind throughout the day.
- The effects of your yoga on your physicality (i.e. improved co-ordination, relaxation etc.)
- Anything new that you tried or any anomalies.
- Anything else that you might want to keep a note of.



Study guide

This study guide will help you to prepare for our training and the course assignment papers that you need to complete for final certification as a Bodhiyoga teacher. Take the Pre-course seriously as there is little time on the course to catch up with reading.

Living with awareness - Sangharakshita

This is a commentary on a very well known Mindfulness text known as the Satipatthana Sutta in Pali, the singularly most important text on meditation and awareness in the Buddhist tradition. In “Living with Awareness” we find a commentary on how we begin to think about awareness in the broadest sense, from the Buddhist perspective.

Reading the commentary, you could focus on the introductory chapter “Beginning” and chapters 1, “Remembering”, 2, “Goal setting”, 6, “Getting down to essentials”, 7 “Dying” and 14, “Enlightening”. If there is anything that is not clear to you, form questions and write them down. These questions will form the basis of our group study sessions that we do on the course.

Living with Kindness - Sangharakshita

Here we have another commentary on another famous Buddhist text known in Pali as the Karuniyametta Sutta.

Again, read through the whole text but pay particular attention to Chapter 2 “The ethical foundations of metta.” This text lays an important foundation for our teacher training.



Science of breath

Read through the whole of this short text and answer the following questions:

- 1) How does the breath function generally?
- 2) What are the effects of faulty breathing i.e., upper chest breathing or mouth breathing?
- 3) What are the effects of breathing diaphragmatically?
- 4) What functions does the nose perform?
- 5) What are the secondary breathing muscles?
- 6) Which postures can help to strengthen the diaphragm?
- 7) Which part of the lung properly oxygenates the blood and why is this important?
- 8) Describe the practice of *jala neti* and how it helps us.
- 9) Before giving students pranayama exercises to do, you would ensure that they can do what?
- 10) Give five effects of diaphragmatic breathing.
- 11) What function does oxygen perform in the body?
- 12) Describe how the diaphragm functions mechanically, what are its main actions?
- 13) The breath is used as a focus in some meditations and always in yoga, but how might the emphasis be different, i.e. what are the different outcomes of using the breath in these practices?

The series of anatomy books of the additional reading to be studied at your leisure.

There will however be assignment papers on the following topics:

- 1) The musculoskeletal system
- 2) The nervous system
- 3) The endocrine system
- 4) The pulmonary and circulatory systems



- 5) The lymph system
- 6) The respiratory system

Study guide questions on Anatomy & Physiology

- Q. What are the different types of muscle in the body?
- Q. What prevents the muscles from injury, both in the muscle itself and the tendon?
- Q. How do skeletal muscles function to extend and contract a limb?
- Q. What are the two main branches of the nervous system?
- Q. What are its main functions?
- Q. How do the brain and central nervous system function together?

- Q. How does the heart function to move blood around the body?
- Q. What problems can one develop in the heart?
- Q. How many chambers does the heart have?
- Q. How does Hatha yoga benefit the heart?

- Q. What constitutes the lymphatic system?
- Q. What are lymph nodes made from? What is their purpose?
- Q. How does the body defend itself from potential problems via the immune system?
- Q. In what way is the immune system helped through movement of the body?
- Q. How can we benefit immunity through Hatha yoga?

- Q. Name the main glands of the endocrine system.
- Q. What are their functions?
- Q. Which gland serves growth in males and females?
- Q. Name three problems that can occur through defective glands.



- Q. How does the breathing process work?
- Q. Why is the breath so important in Hatha yoga?
- Q. What is the diaphragm and what are its functions?
- Q. What functions does the nose perform in breathing?

- Q. How does the body deal with waste, both solid and liquid?
- Q. Why does the body produce waste matter?
- Q. What are the different parts of the excretory system?



Mindfulness, Meditation and Buddhism

- Q. What is Mindfulness?
- Q. What are the four foundations of Mindfulness?
- Q. Why meditate?
- Q. What are the two main approaches to meditation in Buddhism?
- Q. How does meditation differ from Hatha yoga and the Raja Yoga of Patanjali?
- Q. Who was Siddhartha Gautama?
- Q. What did the Buddha teach, as his first Sermon in the deer park (otherwise known as the first turning of the wheel of the Dharma?)

Hatha yoga

- Q. Explore the practice of mula bandha and its connection with the exhalation.
- Q. Explore the practice of uddiyana bandha and how it can be expressed through the whole body to the hands and the feet
- Q. Develop your inversion practice, building up to 5 minute head and shoulder stand and explore the benefits.
- Q. Consider how to organise postures into groups
- Q. How does Hatha yoga practice affect stress?

Teaching Hatha yoga

- Q. What does it mean to be a yoga teacher?
- Q. Name three ways that it is possible to teach an asana.
- Q. If a student resists an instruction, what should you do?
- Q. When teaching, what is your main concern?
- Q. How would you teach a class of people with lower back problems?



Summary of what is needed to complete the training and qualify as a Bodhiyoga teacher

- 1) Ideally students would attend the weekly Online classes for a 6-12 month period both before and after the Residential training.
- 2) Do the 5 days Online module plus the Residential training.
- 3) Complete the assignments set during the training courses and submit them to us.
- 4) Provide one reference, from your chosen teacher who observes you teaching a class.
- 5) Pay the full course fees.

Insurance as a professional yoga teacher

BGI offers insurance for yoga teachers. The insurance now covers policyholders domiciled anywhere in the world and teaching anywhere in the world except the USA and Canada.

Course assignment papers and practice teaching

Download your assignment papers from our website. You will also have to complete 16 hours of teaching practice as part of your coursework, and provide a written summary. You have one year to complete from the time you end the Residential part of the training.



Important notices*

Disclaimer:

1. Should any participant withdraw from the course before the end, any refund of course fees is at the discretion of the Bodhiyoga course facilitators. In principle, payments to Bodhiyoga are completely non-returnable under any circumstances and only transferable to trainings the following year.

All such requests should be made in writing and sent to Bodhiyoga.

2. The trainee students must make sure that they bring with them the relevant health insurance.

3. We require as part of your application, a valid and up-to-date address and contact number of your next of kin, or, someone that we may contact in case of emergency.

Please ensure that we have this information prior to your arrival to our training venues.

4. We require the name and contact details of your proctor (the teacher that will observe you teaching). You are advised to arrange these as soon as you complete the Residential course at Suryavana.

5. The course material should be completed and submitted before the end of the 12 month period after completing the Residential training (300 hour Certification), or Remedial Yoga Online Module (500 hour Certification). A delay to submit course work on time *may* result in you not being certified.

6. The course training is a shared responsibility between the Bodhiyoga teachers and the students. Our part is to provide effective learning and training. Your part is to take on board the pre and post study element of the course, as well as devote yourself to the course material and engage intelligently with the course in harmony with other students. If for any reason we feel that this commitment is not being fulfilled by you then we will act as is necessary to maintain harmony.