

Overview

The Sadhaka Program is a one year program designed for students who are looking to deepen their understanding of yoga and to develop their practice of yoga away from the classroom.

Students may be enrolled as either internal or external students. Internal students are those who are available to attend the Practitioner Yogasana Courses and Led Practice at Yoga Mandir (the Institute). External students are those who are located away from Canberra or who cannot attend Practitioner Yogasana Courses at the Institute.

The Sadhaka Program is delivered via four units that are run during the Yoga Mandir terms. Each unit is aligned to a Yoga Mandir Practitioner Program to give participants structure in developing their practice and deepening their understanding of the subject of yoga. The Sadhaka Program also provides an interim step for those considering teacher training at Yoga Mandir. Upon completion of the four units, students are eligible to apply for Yoga Mandir's three year preliminary teacher training program which commences in January each year.

Program Structure

Students enrolled in the program are required to:

- Complete fortnightly modules focused on selected content from the Yoga Sutras
- Develop a self-directed yoga practice following a structured practice guide aligned to the Yoga Mandir Sadhana booklet;
 - Initially students are required to complete a self directed practice three times per week, with each practice session holding a 30 minute duration. This is increased over the four units of the program so that students develop a practice of yoga that amounts to 1.5 hours per session six days per week.
- Attend Practitioner Yogasana Courses each term, as outlined in the table below, or, for external students follow weekly Practitioner Yogasana class audio recordings
- Attend Led Practice, or, for external students follow the led practice sequences each week

The content of the four units is outlined below:

Unit	Content	Practice Development
Unit 1 - Looking within	<ul style="list-style-type: none"> • Action & Observation - Abhyasa and Vairagya • The senses • Tendencies and inclinations 	<ul style="list-style-type: none"> • Attend Foundation Practitioner Program and Led Practice (or follow audio classes and sequences provided) • Focus on developing knowledge of Asana • Develop regularity and duration of practice away from the classroom
Unit 2 - Differentiating experience	<ul style="list-style-type: none"> • Kriyayoga – Tapas, Svadhyaya and Isvara Pranidhana • Kosas – The Five Sheaths • The Quests 	<ul style="list-style-type: none"> • Attend Developing Practitioner Program and Led Practice (or follow audio classes provided) • Continued focus on developing knowledge of Asana • Start to increase duration of practice away from the classroom
Unit 3 - The source of knowing	<ul style="list-style-type: none"> • Knowledge from experience • Levels of Sadhaka 	<ul style="list-style-type: none"> • Attend Established Practitioner Program and Led Practice (or follow audio classes provided) • Focus on developing timings within Asana and sequencing a practice • Continue to increase duration of practice
Unit 4 - Ethical practice	<ul style="list-style-type: none"> • Astanga Yoga – The Eight Disciplines • Observances-practices-outcomes 	<ul style="list-style-type: none"> • Attend Established Practitioner Program and participate in leaders program (or follow audio classes provided)

Unit	Content	Practice Development
	<ul style="list-style-type: none"> • Developing concentration 	<ul style="list-style-type: none"> • Focus on planning practice sessions and the content of practices across the week. • Continue to develop methods of sequencing a practice.

References

The key text for the Sadhana Program is “Yoga Sadhana: a guide for Sadhakas and teachers by Alan Goode”, commonly referred to as “the Sadhana Booklet”.

It is also recommended that each student have a copy of Light on Yoga by BKS Iyengar for referencing asana.

Students may also find that the following list of books useful:

- Light on the Yoga Sutras of Patanjali by BKS Iyengar
- Tree of Yoga by BKS Iyengar
- Light on Life by BKS Iyengar
- Yoga: A Gem for Women by Geeta Iyengar
- Yoga in Action: Preliminary Course by Geeta Iyengar
- Yoga in Action: Intermediate Course by Geeta Iyengar

These books may be of particular use to those who continue to the Teacher Training Program. Students may wish to start building up their collection of books during their participation in the program.