

Hatha-Dharma Teacher Training & Student Development

Yoga for the Liberation of Body, Mind & Heart



Program Intention & Overview

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Intention: *Hatha-Dharma* Teacher Training

Yoga practice is becoming increasingly popular. There are numerous benefits to this, including but not limited to, improved health and wellbeing for people at nearly every stage of life. As yoga's popularity grows it opens the possibility that many people may be introduced to transformative teachings.

Yoga today is also part of a larger western culture that is prone toward speed, quick, and often short-term solutions, and an emphasis on external and material means of finding fulfillment and relief from discomfort and distress. Within this widespread cultural trend it has become commonplace to address mental and physical imbalance at the level of its symptoms, rather than at the deeper level of root cause. It's helpful, if not essential, to be aware of this as practitioners and especially as teachers. Just as yoga may help to shift how people relate to their own wellness, western values are also shaping yoga. Today's yoga has become, to a significant degree, athleticized, and fewer and fewer practitioners are being exposed to the breadth and depth of a tradition that once concerned itself with cultivating an inner life in which subtle, but accessible knowledge about the mind-body was attained through direct experience. Essentially, yoga that is healing and transformative reflects the practitioners' development of self-awareness.



If yoga is going to be successful in challenging and transforming the conditions that perpetuate personal and collective confusion, suffering and *disease* – both physical and psychological – it will benefit from an honest examination of its own values, how its teachers are trained, and what those teachers impart to their students. When combined, these elements create the underlying foundation of a living phenomenon that will leave

an impression on the future of yoga which, given yoga's broad cultural appeal, will have implications not only on how we understand yoga, but how we understand the human condition and our ability to maximize an ancient tradition's ability to enhance the ways we educate and care for ourselves and others.

Buddhism has much to offer contemporary yoga. Nearly 2600 years ago, Siddhartha Gotama, who would become the Buddha – the Awakened One – underwent an extensive period of personal exploration which resulted in the articulation of the *Dharma* (Sk), or *Dhamma* (Pali). Teaching for over 45 years, the Buddha established a contemplative tradition of self-inquiry marked by astute psychological understanding that invariably accounts for the experience of the body, as well as the mind. What the Buddha awoke to was the causes and conditions of human suffering and discontent and how to find relief from those conditions through liberating insight, wisdom and compassion. The path he laid out was comprehensive yet simple, systematic and highly effective in transforming how we perceive and relate to our body, mind, and life.

In Patanjali's Yoga Sutras (nearly 2000 years old) an 8-fold path is laid out consisting of ethics, asana and breath awareness, *pratyahara* (Sk) (interiorization of awareness), followed by subsequent stages of meditation. Patanjali outlines a path of practice that appears to move toward meditation as both a culminating practice and resultant experience under the right conditions. The separation of meditation from the yogic path is a relatively modern convention: on the one side we have people doing postures, and on the other side, we have people sitting still in meditation. All too often posture practice emphasizes physical form over interior awareness.

Meditation is the heart of Buddhist practice. And yet the Buddha taught that meditation could be practiced in all postures, as well as in daily life. The core of the Buddha's approach to training the heart and mind is mindfulness, or insight meditation, outlined in the *Satipatthana-Sutta*, an integrated system for turning attention inward to explore and understand our conditioning – our perceptions, ideas, beliefs, and habits – and transforming ineffective tendencies into more skillful actions in order to enjoy profound psychological freedom and happiness.

HDTT aims to help restore yoga as a tradition capable of transforming ignorance (*avidya*: Sk; *avijja*: Pali) into knowing (*vidya*: Sk; *vijja*: Pali) and alleviating human stress and suffering at its root. *HDTT* consists of the integration of posture practice with Buddhist principles through the practice and teaching of Mindfulness Yoga, in which postures and breath practice support the body and mind for meditation, and mindfulness enables a more intentional, awareness-based yoga.

Program Overview

Hatha-Dharma Teacher Training (HDTT) is an experiential teacher training and student development program combining Hatha yoga and Buddhist Practice. Yoga and Buddhism share the same aim - the liberation of body, mind, and heart. Postures and breath practice support the body and mind for meditation, and mindfulness enables a more intentional, awareness-based yoga. Through this training you will learn the foundations of Mindfulness Yoga and begin guiding an emerging yoga culture that embodies the heart of what it means to practice and live fully.

Studio Managers: Offer *HDTT* at your center: This popular modular program is flexible, typically offered over 3-days, Friday through Sunday (other options available).

Learning Outcomes:

- Integrate meditation into your yoga classes using the 4 Foundations of Mindfulness.
- Develop your ability to teach yoga as a path of meditative-awareness addressing:
a) the alleviation of stress and suffering; b) the cultivation of wisdom.
- Effectively empower your students as the source of their own insight through self-reflective language cues and mindfulness-based teaching frameworks.
- Accommodate a wide-range of students, including beginners, those with health challenges, and experienced practitioners.
- Begin or refine your own meditation practice and embody greater presence and ease.

Who this program is for:

- Yoga teachers and yoga therapists from all traditions.
- Yoga students seeking a deeper integration of Hatha yoga and Buddhist practice.

Certification:

Participants will receive a Certificate of Completion for 30 hours of eligible Yoga Alliance CEU's.

Investment: \$440 (\$380 early bird registration)

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Chris Crotty, M.A. is a Buddhist teacher, Hatha yoga teacher, mentor, and adjunct professor in alternative medicine. His work focuses on the integration of Theravada Buddhism's emphasis on awakening and ethics with the Mahayana ideal of compassion and service, and the synthesis of practice and study. He is also influenced by the fields of ecopsychology, attachment theory, and contemplative and palliative approaches to sickness, aging, and end-of-life care.

Chris has practiced meditation since 1998. He has trained with Burmese monastics Sayadaw U Indaka, Sayadaw U Tejaniya and Bhikkhu Analayo, western monastics of the Zen and Thai Forest tradition, and senior western Vipassana teachers. Chris's main practice is Vipassana (insight). He has received mentoring from Matthew Daniel, co-founder of Insight Meditation Center Newburyport, George Haas (Metta Group), and Noah Levine, founder of Against the Stream Buddhist Meditation Society, under whom he currently trains through a long-term teacher training program.

Chris's yoga combines yin, viniyoga, and kripalu, with trauma-sensitive methodologies and mindfulness. His classes blend slow vinyasa forms with long static holds, balancing physical strength and meditative awareness. His yoga teacher training program, Hatha-Dharma, is offered at yoga centers internationally.

Chris is the guiding-teacher at Against the Stream Boston, retreat teacher at Inward Bound Mindfulness Education, adjunct professor at Johnson State College, VT, and a Hospice Volunteer at Care Dimensions. He holds a Masters degree in Ecopsychology, Sustainable Leadership, and Buddhist Practice.