

The Teacher Within- Your Greatest Ally on the Path of Yoga

September 20 – December 12, 2015

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Offered by [eYogaStudies](#)

This 12-week interactive online course brings the teachings and practices of yoga into your daily life. If you've never had a home practice or are looking to refresh your current one, this course weaves the potency of practices, through short daily increments, into your daily flow. Through a better understanding of the levels of the mind and by connecting to the deep inner voice, the teachings and the practices will easefully integrate, becoming your own. Accessing your inner teacher in this way leads to incredible expansion in harnessing the power of your own engagement with path of yoga.

I've designed the course to provide significant guidance and input from me while also providing time for you to use the practices, reflect on them, and dialogue with the other participants. The course has 3 major Topics, each lasting 4 weeks: 1) Recognizing your Inner Voice, 2) Distinguishing Your Innate Wisdom and 3) Fortifying Your Relationship with Your Self. Each topic has a Foundation section for two weeks, followed by a two –week section of Deeping the Practice. In this way, you will have enough time and support to make the practices your own. In addition, each week, we will all have an opportunity to share our experiences, questions, thoughts and ideas with one another through a discussion thread. Additional reading materials are also provided for each topic of the course.

The following yoga practices and support tools will be provided for each section in order to continue to expand and deepen throughout the course and will be available for you on your own time, creating a flow of materials that works for you and your current schedule.

Each two weeks will include:

- **Context Video:** Video presentation with the relevant yoga philosophy and focus for the 2 weeks
- **Pranayama:** voice-led practice through breath exercise
- **Meditation:** voice-led practice into a deep meditation experience
- **Hatha Yoga:** interactive video of designed sequence and alignment instructions
- **Active Practice:** contemplation meant to be applied anytime throughout your day
- **Journaling:** writing exercise to invite reflection and insight to be recognized and recorded
- **Discussions:** online forum (private and password protected) to promote assimilation, a wider scope of the process as it pertains to others and to accumulate inspiration

Topic 1: Recognizing your Inner Voice

September 20- October 17 (Weeks 1 to 4)

Connecting to our inner voice, to the teacher within, is the means for beginning and deepening our personal yoga practice. In this first section, we will explore how the different yoga practices put us in touch with our innate wisdom, where we begin to identify and engage with our own inner voice.

Objectives

- *Understand* where the concept of the Inner Teacher sits within the teachings of Yoga
- *Investigate* the qualities and deepen your awareness of your inner voice
- *Examine* how the offered practices benefit your daily life as you engage in them
- *Articulate* how the paradigm of the Inner Teacher relates to your experience of yourself in the world

Topic 2: Distinguishing your Innate Wisdom

October 18- November 14 (Weeks 5 to 8)

Once we turn our attention inward, we realize the need to distinguish the inner teacher from the conditioned self in order to gain conscious choice and the freedom to pursue our inner wisdom. In this second section we will use the yoga practices to better recognize where our current perspective is attached to past impressions and fears of the future.

Objectives:

- *Understand* what is the conditioned self- where does it come from and why do we have it- within the teachings of Yoga
- *Investigate* your current perspective to reveal its formation from previous circumstances, and by doing so, loosen yourself from identification with the conditioned self
- *Examine* how the offered practices benefit your own life as you engage in them
- *Articulate* how the paradigm of the conditioned self relates to your experience of yourself in the world

Topic 3: Fortifying your Relationship with your Self

November 15- December 12 (Weeks 9 to 12)

The processes that we have explored are the means for an ongoing personal practice- an inner inquiry that deepens and brings to light the relationship we have with our self, and thus clarifying who we are in our relationship with others. In this last section we will cultivate a lasting intention to instill our life with the supportive, revealing potency of the practices.

Objectives

- *Understand* where the relationship with the Self sits within the teachings of Yoga
- *Investigate* where this relationship is strongest and where it needs the most attention and cultivation
- *Examine* how the offered practices benefit your own life as you engage in them
- *Articulate* how this invitation to conscious living relates to your experience of yourself in the world
- *Consider* the shifts needed to engage the ongoing process, to prioritize the practices in your daily life