

Yogi Living
with **Ishan Tigunait, Judy Moulton,
& Luke Ketterhagen**
Curriculum

Lecture Topics Covered

Yoga Practice

1. **[Opening Session]** Creating a Living Yoga Practice
2. Cultivating Yogic Breath
3. Breath Alignment in Yoga Practice
4. Asana, Breath & Prana
5. Pranic Concentration & Agni Sara
6. Cultivating a Yogic Sitting Posture
7. Catching the Thread of Prana
8. Fundamentals of Yoga Relaxation
9. The Inward Journey: An Introduction to Yoga Meditation
10. **[Closing Session]** Taking Yogi Living Home: Building a Vibrant Home Practice

Yoga Lifestyle & Wellness

1. Yoga Lifestyle Essentials
2. Yoga, Ayurveda, and Your Healing Potential
3. Yogic Diet and Nutrition
4. Yogic Cleansing
5. Yogic Sleep

Yoga Wisdom

1. The Yamas & Niyamas: Cultivating a Yogic Worldview
2. Raja Yoga & The Heart of Asana: Sthiram, Sukham, Prayatna-Shaithilya & Ananta-Samapatti
3. Skillfulness in Action: Karma Yoga
4. A Yogi's Mind: Subtle Anatomy of the Mind
5. The Dharma-Driven Life: A Roadmap for Purposeful Living

Practicum Topics

Yoga Practice

1. Diaphragmatic breath training
2. Breath awareness in Asana
3. Breath alignment in Asana
4. Pranic awareness in Asana
5. Agni Sara Essentials
6. Finding your yogic sitting posture
7. Aharana and Samikarana Pranayama
8. Yoga Relaxations: 61 Points; Tension-Release; Point-to-Point Relaxations
9. Foundations for Meditation in the Himalayan Tradition

Yoga Lifestyle & Wellness

1. Create your Dinacharya (Yogic Daily Routine)
2. Understanding your Ayurvedic Constitution (Prakriti)
3. Ayurvedic Cooking Practicum
4. Learn the Neti Wash
5. Practical Guidance for Healthy Elimination