



# Pre-Course Reading For Yoga Teacher Training Level 2

## Why Studies?

As an aspiring serious practitioner of yoga, the fundamental way you will sustain your yoga practise and enrich it, is through understanding why you're doing what you're doing. What we do conveys knowledge, how we practise conveys skills, and why we do what we do conveys values. After a yoga teacher training the primary reason why yogis continue their practise is having deep realisation of the reasons behind practising. That's where philosophy comes in. It reminds you of your personal and inherent purpose, and helps keep us inspired in our paths of dharma. In the course the seminars do not assume that you know nothing about yoga philosophy, they will assume that during your years of teaching and study, you are already familiar with the specific texts from yoga sutras and Gita and have read them both carefully. It is not expected that you have studied these texts under a spiritual master, but we are pole-vaulting from a platform whereby you are familiar with its context and understanding of central themes. This will allow us to present the deep and practical application of these texts, and not merely reciting and recalling them for information. Take time out to ensure your pre-study is complete as the classes are interactive and are of a dialogue nature. By reading early you ensure you keep in the know with the sequential progress of each seminar. Lecture links are below to help you

## Pre Course Reading for Yoga Sutras

Versions or author translations recommended in order of priority:

Edwin F. Bryant – The Yoga Sutras of Patanjali

HD Goswami – Yoga Sutras (available from Lila if you haven't taken our Level1 )

## Pre Course Reading for Bhagavad-Gita

Please read the introduction of Bhagavad-Gita As It is. This introduction gives the most elucidatory statements about the purpose of yoga philosophy, Vedas, and even how to learn. By knowing the 6 principles of this introduction one can know the heart of any science. This intro will be studied in a session as it forms the basis of philosophy study, of Gita, of Yoga Sutras and of philosophy in general.

Versions or author translations recommended in order of priority:

Bhagavad-Gita As It Is: Swami, Bhaktivedanta

Ranchor Prime : Conversation Between Soul and God

H.D. Goswami: A Comprehensive Guide to Bhagavad-Gita with Literal Translation

## Lectures

Lectures that will definitely give you a fantastic head start, and what some of the seminars are based off:

H.D. Goswami

Religions of India – An incredible overview of the history and teachings of various philosophies such as Tantra, yoga, Christianity, Islam, Jainism, Judaism and Buddhism

<https://www.hdgoswami.com/religions-of-india/>

Mahabharata Overview – This gives a great overview of the background story before Gita – it is funny, educational, lighthearted and mainly stories with super interesting moral lessons

<https://www.hdgoswami.com/mahabharata-katha-2010/>

Yoga Sutras – a very easy to understand lecture series on the yoga sutras

<https://www.hdgoswami.com/yoga-sutras-of-patanjali/>

## Videos and Video Conversations on Yoga

Rosa Santana Iyengar Yoga Teacher speaking to Edwin Bryant on yoga in Patanjali's yoga sutras and

Gita - <https://www.youtube.com/watch?v=jpONxu3wuxY>

Part 2 - <https://www.youtube.com/watch?v=wSOF1VtA7XM>

An Excellent Lecture on the Philosophy of Yoga -

<https://www.youtube.com/watch?v=6gUcFkd7GgQ&t=46s>

Manorama introduces text 3 of yoga sutras

<https://www.facebook.com/embodiedphilosophy/videos/1837026779875916/>

Texas University – Yoga and Religion <https://www.youtube.com/watch?v=L7NWiQXeszc&t=64s>

Look forward to having an incredible journey with you!