

## Yoga Sutra Chapter 1 Video 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 1.2. Yoga and the Mind

- 1.2.1 Knows yoga perspectives on the structure, states, functioning, and conditions of the mind, and can define terms such as
  - 1.2.1.1 *drashtr* (seer), *drshya* (seen);
  - 1.2.1.2 *antahkarana citta* (consciousness), *buddhi* (intellect), *ahamkara* (ego), *manas* (mind)
  - 1.2.1.3 *citta vrtti* (activities of the mind), *citta pariama* (structural changes in the mind), *vyutthana/nirodha* (mind's potential for distraction and focus);
  - 1.2.1.4 *artha* (cognition), *bhava* (mood), *svabhava* (inborn nature), *vasana* (residue of experience), *samskara* (conditioned pattern of thinking and behavior); and
  - 1.2.1.5 states of mind: *mudha* (stupefied/dull), *kshipta* (disturbed), *vikshipta* (alternating between distraction and focus), *ekagrata* (one-pointed), *nirodha* (focus enveloped/held/ restrained), *vaishvanara* (waking), *taijasa* (dream), *prajña* (deep sleep), *turiya* (beyond).
- 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)

### Category 1.3. Framework for Health and Disease

- 1.3.1 Describes the basic perspectives on health and disease from yoga and Ayurveda relevant to the practice of yoga therapy, and can define terms including the concepts of
  - 1.3.1.1 *panca maya (kosha)* (fundamental structure of the human system);
  - 1.3.1.2 subtle anatomy;
  - 1.3.1.3 *tri-dosha* (effect of the elements on the physical body);

- 1.3.1.4 tri-*guna* (effect of *sattva* (equilibrium), *rajas* (activity), *tamas* [(inertia)]);
- 1.3.1.5 *prakṛti/vikṛti* (*doṣa* constitution at birth/imbalance of the *doṣa* currently expressed in the body);
- 1.3.1.6 *ama* (undigested food, emotions, etc. accumulated in the body);
- 1.3.1.7 *agni* (internal fire(s) and their contribution to health);
- 1.3.1.8 *prāṇa vāyu* (*prāṇa*, *apāna*, *vyāna*, *udāna*, *samāna*);
- 1.3.1.9 *prāṇa prakopa* (disturbance of the *vāyu*);
- 1.3.1.10 *surya/candra* (sun/moon);
- 1.3.1.11 *br̥hmana /langhana* (expansion/contraction); and
- 1.3.1.12 *vyūha* model: *heya* (the symptoms), *hetu* (the causes), *hana* (the goal) *upāya* (the tools).

#### **Category 2.4. Additional Knowledge**

- 2.4.1 Describes developmental stages, lifecycles, and personality, and their importance to medical and psychological health and well-being.
- 2.4.2 Recognizes the influence of familial, social, cultural, and religious conditioning on mental and medical perspectives of health and healing.

#### **Category 2.5. Body and Mind Integration**

- 2.5.1 Understands how body and mind are integrated through the interaction of the body, breath, mind, intellect, and emotions in health and well-being.

#### **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.