



YOGA NATHA

YTT PROGRAM

HATHA YOGA



IMPORTANT

This program's most significant point of differentiation lies in the authenticity conveyed through its content delivery. It provides a unique opportunity to learn directly from a Monk from the Indian Tradition, Natha Sampradaya, where Hatha Yoga originated. This unparalleled chance offers insights from someone who has undergone first-hand experiences and faced all the challenges of being the first in the Americas to be accepted as part of this Tradition. Today, Rajnath shares his experiences and compares them to the Yoga model presented years ago in the West, taking us on a remarkable journey through his experiences that only real monks can offer.

MODULE 1

THE GATEWAY TO THE SECRET YOGA OF THE NATHAS

This Module provides an overview of the teachings that will be imparted. The introductory module acquaints the learner with the fundamental teachings necessary to comprehend the distinctiveness of a Sampradaya as compared to the Western interpretation of Yoga. The module aims to prepare the learner to embrace the original knowledge of Himalayan Monks and initiate a shift in perspective. The module is designed to equip the learner with a foundational understanding of the principles that underlie the teachings that follow, thus providing a solid grounding for future learning.

MODULE 2

STHULA SHARIRA VIGYANA - THE YOGIC SCIENCE OF THE PHYSICAL BODY

In this Module, the following knowledge will be presented: The yogis' view of the dense physical body. And the correct clarifications on the following concepts: Doshas. Shukralartav. Dhatus, Ojas (agniatmaka and somaatmaka), Tejas, Pancha Maha Bhutas, Shatkarma, Triguna Vigyan, Vyakta and Avyakta, Sattwa, Rajas, Tamas, Dhatu, Rasa Dhatu, Rakta Dhatu, Mamsa Dhatu, Medha Dhatu, Asthi Dhatu, Majja Dhatu, Shukralartava Dhatu, Mahadhatu, Mala, Aama, Kaya Kalpa, Kalpa, Vichara, Sama, Sattwavajaya, Pitta, Pitta-Vata, Vata- Pitta, Vata, Vata-Kapha, Kapha-Vata, Kapha, Kapha- Pitta, Pitta-Kapha, Kledaka, Avalambaka, Tarpaka, Bodhaka, Shleshaka, Panchaka, Ranjaka, Alochaka, Sadhaka, Bharajaka, etc.

MODULE 3

HATHA VIDYA AND SIDDHA SIDDHANTA TANTRA

In this Module, the following knowledge will be presented: What is the difference between Yoga and Hathayoga? Why did all Yoga that uses posture come from Hatha yoga? What is Tantra? The history of the emergence of Tantra. How to differentiate true Tantra? What is the difference between Tantra and Vedanta? Why can't Hathayoga be taught with Vedanta? Bhutajay and Vayujay. Is there "tantric massage" or "tantric sex"? Shiva and Shakti are not feminine and masculine. Which are the traditional Tantra scriptures and which are Hatha yoga? And the correct clarifications on the following concepts: Chaturanga, Asana, Pranayama, Mudra, Laya Yoga, Bhutajay, Vayujay, Niroddha, Jaya, Satsang, Bhuta Shuddhi, Hatha Vidya, Siddha Vidya, Dakshina Marga, Vamah Marga, Kaula Marga, Divya Marga, Shiva-Shakti, Shramana, Sandhyabhasha, Siddha Siddhanta Tantra, Bhuta, Pancha Mahabhuta, Panchavayu, Vritti, Samarasya, Samarasattwa, etc.

MODULE 4

ASANA VIGYANA - ALL EXISTING KNOWLEDGE ABOUT ASANAS

In this Module, the following knowledge will be presented: What are postures (asanas), how do they work and what are they for? What is the difference between an asana and a “body mudra”? What does it take for an Asana to be an Asana? The regional variation of the names, are there “secrets” or “hidden teachings” in the names of the asanas? And the correct clarifications on the following concepts: Pranabandha, Stambha, Kaya Sthairyam, Dridha, Sthira, Sukshma and Sthula Vyayama, Asana-kriya, Mritasanas, Purnashwas, Sukha, Ardha, Purna, Jada Samadhi, Asana-avastha, glossary of correct translations, etc.

Includes the formal sadhanas of the 84 asanas.

MODULE 5

NATHA SAMPRADAYA - THE OLDEST YOGI TRADITION IN INDIA

In this Module, the following knowledge will be presented: An in-depth explanation of Natha Sampradaya, India, the life and practice of yogis, sadhus, and Yoga in its original context, pointing out its cultural, religious, and contextual differences with the West. And the correct clarifications on the following concepts: Adesh, Jigyasu, Sathi, Avalambi, Aughar, Darshani, Diksha, Grahatsya Diksha, Kavacham, Choti, Nathanama, Samnyasa Diksha, Bhagwa, Janeu, Mantra Diksha, Choti Diksha, Upadesha Diksha, Tripura Sundari, Guru Kripa, Langoti, Bhairava Matega, Babhuti, Vibhuti, Chira Diksha, Janeu, Kundala, Pagadi, Sushumna, Pavitri, Rudraksha, Nadi, Shadi, Vyapar, Brahmacharya, Adibhoot Maya, Ahimsa, Adhidaiva Maya, Adhiyadnya Maya, Jamat, Baraha Panth, Bhandari, Karwari, Kotuwal, Choukidar, Kothari, Pujari, Mahant, Mahayogi, Peer, Raja Peer, Sri Raja, Dhuni, Peetadishwara, Ashram, Samit, Adaksha, Sadaksha, Sadhu Samaj Bharatvarshya, Shambu Adesh, Nath Puja, Sannidhapani, Puja, Arati, etc.

MODULE 6

PRANA VIGYANA - THE TOTAL KNOWLEDGE OF PRANA, AN INDISPENSABLE BASIS FOR A DEEP UNDERSTANDING OF THE PRANAYAMAS

In this Module, the following knowledge will be presented:

Knowledge about Prana. What is Prana in the scriptures? Vaikhari. Surya. Sum. The Chaturavastha. Paropasana Vigyana. Ashta Siddhis. Shodashanta. Desha, Kala and Samkhya. The matras. Kanistha, Madhyama, and Uttama Kumbhaka. Dasamahavayus. Samantraka and Amantraka. Etc.

MODULE 7

GYANA YOGA I THE KNOWLEDGE THAT ENDS SUFFERING

In this module, we shall present the following knowledge: An introduction to Self-knowledge within the philosophy of Non-dual Tantra, Siddha Siddhanta Tantra, which serves as the philosophical basis of all Hatha Yoga. Additionally, we shall provide a comprehensive understanding of the subject by including nine questions, which are designed to prepare students in the same manner that Indian people are prepared in their early years. This approach ensures that the students attain an in-depth understanding of the subject matter.

MODULE 8

PRANAYAMA SADHANA - CONSCIOUSNESS EXPANSION TECHNIQUES

In this Module, the following knowledge will be presented: Sahitya and Kevala. Sagarbha and Nirgarbha. Presentation of the 16 official Pranayama techniques. Yuktaayukta Sadhana (sthanam, vidhi, bandhayukti, kala, ahara, malashodhana and abhyasa). The danger of malangloka, pagalaloka and jadasamadhi. Etc.

MODULE 9

GYANA YOGA II - THE KNOWLEDGE THAT ENDS SUFFERING

In this Module, the following knowledge will be presented: Deepening the philosophy of Non-dual Tantra, also known as "The Knowledge that Frees from Suffering", Siddha Siddhanta Tantra, the philosophical basis of all Hatha Yoga.

MODULE 10

MANO AND HASTA MUDRAS - MUDRAS WITH THE MIND AND HANDS

In this Module, the following knowledge will be presented: What is a mudra and how do they work within Hatha Yoga? The 10 Mano Mudras and the 8 Hasta Mudras. The 3 types of Hasta Mudras. Panchadharana and crossing the chakras. Triloka Vigyana. Bahirlakshya and Antarlakshya.

MODULE 11

GYANA YOGA III - THE KNOWLEDGE THAT ENDS SUFFERING

In this Module, the following knowledge will be presented:

A philosophical and practical conclusion in the Siddha Siddhanta Tantra, "The Knowledge that Frees from Suffering".

MODULE 12

KARANA MUDRAS - MUDRAS WITH THE BODY

In this Module, the following knowledge will be presented:

The 40 Secret Karana Mudras (body mudras). The 4 Bandhas. Trimudra. Sandhyabhasha (amrta, raja, bindu, etc.).

MODULE 13

GYANA YOGA IV - THE KNOWLEDGE THAT ENDS SUFFERING

In this Module, the following knowledge will be presented:

An investigation of the student's level of assimilation in the subject matter of the Siddha Siddhanta Tantra, "The Knowledge that Frees from Suffering".

MODULE 14

MEDITATION AND PATANJALI'S YOGASUTRA - CHAPTER 1 – SAMADHIPADA

In this Module, the following knowledge will be presented:

Presentation of the science of meditation according to the oldest scripture on the subject, in a version translated by Rajnath into English.

MODULE 15

MEDITATION AND PATANJALI'S YOGASUTRA - CHAPTER 2 – SADHANAPADA

In this Module, the following knowledge will be presented:

Presentation of the science of meditation according to the oldest scripture on the subject, in a version translated by Rajnath into English.

MODULE 16

MEDITATION AND PATANJALI'S YOGASUTRA - CHAPTER 3 – VIBHUTIPADA

In this Module, the following knowledge will be presented:

Presentation of the science of meditation according to the oldest scripture on the subject, in a version translated by Rajnath into English.

MODULE 17

MEDITATION AND PATANJALI'S YOGASUTRA - CHAPTER 4 – KAIVALYAPADA

In this Module, the following knowledge will be presented:

Presentation of the science of meditation according to the oldest scripture on the subject, in a version translated by Rajnath into English.

MODULE 18

ESOTERIC ANATOMY - SUKSHMA SHARIRA TAALIKA VIGYANA 1: KOSHAS, CHAKRAS, NADIS AND KUNDALINI.

In this Module, the following knowledge will be presented:

Esoteric Anatomy. Koshas. Subtle Structures and Internal Alchemy. What are the nadis? Pandrahnadis. What is Kundalini? Siddhis. What are the chakras? Infernal chakras. What are the emotional challenges to be overcome in the chakras and how to overcome them in everyday life? How to awaken the chakras? Granthis.

MODULE 19

ESOTERIC ANATOMY - SUKSHMA SHARIRA TAALIKA VIGYANA 2: MANTRA, LAYA, KARMA AND TATTWA.

In this Module, the following knowledge will be presented:

Dvodashanta. Nadanusandhana. Taraka and Amanaska. The mantras. Japa is not a type of mantra. The 38 Shaiva Tattwas and the 25 Samkhya Tattwas.

MODULE 20

DIDACTICS AND PROFESSIONAL SUCCESS AS A YOGA TEACHER

The content covered in this module is designed to equip learners with the knowledge and skills needed to excel in the field of yoga education. In-depth discussions will be held on the best practices for knowledge transmission, class instruction, and running a successful yoga school. Additionally, learners will gain insights into the career management aspects of the field, including how to make a living through the transformational power of yoga.

By the end of this module, learners will have a comprehensive understanding of teaching yoga, and how to effectively manage a yoga school or movement online or in person. They will be equipped with the skills necessary to succeed in the field and make a meaningful impact on the lives of others.

**DO NOT ASSUME YOU ALREADY
KNOW THE CONCEPTS LISTED
ON THIS HANDOUT.**

**THESE TEACHINGS, AS THEY ARE
PRESENTED IN THIS COURSE,
ARE GIVEN ONLY TO A
NATHA MONK.**

SIGN UP HERE

**PAYMENT PLANS
AVAILABLE**

**CONTACT US BY
CLICKING HERE**

YOGA IS MEDITATION
AND OUR YTT PROGRAM IS FOR ALL LEVELS AND THOSE
INTERESTED OR NOT IN BECOMING A TEACHER.