

Bhagavad Gita Audio Course

We have mapped out the IAYT Competencies for your convenience.

This map of the competencies can help you plan for further education to meet the requirements for IAYT Grand-parenting hours.

IAYT Accredited Yoga Therapy schools use Healing Yoga Institute courses for distance learning. We have mapped out the competencies that are met with each online course. We have also listed each competency as a learning objective, which you can cut and paste into your school syllabus for convenience in planning and implementing.

- 1.2.2 Explains yoga perspectives on distracted/disturbed conditions of mind and their expressions as expressed in such texts as the *Yoga Sutras*, the *Bhagavad Gita*, and other texts, and can define terms including but not limited to
 - 1.2.2.1 *klesha* (affliction);
 - 1.2.2.2 *lobha*, *krodha*, and *moha* (greed, anger, attachment);
 - 1.2.2.3 *duhkha* and *daurmanasya* (suffering/discomfort and negative attitude/thinking), *sarupyam* (identification with the contents of the mind or seer taking the same form as the mind); and
 - 1.2.2.4 *antaraya* (obstacles to progress in yoga).