

100-hour Cross-Disciplinary Course Syllabus
Whispered Wisdom: Walking between the worlds of Yoga and Shamanism

Technique, Training and Practice **30 hours**

Core Shamanism: Introduction to shamanic journey techniques using drums and rattle
Formulating journey intentions and questions
Techniques to Journey for self and others
Learning to trust your intuitive knowing, instincts and cultivating the witness in order to support your practice and that of others
Introduction to the Hindu Pantheon and the stories of the Hindu gods
Practicing pranayama, mantra, mudra and power songs to produce different effects
Developing relationships with helping spirits that will support your yoga practice
Mandalas and the Celtic sacred circles or wheel
Dancing and posturing your power animals
Practicing and creating Earth, Water, Fire, Air and Ether based Flows with inspiration from shamanic journey experiences
The Creative Impulse; the Goddess and Brahma
Sustaining your Spirit and your practice; Vishnu and Lakshmi
Experiencing transformation; Shiva and Kali
Working with the trickster; Coyote and Hanuman
Designing and sequencing shamanic themed yoga practices and classes inspired by the stories of the Hindu Gods and Goddesses

Training Methodology **10 hours**

Integrating shamanic approaches and methods into your yoga classes
Creating an inclusive and compassionate learning environment
Encouraging student creativity and self-expression
Effective communication and giving & receiving feedback
Designing sequences, techniques, and shamanic-themed yoga practices with sensitivity to unique student needs

Anatomy and Physiology **10 hours**

Exploring the energy body as it relates to your emotional, physical, spiritual relationship with yourself and the world around you
Comparing and contrasting the chakras with the Celtic Cauldrons
Exploring manifestations of energy in the physical body and "Ordinary Reality" as well as the possibilities available in "Non Ordinary Reality"
Entering into relationships with the Elements through Shamanic journey work to discover the connection between spirit and moving the body through physical space
Understanding the effects of rhythm on our brainwaves and our physical body and behaviour (i.e., being altered vs. grounded)

Philosophy **25 hours**

Origins and history of Shamanism; Understanding the traditional and contemporary healing roles of the shaman

Rediscovering our ability to enter into conversation with the living earth

Identifying the interplay of "opposites" or "partners" and their relationship to balance, i.e. male and female, light and dark

The importance of trust and surrender; opening the heart to spiritual work (i.e., becoming the Hollow Reed)

Remembering; Coming back to a sense of Oneness and Wholeness

Cosmic Mapping; Ordinary and Non-Ordinary Reality

Archetypes and Symbolism from the Hindu Pantheon

Ego and the Big "S" Self; the interplay between protection, discernment and existing in relationship with Source

Swadhyaya/Self Study: Walking between the worlds of Yoga and Shamanism

Practicum **20 hours**

Journeying individually and as a group with one intention

Journaling; the process of recall, recording and reflection

Practice teaching in small and larger groups

Facilitating and participating in the journey circle

Designing, teaching and sequencing shamanic-themed yoga practices

Earth-Based Teachings **5 hours**

Communing with nature and hearing nature's language

Nature Spirits and walking softly in nature

Shamanic philosophy of "ensoulment" and animism

100 hours with Kristi Corlett, RYT 500, Shamanic Practitioner

Elective Course for the 300/500-hour Cross-Disciplinary Yoga Teacher Training