

How to Prepare for Teacher Training Modules

The following list will provide you with all the necessary viewing and reading materials for each of our teacher training modules.

This will help provide you with a basic foundation in the philosophy and practice of yoga. Please complete the following to prepare and enhance your learning experience.

Embodying the Flow

1. Practice sequences in Shiva's *Yoga Shakti* DVD. Be able to differentiate between the Namaskar variations and Dancing Warrior sequences.
2. Read "Hatha Yoga as a Practice of Embodiment" - Shiva's UCLA Master's Thesis
3. Start to become familiar with sanskrit names of asanas. Mandala of Asanas.
4. *The Complete Book of Vinyasa Yoga* by Srivasta Ramaswamy
5. *The Heart of Yoga* by TKV Desikachar

Pathways of Flow

1. Review *Key Muscles of Hatha Yoga* by Ray Long.

Fluid Power I

1. View Shiva's Fluid Power DVD. Become familiar with Mandala Namaskar sequences.
2. *Yoga Spanda Karikas* by Daniel Odier (Vijnana Bhairava Section)
3. *Ageless Body Timeless Mind* by Deepak Chopra

Fluid Power II

1. *Triadic Heart of Siva* by Paul Muller Ortega

Marma Nadi Chakra:

Chakra Vinyasa - Liberating the Mandala Body through Prana Vinyasa Flow

1. *Chakras Energy Centers of Transformation* by Harish Johari
2. *Ayurveda and Marma Therapy: Energy Points of Yogic Healing* by David Frawley, Subhash Ranade, and Avinash Lele
3. PDF files - MNC booklet and Selected Articles

Rasa Vinyasa

Various Articles available online

Radiant Heart

1. *The Heart's Code* by Paul Pearsall
2. *Yoga of Heart* by Mark Whitwell
3. *Shiva's Yoga Shakti* DVD
4. Selected Articles on www.shivarea.com/teacher-training-tools

Teacher's Exploratorium

Self-assigned Preparations to bring in advance

Radiant Health

Prakriti by Robert Svoboda or
Living in Balance by Maya Tiwari

Yoga Trance Dance

1. *Shiva's Yoga Trance Dance* DVD