

Hatha Yoga Pradipika 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.

Category 4.1. Yoga Practices

- 4.1.1 Applies the practices of yama and niyama to oneself, and teaches the foundations of them to clients as appropriate.
- 4.1.2 Demonstrates skill in communicating and teaching the range of yoga practices and their potential therapeutic effects for common conditions
Practices may include, but are not limited to,
 - 4.1.2.1 *asana* (postures);
 - 4.1.2.2 *pranayama* (regulated breathing);
 - 4.1.2.3 meditation and relaxation techniques such as *bhavana* (visualization) *mantra* (recitation), and ritualized activities such as *nyasa* and *mudra*; and
 - 4.1.2.4 *vihara* (lifestyle modifications) including basic yogic dietary concepts.
- 4.1.3 Describes and explains the contraindications of yoga practices for specific conditions and circumstances.