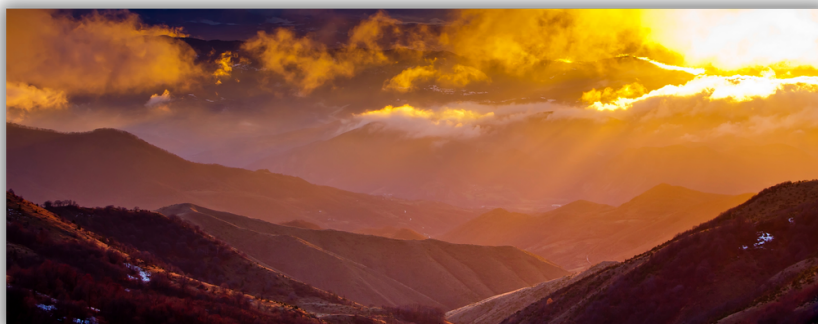


# YOGA & AYURVEDA COURSE SYLLABI

## COURSE DESCRIPTION

Our Yoga & Ayurveda course is held on Wednesdays from 9:00 am to 11:00 am PST via Zoom. This program aims to bridge the Eastern Wisdom of Yoga & Ayurveda with Western Healthcare and Psychology, offering an advanced exploration of Yoga and Yoga Therapy. The program is divided into five segments:

- **T.Krishnamacharya & Optimal State Teachings:** Dive into the teachings of T. Krishnamacharya, a master Yogi who imparted classical asana and yoga therapy, and explore the underlying framework that unites his diverse teachings.
- **Asana Vinyasa Krama & Therapy Modifications:** Learn the step-by-step vinyasa approach to each asana in the Krishnamacharya system and discover the therapeutic applications of these postures, understanding their subtle effects on the human system.
- **Asana Class Sequencing for Groups and Individuals:** Master classical asana sequencing as the foundation for Yoga Therapy lessons, with an emphasis on modifying sequences to address individual needs.
- **Pranayama Techniques, Ratios, and Sequencing:** Explore the healing potential of Pranayama, following the classical teaching order and discovering how to tailor practices for healing purposes.
- **Meditation Steps, Sequencing, and Chants:** Delve into the 10 main steps of classical meditation practice, and learn to adapt them for therapeutic purposes, making meditation accessible and beneficial.



# YOGA & AYURVEDA COURSE SYLLABI

## FACULTY

### **Amy Wheeler**

Amy is the CEO and founder of the Optimal State® & the Optimal State 865 Certified Yoga Therapist Program, training yoga teachers and yoga therapists at the 200, 300, 500, 800 and 1000-hour levels. She served as President of IAYT from 2018-2020. Amy has created several forms of passive income including books, manuals, infographics, online video tutorials, courses, and workshops. Together with her husband George Mantoan, Amy has created hundreds of hours of audio and video courses for health and healing that can be found on [www.amywheeler.com](http://www.amywheeler.com).

### **Colleen Carroll**

A life-long practitioner and dedicated teacher, Colleen Carroll is devoted to assisting others in bringing a yoga perspective to all aspects of daily living. In 2009, Colleen founded the Thrive Yoga Therapy Clinic at the Kaiser Permanente Center for Healthy Living in Woodland Hills. On the strength of an intensive yoga therapy pilot study for movement disorders at Kaiser Permanente Woodland Hills, KP now offers yoga therapy for members with Parkinson's. Colleen is also a guest lecturer and lifestyle educator for UCLA/MPTV wellness series, the Center for Aging, Research & Education and the NeuroCommunity Foundation, introducing yoga philosophy and practice at their annual symposia for PD, MS and CVA. You can find out more at [www.colleencarrollyoga.com](http://www.colleencarrollyoga.com)

### **Melanie Boyer**

Melanie has been a student of yoga since the mid 90s. Since 2009, she has traveled annually to Chennai, India to study with her teachers at the Krishnamacharya Yoga Mandiram (KYM). It is here where she completed the International 500 hr Yoga Teacher Training Program, Vedic Chanting Teacher Training program and is currently participating in the Yoga Therapy Teacher Training program. Melanie is also a certified Pilates Instructor and lives in Punta de Mita Mexico where she teaches private yoga and Pilates classes.

## SCHEDULE & HOMEWORK ASSIGNMENTS

### January 10, 2024 (Wk1) Introduction

### January 17, 2024 (Wk2) Panca Maya & The 5 Layers Of The Human System

Homework: Begin Watching Yoga Sutra Chapter 1 Video & Complete Workbook

Please upload the Yoga Sutra Chapter 1 workbook. Please complete this assignment no later than Jan. 31st to DropBox.

### January 24, 2024 (Wk3) Yoga Sutra – No Class

Homework: Finish Watching Yoga Sutra Chapter 1 Video & Complete Workbook

Homework: Evaluate yourself on the 5 layers of the human system.

Please upload the Yoga Sutra 1 workbook. Complete this assignment no later than Jan. 31st to DropBox.

- **Physical:** Do you have pain anywhere in your body? Is your strength and flexibility and balance and weight appropriate for your constitution? And what types of yoga asanas would you use to improve your physical body
  
- **Breath:** Do you hold your breath? At the top of inhalation? At the bottom of exhalation? Is your breath easy and long and smooth? Can you get enough air? And what types of pranayama would you use to improve your breath capacity?
  
- **Mental:** Do you have a clear mind? Sattvic mind? How is your memory? What is your learning ability- fast? slow? comes easy but you forget? or you remember everything like an elephant? What types of meditation would you use to improve your mental capacity?
  
- **Personality:** Are you easy or hard to be with? Have a temper? Get depressed? Get anxious? Do you tend to judge others? Are you a people pleaser? What else? What from the Yoga Sutra would help you to shape your personality so that you can be the best version of you?
  
- **Emotions** (and possibly Spiritually): Are your emotions stable? Do you process and digest emotions? Can you be present to "what is."? Are you able to have acceptance and stay in the moment? Do you trust the divine to work with you in life? Which chants would be most helpful to you in gaining more peace or emotional strength, or kindness or connection (just examples)?

## SCHEDULE & HOMEWORK ASSIGNMENTS

**January 31, 2024 (Wk4) Yoga Sutra - Guna Assessment of Optimal State Therapeutic Plan**  
Finish Watch Yoga Sutra Chapter 1 Video & upload your workbook no later than Jan 31st to DropBox.

**February 7, 2024 (Wk 5) Yoga Sutra - Mahat, Svabhava, Vasana, Ahankara, Klesas, Samskaras, Yamas, Niyamas**  
Begin watching Yoga Sutra Chapter 2 Video & Starting working on your workbook.  
When complete, please upload the Yoga Sutra Chapter 2 Feb. 28th to DropBox.

**February 14, 2024 (Wk 6) Yoga Sutra - Duhkha, 9 Obstacles, 4 Symptoms Of Suffering, Abhyasa, Vairagyam, Kriya Yoga**  
When complete, please upload the Yoga Sutra Chapter 2 Feb. 28th to DropBox.

**February 21, 2024 (Wk 7) Yoga Sutra - Sraddha, Svadharma, Isvara Pranidhana, Viveka, Samadhi, Citta Vrtti Nirodhah**  
When complete, please upload the Yoga Sutra Chapter 2 Feb. 28th to DropBox.

**February 28, 2024 (Wk 8) - Optimal State Assessment Charts**  
Continue watching the Optimal State Assessment Video & upload the evaluations of the 3 people using the assessment charts March 27th to DropBox.

**March 6, 2024 (Wk 9) - Anabolic, Catabolic & Homeostasis**  
Continue watching the Optimal State Assessment Video & upload the evaluations of the 3 people using the assessment charts March 27th to DropBox.

**March 13, 2024 (Wk 10) - Asana - Brmhana, Langhana & Samana**  
Continue watching the Optimal State Assessment Video & upload the evaluations of the 3 people using the assessment charts March 27th to DropBox.

**March 20, 2024 (Wk 11) Optimal State Four Step Model & Case Study**  
Continue watching the Optimal State Assessment Video & upload the evaluations of the 3 people using the assessment charts.

**March 27, 2024 (Wk 12) – Birth Dosha, Lifestyle Imbalance, Times Of Day, Dinacharya, Abhyanga**  
Continue watching the Optimal State Assessment Video & upload the evaluations of the 3 people using the assessment charts March 27th to DropBox.

**April 3, 2024 (Wk 13) - Optimal State Seasons & Stages of Life Assessment**  
Begin watching the Subtle Anatomy Video & answer the questions below.  
Please upload the subtle anatomy questions into DropBox by May 15th.

**April 10, 2024 (Wk 14) Therapeutic Asana According to the Prana, Mala & Agni Model –  
Yoga Therapy Tools Chart**

Begin watching the [Subtle Anatomy Video](#) & answer the questions below.

Please upload the subtle anatomy questions into DropBox by May 15th.

**Forward bends:**

Focus is on the exhalation going into the pose and they bring mala to the fire.

*Question:*What happens if we add a long exhalation to the forward bend?

*Question:*Can you add a long inhalation to a forward bend? Why or why not?

**Backward bends:**

Focus is on the inhalation fanning the fire, thus increase the fire.

*Question:*What happens if we add a pause at the top of the inhalation to the backward bend?

*Question:*Can you add a long exhalation to the backward bend? Why or why not?

**Lateral Bends:** Can be done two ways for different functions.

Focus is on the exhalation going into the pose and they bring mala to the fire. These are lateral bends that we bend at the low back and hips. These are lateral bends that we bend at the low back and hips. They are functionally similar to a forward bending posture.

*Question:*What happens if we add a long exhalation to the lower body lateral bend?

*Question:*What happens if we add a pause after exhalation to the lower body lateral bend?

*Question:*Can we add a long inhalation to the lower body lateral bend? Why or why not?

Focus is on the inhalation fanning the fire, thus increase the fire. These are lateral bends that we inhale into the side of the rib cage, chest and upper back. They are functionally similar to a back-bending posture.

*Question:*What happens if we add a long inhalation to the upper body lateral bend?

*Question:*What happens if we add a pause at the top of the inhalation to the upper body lateral bend?

*Question:*Can we add a pause after exhalation in the upper body lateral bend? Why or why not?

**Twists:** Can be done two ways for different functions.

Focus is on the exhalation going into the pose and they bring mala to the fire. These are twists that we bend at the low back and hips. They are functionally similar to a forward bending posture.

*Question:* What happens if we add a long exhalation to the lower body (closed) twist?

*Question:* What happens if we add a pause after exhalation to the lower body (closed) twist?

*Question:* Can we add a long inhalation to the lower body (closed) twist? Why or why not?

Focus is on the inhalation fanning the fire, thus increase the fire. These are twists that we inhale into the side of the rib cage, chest and upper back. They are functionally similar to a back-bending posture.

*Question:* What happens if we add a long inhalation to the upper body (open) twist?

*Question:* What happens if we add a pause at the top of the inhalation to the upper body (open) twist?

*Question:* Can we add a pause after exhalation in the upper body (open) twist? Why or why not?

#### **April 17, 2024 (Wk 15) – No Class**

Continue watching the [Subtle Anatomy Video](#) & answering questions above.

Please upload the subtle anatomy questions into DropBox by May 15th.

#### **April 24, 2024 (Wk 16) – Sequencing Therapeutic Asana vs. Classical Sequencing**

Continue watching the [Subtle Anatomy Video](#) & answering questions above.

Please upload the subtle anatomy questions into DropBox by May 15th.

#### **May 1, 2024 (Wk 17) Functional Therapeutic Asana**

Continue watching the [Subtle Anatomy Video](#) & answering questions above.

Please upload the subtle anatomy questions into DropBox by May 15th.

#### **May 8, 2024 (Wk 18) Prana, Agni & Mala Model**

Continue watching the [Subtle Anatomy Video](#) & answering questions above.

Please upload the subtle anatomy questions into DropBox by May 15th.

**May 15, 2024 (Wk 19) Functional Therapeutic Asana & Breathing Patterns**

Finish watching the Subtle Anatomy Video & upload.

Please upload the subtle anatomy questions into DropBox by May 15th.

**May 22, 2024 (Wk 20) Inversions and Yoga Therapy**

Finish watching the Subtle Anatomy Video & upload.

Please upload the subtle anatomy and inversions questions into DropBox by May 15th.

**Inversions:**

The mala sits on top of the fire, thus has a very potent burning effect.

Question: In shoulder-stand would you use a hold after inhale or exhale to intensify the natural function of the pose? Hint- Is shoulder-stand more like a FB or a BB?

Question: In elbow-stand would you use a hold after inhale or exhale to intensify the natural function of the pose? Hint- Is elbow-stand more like a FB or a BB?

**Downward Dog (adho mukha svanasana):**

This posture requires quite a bit of effort to stay in the position if you are not super open in the hamstrings and the Achilles Tendons. Thus, your own body determines the effect of the posture (which is true for all postures). It is very similar to a forward bend, functionally. We go into the post on exhalation. The dirt (mala) is sitting on top of the fire (agni). Because the legs are not above the heart, it is considered a partial inversion.

*Question:* Is down-dog functionally that different than a standing forward bend (uttanasana)?

**Headstand (sirsasana):**

We go into the post on inhalation. The dirt (mala) is sitting on top of the fire (agni).

Less than 4 minutes is heating because it takes so much focus to balance on one's head.

Once a student is able to stay up longer than 4 minutes, they have mastered the balance.

Then it becomes a cooling posture and very relaxing.

Little effort is required to stay up for a long period of time.

*Question:* Does the function change when you use a headstand prop to hold you up?

**Shoulderstand (sarvangasana):**

This posture requires quite a bit of effort to stay in the position. It is very similar to a forward bend, functionally. However, we go into the pose on inhalation. The dirt (mala) is sitting on top of the fire (agni). Less than 4 minutes is cooling because the first 4 minutes are the easiest. After 4 minutes, it requires a lot of effort and is quite difficult. Thus, it becomes quite heating and cleansing (cleansing langhana).

Question: What benefits do we get from shoulder stand over or viparita korani or urdhva prasrita padasana?

Question: Does the function change when you put a block under your hips?

Question: What happens to venous return when you elevate legs?

Question: What happens to venous return when you pump the leg muscles?

Question: What happens to venous return when you focus on inhalation

**May 29, 2024 (Wk 21) Sequencing for Apana Vayu, Gentle Langhana**

[No homework this week](#)

**June 5, 2024 (Wk 22) Sequencing for Apana Vayu, Cleansing**

[No homework this week](#)

Calming langhana is for people who need soothing and pacification of symptoms and suffering. Cleansing langhana is for people who have ama/ toxic buildup. This could be physical ama, mental and emotional ama or spiritual ama.

**Langhana** is primarily determined by contraction/ letting go. In our tradition, we know this happens on the exhalation phase of the breath. Letting go, surrender and cleansing are all just on the langhana continuum. This is simply a refinement of what most of you already know. Focus on the Exhalation phase of the breath is the key to langhana.

**June 12, 2024 (Wk 23) Sequencing for Prana Vayu, Rejuvenating & Strengthening**

[Homework: Begin Watching Yoga Sutra Chapter 3 Video & there is no workbook to be turned in.](#)

- **Gentle brmhana** is for people that are depleted and exhausted, but need to get a little more energy in order to complete the practice.

- **Strong brmhana** is for people who have a lot of anxiety, excitement and are wired. They need a discharge with strong movements (vinyasa). It is also for people who are weak mentally, emotionally, physically or spiritually and need to strengthen and create confidence.

**Brmhana** is primarily determined by expansion. In our tradition, we know this happens on the inhalation phase of the breath. Taking in, nourishing and building strength are all just on the brmhana continuum. This is simply a refinement of what most of you already know. Focus on the Inhalation phase of the breath is the key to brmhana.



## **June 19, 2024 (Wk 24) Sequencing with Anga Langhavan & Krama Over Time**

**Homework:** Continue Watching Yoga Sutra Chapter 3 Video & there is no workbook to be turned in.

### **Practice Anga Langhavan:**

- All movement only on exhalation
- All movement on hold after exhalation
- All movement on hold after exhalation written out

## **June 26, 2024 (Wk 25) Digestion & Samana Vayu**

**Homework:** Continue Watching Yoga Sutra Chapter 3 Video & there is no workbook to be turned in.

**Samana** is balanced or equal. Samana techniques are when Inhalation = Exhalation. There is balance. This is used once someone is in balance (usually after the langhana and brmahana techniques have been used). We would use samana techniques to keep a person in balance after they are feeling well. Please note that samana techniques are different than samana vayu. Samana vayu is about digestion of food, thoughts, experiences, emotions and spiritual development. Samana vayu is the middle section of the body (directly between the apana vayu and prana vayu).

## **July 3, 2024 (Wk 26) – No Class - US Holiday (July 4th)**

**Homework:** Continue Watching Yoga Sutra Chapter 3 Video & there is no workbook to be turned in.

### **Practice Mantra in Asana: nothing to be turned in**

- om
- santi, santi, santi
- om shrim, shiryai, namaha
- om pahi
- ram
- hram, hrim, hrum, hraim, hraum, hraha (or any single one)

## **July 10, 2024 (Wk 27) – All Practices Lead to Sattva**

Finish any homework that has not been completed

### **a. Yoga Sutra Chapter 1 Videos and Workbook**

Please upload the Yoga Sutra Chapter 1 workbook. Please complete this assignment no later than Jan. 31st to DropBox.

### **b. Panca Maya Self-Assessment**

Please complete this assignment no later than Jan. 31st to DropBox.

### **c. Yoga Sutra Chapter 2 Videos and Workbook**

Please upload the Yoga Sutra Chapter 2 workbook when complete, please upload the Yoga Sutra Chapter 2 Feb. 28th to DropBox.

### **d. Optimal State Assessment Course + Evaluation 3 people**

Please upload the evaluations of the 3 people using the assessment charts into DropBox by March 27th.

### **e. Subtle Anatomy + Questions**

Please upload the subtle anatomy questions into DropBox by May 15th.

### **f. Inversions Questions**

Please upload the inversion questions by May 29th.

## **July 17, 2024 (Wk 28) – No Class Mental Health Module**

Begin to watch Yoga Sutra Chapter 4 Video & there is no workbook to be turned in.

## **July 24, 2024 (Wk 29) Introduction to Pranayama 1**

Continue to watch Yoga Sutra Chapter 4 Video & there is no workbook to be turned in.

## **July 31, 2024 (Wk 30) Introduction to Pranayama 2**

Review subtle anatomy as it applies to pranayama

Watch Finish the Yoga Sutra Chapter 4 Video & there is no workbook to be turned in.

## **August 7, 2024 (Wk 31) Ratios in Therapeutic Pranayama 1**

Choose a pranayama you learned this week and practice it daily.

## **August 14, 2024 (Wk 32) Ratios in Therapeutic Pranayama 2**

Choose a pranayama you learned this week and practice it daily.

## **August 21, 2024 (Wk 33) Ratios in Therapeutic Pranayama 3**

Choose a pranayama you learned this week and practice it daily.

**August 28, 2024 (Wk 34) Ratios in Therapeutic Pranayama 4**

Choose a pranayama you learned this week and practice it daily.

**September 4, 2024 (Wk 35) PY Subtle Anatomy Review of Pranayama**

Choose a pranayama you learned this week and practice it daily.

**September 11, 2024 Pranayama (Wk 36) Techniques in Therapeutic Pranayama 1**

Choose a pranayama you learned this week and practice it daily.

**September 18, 2024 (Wk 37) – No Class Physical Health Module**

Finish any homework that has not been completed

**September 25, 2024 (Wk 38) Techniques in Therapeutic Pranayama 2**

Pranayama Choose a pranayama you learned this week and practice it daily.

**October 2, 2024 (Wk 39) Techniques in Therapeutic Pranayama 3**

Pranayama Choose a pranayama you learned this week and practice it daily.

**October 9, 2024 (Wk 40) Techniques in Therapeutic Pranayama 4**

Pranayama Choose a pranayama you learned this week and practice it daily.

**October 16, 2024 Pranayama (Wk 41) Chanting As Therapeutic Pranayama**

Pranayama Choose a pranayama you learned this week and practice it daily.

**October 23, 2024 (Wk 42) Therapeutic Meditation 1 & Vedic Counselling Book Club**

Watch the videos in Kajabi from Nrithya on Therapeutic Meditation

Read your Vedic Counselling Book Club Assignment

**October 30, 2024 (Wk 43) Therapeutic Meditation 2**

Watch the videos in Kajabi from Nrithya on Therapeutic Meditation

Read your Vedic Counselling Book Club Assignment

**November 6, 2024 (Wk 44) Therapeutic Meditation 3**

Watch the videos in Kajabi from Nrithya on Therapeutic Meditation

Read your Vedic Counselling Book Club Assignment

**November 13, 2024 (Wk 45) Therapeutic Meditation 4**

Watch the videos in Kajabi from Nrithya on Therapeutic Meditation

Read your Vedic Counselling Book Club Assignment

**November 20, 2024 (Wk 46) Therapeutic Meditation 5**

Watch the videos in Kajabi from Nrithya on Therapeutic Meditation

Read your Vedic Counselling Book Club Assignment

**November 27, 2024 (Wk 47) No Class (Gratitude Day in the US)**

Finish any homework that has not been completed

**December 4, 2024 (Wk 48) Changing Vasana & Samskara on All 5 Layers**

Practice what we learned this week.

**December 11, 2024 (Wk 49) Question & Answer for the Yoga & Ayurveda Course**

Practice what we learned this week.

**December 18, 2024 (Wk 50) Graduation & Prep for Mental Health 1**

All homework must be handed in before you continue on to Mental Health 1.

Finish any homework that has not been completed

Prior to moving onto the Mental Health Module, you will have 13 hours pre-homework videos to watch. Please be sure to watch these between the end of Essential Framework & the beginning of the Mental Health Module. There will be no homework to be turned in. You should be added to the Mental Health 1 Module Course Kajabi by Dec. 15th. If you do not see it Mental Health 1, please contact [Krishna@TheOptimalState.com](mailto:Krishna@TheOptimalState.com) and ask her to add you.