



YOGA NATHA

YTT PROGRAM

HATHA YOGA



IMPORTANT

This program's most significant point of differentiation lies in the authenticity conveyed through its content delivery. It provides a unique opportunity to learn directly from a Monk from the Indian Tradition, Natha Sampradaya, where Hatha Yoga originated. This unparalleled chance offers insights from someone who has undergone first-hand experiences and faced all the challenges of being the first in the Americas to be accepted as part of this Tradition. Today, Rajnath shares his experiences and compares them to the Yoga model presented years ago in the West, taking us on a remarkable journey through his experiences that only real monks can offer.

MODULE 1

THE GATEWAY TO THE SECRET YOGA OF THE NATHAS

This Module provides an overview of the teachings that will be imparted. The introductory module acquaints the learner with the fundamental teachings necessary to comprehend the distinctiveness of a Sampradaya as compared to the Western interpretation of Yoga. The module aims to prepare the learner to embrace the original knowledge of Himalayan Monks and initiate a shift in perspective. The module is designed to equip the learner with a foundational understanding of the principles that underlie the teachings that follow, thus providing a solid grounding for future learning.

MODULE 2

STHULA SHARIRA VIGYANA - THE YOGIC SCIENCE OF THE PHYSICAL BODY

In this Module, the following knowledge will be presented: The yogis' view of the dense physical body. And the correct clarifications on the following concepts: Doshas. Shukralartav. Dhatus, Ojas (agniatmaka and somaatmaka), Tejas, Pancha Maha Bhutas, Shatkarma, Triguna Vigyan, Vyakta and Avyakta, Sattwa, Rajas, Tamas, Dhatu, Rasa Dhatu, Rakta Dhatu, Mamsa Dhatu, Medha Dhatu, Asthi Dhatu, Majja Dhatu, Shukralartava Dhatu, Mahadhatu, Mala, Aama, Kaya Kalpa, Kalpa, Vichara, Sama, Sattwavajaya, Pitta, Pitta-Vata, Vata- Pitta, Vata, Vata-Kapha, Kapha-Vata, Kapha, Kapha- Pitta, Pitta-Kapha, Kledaka, Avalambaka, Tarpaka, Bodhaka, Shleshaka, Panchaka, Ranjaka, Alochaka, Sadhaka, Bharajaka, etc.

MODULE 3

HATHA VIDYA AND SIDDHA SIDDHANTA TANTRA

In this Module, the following knowledge will be presented: What is the difference between Yoga and Hathayoga? Why did all Yoga that uses posture come from Hatha yoga? What is Tantra? The history of the emergence of Tantra. How to differentiate true Tantra? What is the difference between Tantra and Vedanta? Why can't Hathayoga be taught with Vedanta? Bhutajay and Vayujay. Is there "tantric massage" or "tantric sex"? Shiva and Shakti are not feminine and masculine. Which are the traditional Tantra scriptures and which are Hatha yoga? And the correct clarifications on the following concepts: Chaturanga, Asana, Pranayama, Mudra, Laya Yoga, Bhutajay, Vayujay, Niroddha, Jaya, Satsang, Bhuta Shuddhi, Hatha Vidya, Siddha Vidya, Dakshina Marga, Vamam Marga, Kaula Marga, Divya Marga, Shiva-Shakti, Shramana, Sandhyabhasha, Siddha Siddhanta Tantra, Bhuta, Pancha Mahabhuta, Panchavayu, Vritti, Samarasya, Samarasattwa, etc.

MODULE 4

ASANA VIGYANA - ALL EXISTING KNOWLEDGE ABOUT ASANAS

In this Module, the following knowledge will be presented: What are postures (asanas), how do they work and what are they for? What is the difference between an asana and a “body mudra”? What does it take for an Asana to be an Asana? The regional variation of the names, are there “secrets” or “hidden teachings” in the names of the asanas? And the correct clarifications on the following concepts: Pranabandha, Stambha, Kaya Sthairyam, Dridha, Sthira, Sukshma and Sthula Vyayama, Asana-kriya, Mritasanas, Purnashwas, Sukha, Ardha, Purna, Jada Samadhi, Asana-avastha, glossary of correct translations, etc.

Includes the formal sadhanas of the 84 asanas.

MODULE 5

NATHA SAMPRADAYA - THE OLDEST YOGI TRADITION IN INDIA

In this Module, the following knowledge will be presented: An in-depth explanation of Natha Sampradaya, India, the life and practice of yogis, sadhus, and Yoga in its original context, pointing out its cultural, religious, and contextual differences with the West. And the correct clarifications on the following concepts: Adesh, Jigyasu, Sathi, Avalambi, Aughar, Darshani, Diksha, Grahatsya Diksha, Kavacham, Choti, Nathanama, Samnyasa Diksha, Bhagwa, Janeu, Mantra Diksha, Choti Diksha, Upadesha Diksha, Tripura Sundari, Guru Kripa, Langoti, Bhairava Matega, Babhuti, Vibhuti, Chira Diksha, Janeu, Kundala, Pagadi, Sushumna, Pavitri, Rudraksha, Nadi, Shadi, Vyapar, Brahmacharya, Adibhoot Maya, Ahimsa, Adhidaiva Maya, Adhiyadnya Maya, Jamat, Baraha Panth, Bhandari, Karwari, Kotuwal, Choukidar, Kothari, Pujari, Mahant, Mahayogi, Peer, Raja Peer, Sri Raja, Dhuni, Peetadishwara, Ashram, Samit, Adaksha, Sadaksha, Sadhu Samaj Bharatvarshya, Shambu Adesh, Nath Puja, Sannidhapani, Puja, Arati, etc.

MODULE 6

PRANA VIGYANA - THE TOTAL KNOWLEDGE OF PRANA, AN INDISPENSABLE BASIS FOR A DEEP UNDERSTANDING OF THE PRANAYAMAS

In this Module, the following knowledge will be presented:

Knowledge about Prana. What is Prana in the scriptures? Vaikhari. Surya. Sum. The Chaturavastha. Paropasana Vigyana. Ashta Siddhis. Shodashanta. Desha, Kala and Samkhyā. The matras. Kanistha, Madhyama, and Uttama Kumbhaka. Dasamahavayus. Samantraka and Amantraka. Etc.

MODULE 7

PRANAYAMA SADHANA - CONSCIOUSNESS EXPANSION TECHNIQUES

In this Module, the following knowledge will be presented: Sahitya and Kevala. Sagarbha and Nirgarbha. Presentation of the 16 official Pranayama techniques. Yuktaayukta Sadhana (sthanam, vidhi, bandhayukti, kala, ahara, malashodhana and abhyasa). The danger of malangloka, pagalaloka and jadasamadhi. Etc.

MODULE 8

MANO AND HASTA MUDRAS - MUDRAS WITH THE MIND AND HANDS

In this Module, the following knowledge will be presented: What is a mudra and how do they work within Hatha Yoga? The 10 Mano Mudras and the 8 Hasta Mudras. The 3 types of Hasta Mudras. Panchadharana and crossing the chakras. Triloka Vigyana. Bahirlakshya and Antarlakshya.

MODULE 9

KARANA MUDRAS - MUDRAS WITH THE BODY

In this Module, the following knowledge will be presented:

The 40 Secret Karana Mudras (body mudras). The 4 Bandhas. Trimudra. Sandhyabhasha (amrta, raja, bindu, etc.).

MODULE 10

ESOTERIC ANATOMY - SUKSHMA SHARIRA TAALIKA VIGYANA 1: KOSHAS, CHAKRAS, NADIS AND KUNDALINI.

In this Module, the following knowledge will be presented:

Esoteric Anatomy. Koshas. Subtle Structures and Internal Alchemy. What are the nadis? Pandrahnadis. What is Kundalini? Siddhis. What are the chakras? Infernal chakras. What are the emotional challenges to be overcome in the chakras and how to overcome them in everyday life? How to awaken the chakras? Granthis.

MODULE 11

ESOTERIC ANATOMY - SUKSHMA SHARIRA TAALIKA VIGYANA 2: MANTRA, LAYA, KARMA AND TATTWA.

In this Module, the following knowledge will be presented:

Dvadashanta. Nadanusandhana.
Taraka and Amanaska. The mantras.
Japa is not a type of mantra. The 38
Shaiva Tattwas and the 25 Samkhya
Tattwas.

**DO NOT ASSUME YOU ALREADY
KNOW THE CONCEPTS LISTED
ON THIS HANDOUT.**

**THESE TEACHINGS, AS THEY ARE
PRESENTED IN THIS COURSE,
ARE GIVEN ONLY TO A
NATHA MONK.**

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AVAILABLE**

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CLICKING HERE**

YOGA IS MEDITATION
AND OUR YTT PROGRAM IS FOR ALL LEVELS AND THOSE
INTERESTED OR NOT IN BECOMING A TEACHER.