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Yoga Meditation Advaita

The Yoga Learning Program

If you want to teach mathematics can you attend a 200 hour Math Teachers Training course?

Of course not! You probably burst out in laughter at this absurd idea. You need a degree in Mathematics as well as a degree in Education to teach mathematics.

What about medicine? How can you teach young students who want to be the doctors of tomorrow? Have you heard of a Medicine Teachers Training course? After 200 hours of study you can teach medical students surgery and anatomy! Ridiculous!

Yet, it does not strike most of us that a 200 hour TTP is ridiculous to teach yoga meditation, mantra science and the deeper secrets of life and death, finally leading to Self Realization.

The Yoga Learning Program (YLP) is for those who want to learn as opposed to those who want to teach. The YLP is for those who make changes in their own lives before they try to make changes in the lives of others. The YLP is for those who are willing to spend 10-15 years in knowing the concepts of Yoga through direct experience in Yoga Meditation as opposed to superficial understanding of the same. This YLP is for those who are open to the interpretation of Yoga concepts from the perspective of Samaya Srividya Tradition as opposed to those who believe they already know everything.

Every month a topic is discussed. You are provided with the required reading in our secret FB group and you may be asked to submit an essay on the topic.

The program includes online 12 sessions in a year. There is no such thing as lesson 1. You join in the yearly cycle and become part of a dynamic learning process in a group of like-minded persons.

The subject matter must be integrated and contemplated upon. The Yoga Learning Program is not meant to be an intellectual study and gathering information.

You can participate in the Yoga Learning Program without taking advantage of the 1:1 mentoring sessions. However, it is not possible to have 1:1 mentoring sessions with Radhikaji without participation in the YLP.

The Yoga Learning Program is divided into 2 parts:

Yoga Fundamentals

Yoga Meditation Theory and Practice

YLP1: YOGA FUNDAMENTALS

What is Yoga?

What Yoga is not.

Religion and Spirituality: Is Yoga a Religion?

Spirituality vs Spiritual Lifestyle

What's in a name? — Modern Yoga

Yoga Scholar vs. Yoga Practitioner

The Practitioner (Yogi) and Yoga Darshana

Guiding Light: The Teacher within and without

Swami Rama book Sacred Journey Chapter 10 Divine Grace

Guru-Disciple Relationship

Why you need a teacher

The Guru: Dispeller of Darkness

Difference between a teacher and Guru

Difference between upaguru and sat guru

Shloka: Gururbrahma

Meaning of Parampara and Sampradaya

Different Yoga Styles vs Different Margas

Modern Yoga vs Traditional

Many Margas, One Yoga

Karma Marga

The Bondage of Karma

Alliance of Karma and Samskaras

Householder life and Vedic lifestyle

The 4 ashrams

Freedom in Action

The Secret of Work

Expanding the Circle of Love

Bhakti Marga: An essential pre-requisite

Blind Faith vs Reasoned Faith

Bhakti, Rituals and Duality

Bhakti as an obstacle

Bhakti and Glimpses of the Divine

The 4 Bhavas: Dharma, Jnana, Vairagya, Aisvarya

Mahabhava: The Self-Transcending Power of Love

Blind Faith vs. Reasoned Faith

Walking on Water: Unshakable Trust

Reading: Narada Bhakti Sutras

Raja Marga: The Royal Path of Spiritual Kings

The systematic approach of preparation

Knowledge vs Wisdom

Jnanam Bandhah (Shiv Sutras 1.2)

Paravidya vs Aparavidya

Jnana: Seeing with the Eye of Wisdom

Vedantic Meditation

Atma Vichara or Contemplation

Communion vs Communication

Non-Duality: Communion with the inner Self

Understanding esoteric and mystical Tantra

Initiation - Giving birth to a new identity

Learning vs Unlearning

Laya

Understanding the nature of the Universe

Microcosm and Macrocosm

Dissolving the Universe

The seed of the Universe

Diagram: 5 layers of the Self

Understanding Kundalini

Conscious and Unconscious Mind

The Power of the Unconscious

Chakras: The 7 layers of Reality

Meru and the Universe

Diagram: The chakras and the movement upwards

Hatha: The Sun and the Moon

The misunderstood Hatha yogi

Is there more to Hatha than asana practice?

Difference between exercise and asanas

Mantra

A World of Sound

The Gayatri Mantra

The Mahamrityunjaya Mantra

Soham

AUM: The Unstruck Sound

Difference between sound and words

Mantra: From gross to subtle

Brief History of Yoga

Yoga and the 7 Darshans

Mental Health as Wholeness and Holiness

Ayurveda -The fifth Veda and Sister Science

The Yogic art of Healing

Relationship between Yoga, Advaita and Tantra

The 3 schools of Tantra

Tripura Rahasya

Introduction to Tantra Sir John Woodroffe

Swami Rama Video Transcript: Saundarya Lahiri

What is Samaya Srividya?

Popular Spiritual Text: Bhagavad Gita

Mysticism & Religion

Difference between a Yogi and a Mystic

All paths meet at the summit

Jesus and The New Testament

Lao Tse

Buddha

Mohammed and the fire

Moses and the 40 day retreat

Mundaka Upanishad

Isha Upanishad

Yoga Vasishtha

YLP2: YOGA MEDITATION THEORY AND PRACTICE

Classical Yoga Text: Yoga Sutras of Patanjali

Karma, Samskaras, Klesas

Difference between karma and samskaras?

The 9 obstacles and Self Reflection

Technical Definition of Yoga

What do I want to attain in this lifetime? How can I attain it?

Kind of Student and Path: Self Reflection

Steps of a single meditation session

Understanding the systematic process of Yoga Meditation

Contraction and Expansion

Fear in Meditation

Four Functions of the mind

Who am I?

Mandukya Upanishad: 3 States of Consciousness

Autobiography of a Yogi: Chapter 43 The Resurrection of Sri Yuktesvara

Concept of Complementary Practices

Vedantic practice: Internal Dialogue and Prayer

Stretching: Joints and Glands

Understanding Asanas in Yoga Meditation

12 preparatory poses

Mastering Pranayama: From breathing exercises to kundalini awakening - Radhika Shah Grouven

Autobiography of a Yogi: Chapter 26 The Science of Kriya Yoga

Eight steps of the inward journey leading to advanced meditation

Tattvas: Map of the Universe

Various Japa practices

The Different Levels of Initiations

Path of Fire and Light vol. 2 Swami Rama

Meditation and its Practice Swami Rama

Art of Joyful Living Swami Rama

Mundaka Upanishad Swami Rama Lecture