

# Introduction

What follows is a training manual intended to serve as a first source and ongoing guide for those pursuing professional and yoga teacher training through Pink Lotus Yoga. PLY is a Registered Yoga School with Yoga Alliance and offers a 200-hour training program in multiple yoga styles and systems.

The purpose of Professional Yoga and Teacher Training through PLY is to create yoga professionals via our YA-accredited program. Our program is suited for those wishing a more advanced yoga education, whether or not teaching is a goal.

A few notes about our manual here also serve to introduce our training basics:

This manual is organized by module, a format well-suited for a multi-style program. There are twenty modules in all, organized by yoga style or major consideration, and each module provides ten training hours.

Within each module are found discipline-specific topics (e.g., Anatomy, History, Techniques) and activities (e.g., Practice Teaching and Posture Clinics) that combine to create 200 hours of study, which program graduates need in order to register with Yoga Alliance.

The first modules are content-heavy. General history, philosophy, methods, and anatomical/physiological studies are presented early on so as to lay important groundwork. As training progresses, and topics move toward style- and system-specific considerations, the teachings become more experiential and experimental, and to these our early lessons can be applied.

Every module we visit has time built into it for trainees to practice yoga as students so that they keep their practice strong, practice being the root of all yogis. The PLY faculty leads these practices.

This manual's anatomy lessons are divided into two distinct branches, what we call Yinatomy and Yangatomy. Yinatomy is a fairly cutting-edge approach to studying the body's systems; it stresses the facets of human construction that both western medicine and the yoga community have, until the last decade, largely overlooked. Yangatomy education, on the other hand, raises a more traditional and time-honored lens to the human body for study.

Just as important as our training of anatomical energy is our training in energy anatomy. Our study of prana, chi, chakras, nadis, and meridians provides a well-rounded energy education for trainees, who can take a physical and/or psycho-spiritual bent to their practice and teachings as they choose.

Though the curriculum is necessarily detailed in order to cover the bases of our major styles and systems, PY&TT through Pink Lotus Yoga is also organic in inception, and it highly values the personal journey that yoga innately creates, especially in the educational realm

where people are deeply working together on their yoga. As such, adjustments to the training schedule and curriculum are possible.

Last, we hope PY&TT through Pink Lotus Yoga provides insight into several things we believe to be true of yoga:

- It is not about perfection. Yoga is a practice. It is a practice in self-care and self-love.
- It has a very long, rich, and diverse history. Although yoga scholars and great yoga leaders divide the map of the yoga sky into different constellations, it is undisputed that yoga is vast and that, ultimately, we are all looking at the same sky.
- Its philosophy, gleaned from texts dating back thousands of years, concerns liberation for humans from the difficulties of life.
- Its techniques are felt viscerally, for yoga uses the body to help the individual create and maintain whole-self health. No system of wellness parallels its widely sweeping healing powers.
- Because of this, we are in our time experiencing a yoga renaissance.
- Its healing powers extend well beyond the individual and the mat. As we know from ancient records, contemporary testimony, and everything between, those who enjoy the health, happiness, compassion, and peace that yoga brings are perfectly prepared to be cultural agents of change. May we who practice in earnest become them.

Namaste, Jai Bhagwan, and Sat Nam,  
Marcia Camino  
Founder and Director, Pink Lotus Yoga  
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