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## Introduction to Teaching Living the Eternal Way

**Instructor's Name: Rev. Sundari Jensen**

**Class Name: Introduction to Teaching Living the Eternal Way**

**Course Dates: Tuesdays: 2/18, 3/1, 5/24, 5/31 • 6:00 – 9:00 pm**

**Practicum: This course also includes required practicum and small group work**

**Location of Class: Meru Classroom, CSE Grace Building**

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### COURSE DESCRIPTION

This course prepares students to teach *Living the Eternal Way* in their respective area of focus: Yoga, Ayurveda, Seva: Community Ministry. Students draw from their previous coursework as they learn and practice the art and science of teaching in a spiritual context. Upon successful completion, certified teachers are able to facilitate a predesigned *Living the Eternal Way* class that sequentially leads people through the theory and practical application of how to live a yogic lifestyle based on the yamas and niyamas found in *Patanjali's Yoga Sutra*, along with the practice of superconscious meditation. Ayurveda Cohort students include a focus on introducing the doshas and developing daily Ayurvedic routines. Seva Cohort students include a focus on what it means to live a life of service.

### TEXTS

- *Live the Eternal Way*—(Yogacharya O'Brian)
  - *Seven Lessons in Conscious Living*—(Roy Eugene Davis)
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### SYLLABUS

#### Thursday, February 18, 2016

Exploration of what it means to live a yogic lifestyle; Introduction to the art and science of teaching

#### Tuesday, March 1, 2016

Learning how to teach Yoga and Ayurveda theory and practices; Preparation for practice teaching

#### Tuesday, May 24, 2016

Teaching Practicum Review and Refinement; Personalizing course materials;

#### Tuesday, May 31, 2016

Additional Teaching Practicum; Next Steps

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### ASSIGNMENTS: Due by May 24, 2016

- Attend two *HTM* classes
- Attend *morning meditation* at least one day a week (Mon-Sat)
- **Attend KYC** – (pay special attention to how Roy, Uma, Ambika and others introduce: meditation, basic Ayurvedic principles, yogic lifestyle principles)
- **Prepare Teaching Outline**, send to cohort leader (**due: Tuesday, March 8<sup>th</sup>**) ... use MTT as model
- **Meet with cohort leader to refine / April 1<sup>st</sup>** (cohort leader may schedule sooner)
- **Practice Teaching** your class with your Meru Institute peers or friends (at your own home) ... not CSE community members (at least two practice sessions). Do not use CSE equipment.

*Plagiarism is the use of words, ideas or views of another person as if they were your own. Plagiarism is contrary to the spiritual practices of truthfulness (Satya) and of non-stealing (Asteya) — it is considered to be a form of intellectual dishonesty and, as such, is a serious academic offense. The potential penalties range from receiving “no credit” in the course, to a letter of discipline placed in the student’s permanent academic file, or even suspension or expulsion from the seminary program. Plagiarism includes: passing off another’s written work as your own—whether from a book, magazine, website, paper... any form; failing to give credit to your sources for the ideas, information, and words you have borrowed from them; not quoting when you use another’s exact words; not changing the wording or sentence structure significantly enough when you paraphrase a source.*