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Yoga Teacher Training Curriculum  
Temecula Cloud Nine Yoga  
January 31, 2014 – May 30, 2014  
With Erika Faith Calig

All Lectures & Intensives are Fridays from 11:30 am to 4:30 pm at Living Yoga

Week 0: PRE-TRAINING PREPARATION

- To Do:
  - Complete and submit application with deposit
    - \$200 deposit (Make payment to: Cloud Nine Yoga, LLC)
  - Purchase books and supplies:  
<http://cloudnineyoga.com/train/curriculum/required-reading-material/>
  - Purchase Cloud Nine Yoga CD/DVD at [www.BelInYoga.com](http://www.BelInYoga.com)
  - Purchase 2 tennis balls and a tube sock!
- **Register/Pay for Retreat!** Moving Your Prayers  
<https://squareup.com/market/erika-calig/desert-hot-springs-retreat-moving-your-prayers>
- Read: Farhi p. xiii – 7, Iyengar p. 19-31

Week 1: January 31<sup>st</sup>

- Lecture: Introductions & Orientation, What is Yoga? 8 Limbs, Yamas & Niyamas
- **Payment #1 Due:** \$500 (Make payment to Erika Faith Calig)
- Asana Intensive: 7 Moving Principles
- Homework:
  - Read: Farhi p. 7 – 80, Iyengar p. 31 – 53
  - Complete anatomy worksheet: Understanding Basic Terms. Use *Yoga Body* p. 5 – 30 as a reference + *Basic Anatomy for Teachers 1, 2 & 3 and What's In A Stretch* Yoga Journal articles by Julie Gudmestad
  - Practice yoga (always class x1 & to Cloud Nine Yoga CD/DVD x1)
  - Journal (always check in at least once per week on your progress)
  - Log (update on paper or electronically to log all hours completed)

Week 2: February 7<sup>th</sup>

- Lecture: How To Teach Yoga, Sequencing Basics
- Asana Intensive: Applying Moving Principles to Practice, Introduction to Cuing, Practice Teaching #1
- Anatomy: Anatomy for Yoga (Paul Grilley DVD) – Watch The Big Picture. Review Basic Terms sheet. Understand together difference between Compression, Tension & Proportion (complete coordinating worksheet in class)
- Homework:



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- Read: Iyengar p. 431-461 (turn page to see more!)
- Complete Anatomy Worksheet: Vertebral Column and Diaphragm using *Yoga Body* p. 33 – 79 as a reference + *Save Your Neck & Breathing Room* Yoga Journal articles by Julie Gudmestad
- Study for Quiz on 8 Limbs and Yamas/Niyamas
- Practice yoga, journal & log

### Week 3: February 14<sup>th</sup>

- Quiz: 8 limbs, Yamas and Niyamas
- Lecture: Pranayama and Bandhas
- Asana Intensive: Breath Instruction for Sun Salutes, Intro to Sun Salutations (1/2, Classical, A series), Practice Teaching #2
- Anatomy: Vertebral Column and Diaphragm
- Homework:
  - Read: Farhi p. 231 – 250, Iyengar p. 86 - 133
  - Review 7 Moving Principles for Quiz
  - Practice yoga, journal, log

### Week 4: February 21<sup>st</sup>

- Quiz: Seven Moving Principles
- Lecture: Meditation Practices and Philosophies, Practice Teaching #3
- Asana Intensive: How to: Sit, Relax & Savasana, Moving Your Meditation
- Homework:
  - Read: Farhi p. 81 - 130
  - Practice yoga, journal (Write Essay: What yoga style do you enjoy practicing most? What classes would you like to teach? Why?)
  - Study for Anatomy Quiz on Basic Terms, Grilley DVD, Spine

### Week 5: February 28<sup>th</sup>

- Quiz: Anatomy – Basic terms, Compression, Tension & Proportion, Vertebral Column and Diaphragm
- Lecture: Four Types of Yoga, The Schools and Styles of Yoga
- **Payment #2 Due:** \$500 (Make payment to Erika Faith Calig)
- Asana Intensive: Foundations in Standing & Balancing Poses: The Stances (Mountain, Forward, Side, Wide), Practice Teaching #4
- Homework:
  - Complete anatomy worksheets: Pelvis, Leg, Ankle and Foot using *YogaBody* p. 93 – 132 as a reference + *Feet First, Thighs Matter, The Long and Short of Legs, Get Hip About Flexors & Great Gluts* Yoga Journal articles by Julie Gudmestad
  - Study/Review: Farhi p. 80 – 130, Iyengar p. 264 – 266
  - Practice yoga, journal, log



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### Week 6: March 7<sup>th</sup>

- Asana Intensive: Basic 20 Vinyasa Flow Poses, Finish Standing & Balancing Pose Breakdowns, Sun Salutations, Practice Teaching #5
- Anatomy: Pelvis and The Femur + Review: Pelvis, Leg, Ankle & Foot
- Homework:
  - Review: Sanskrit Pronunciation Guide, Supplemental Article
  - Fill out Mid-Term Review and bring to class 10/27
  - Memorize Sun Salutation C “classical” 12 position series
  - Practice yoga, journal, log
  - Study for Quizzes on Pranayama, Bandhas, 4 Types of Yoga

### Week 7: March 14<sup>th</sup>

- Quizzes: Pranayama/Bandhas, Four Types of Yoga
- Lecture: Intro to Sanskrit, Nicolai Bachman CD, YouTube Lessons 1-4,
- Asana Intensive: Intro to Seated & Reclining Forward Bends, Releasing Through Twists and Hip Openers, Practice Teaching #6
- **DUE:** *Journal and Log Review (bring to class or email prior to class)*
- Homework:
  - Practice Sanskrit, Study for Quiz
  - Read: Farhi p. 131-170
  - Complete Abdominal Worksheets using *YogaBody* p. 135-142 and *Forget Six Pack Abs* Yoga Journal article by Fernando Pages Ruiz
  - Practice yoga, journal, log

### Week 8: March 21<sup>st</sup>

- Asana Intensive: Abdominals Focus, Continue with Breaking down Forward bending, Twists and Hip Openers, Practice Teaching #7
- Lecture: Ethics of Teaching, Boundaries, Sequencing for Basic Classes,
- Anatomy: Anatomy for Yoga (Paul Grilley DVD) – Orientation, Review Abs worksheet
- Homework:
  - Read Farhi p. 172 – 204, Review Farhi p. 70 – 80 (Chakra Info)
  - Practice yoga, journal, log
  - Study Anatomy Sheets for Pelvis, Abs, Foot & Ankle quiz

### Week 9: March 28<sup>th</sup>

- Quiz: Pelvis, Leg, Ankle and Foot, Abdominals
- Lecture: The Chakra System and Body Energetics
- Asana Intensive: Back Bending, Heart & Shoulder Openers, Practice Teaching #8
- Homework:
  - SEE NEXT PAGE



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## Yoga Teacher Training Curriculum

- Read: Iyengar p. 352 - 424
- Complete Shoulder Girdle anatomy worksheets using *YogaBody* p. 153 – 170 + *Dump The Slump & Break Out of Your Slump* Yoga Journal articles by Julie Gudmestad
- Commit to teaching one person outside of class!
- Practice yoga, journal, log

### Week 10: April 4<sup>th</sup>

- Lecture: Ayurveda & Kriyas
- Anatomy: Shoulder Girdle, Paul Grilley section on Shoulder vs Spine
- Asana Intensive: Applying Ayurveda, Practice Teaching #9
- **Payment #3 Due:** \$500 (Make payment to Erika Faith Calig)
- Homework:
  - Read: Farhi p. 205 – 230
  - Complete anatomy worksheet for Elbow, Wrist and Hand using *YogaBody* p. 171 – 191 + Yoga Journal articles *Arms Control & Bearing Up Under Pressure* by Julie Gudmestad
  - Practice yoga, journal, log
  - Study for Shoulder Girdle Quiz

### Week 11: April 11<sup>th</sup>

- Quiz: Chakras, Shoulder Girdle
- Lecture: Sacred Space and Classroom Safety, Yoga Therapy
- Anatomy: Review Elbow, Wrist and Hand worksheets
- Asana Intensive: Arm Balancing Introduction and Practice + Handstands, Inversions and Wrist Releases, Practice Teaching #10
- **DUE:** Journal and Hours Log review (bring to class or email prior to class)
- Homework:
  - Read: Yoga Journal articles *Sprained, Strained or Pained & Synovial Fluid and Inflamed Joints* by Julie Gudmestad
  - Complete corresponding Anatomy Sheet on Injury & Modifications
  - Practice yoga, journal (Essay: Explain a situation that felt “unsafe” in a yoga class you attended. How would you have made it better?)
  - Study for quiz on Yoga Pose Names English/Sanskrit

### Week 12: April 16 – 20 is EASTER WEEK -- RETREAT

### Week 13: April 25<sup>th</sup>

- Quiz: Posture/Sanskrit Identification
- Lecture: Aromatherapy & Poetry, Meditation Cards & Music
- Anatomy: Review Injury & Modifications sheet



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- Asana Intensive: Modifications and Cuing for safety and injury prevention, Fine-tune our Assisting/Adjusts in asana class, Practice Teach #10
- Homework:
  - Read: Farhi p. 251 – 269, Iyengar p. 462 – 506
  - Practice yoga, journal, log

### Week 14: May 2<sup>nd</sup>

- Asana Intensive: Teaching Yoga for Prenatal, Kids, Seniors/Motion Restriction (Chair Yoga), Restorative vs. Yin, Adjustments in Savasana +
- Lecture: Hinduism, Bhagavad Gita, Deities & Avatars
- Movie: River of Love
- Discussion: Role of the Guru/Teacher, Concerns about teaching
- **Final Payment #4 Due:** \$500 (Make payment to Erika Faith Calig)
- Homework:
  - Plan out your Final Presentation + practice/time it with someone
  - Practice yoga, journal, log

### Week 15: May 9<sup>th</sup>

- Asana Intensive: Sequencing & Class Themes, Squat video (YouTube)
- Lecture: Yoga Sutras of Patanjali
- Discussion: What is a Level 2/3 class? Understanding various class names, teaching “All Levels” Classes
- Anatomy Q & A
- Homework:
  - Create Music CD's for each classmate (Fave Yoga Music)
  - Practice Yoga, journal, log
  - Gather Materials for Review, Study!

### Week 16: May 16<sup>th</sup>

Lecture: Mantra & Mudra

Asana Intensive: Applying Mantra and Mudra to Yoga classes

Discussion: Professional Information for the Yoga Teacher

Homework:

- Print out or Email Final Completed LOG
- Be READY to teach for 15 minutes
- Study Weekly notes & lectures, Anatomy Sheets
- Prepare Final Student Survey

### Week 17: May 23<sup>rd</sup>

- Asana Intensive: Teaching Presentations!
- Lecture: Review For Testing
- Anatomy: Review For Testing
- Discussion: TURN IN SURVEY, Discuss Experience in Training



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- Homework:
  - Study for Test: Weekly Topics, Asana Sanskrit, Anatomy Sheets
  - Be READY to teach for 15 minutes

Week 18: May 30<sup>th</sup>

- Asana Intensive: Teaching Presentations!
- Lecture/Anatomy: Fill-in Tests, Sanskrit I.D.
- Graduation & Certificate Ceremony: Location/Time TBD

### **Project/Presentation**

Design a specialized yoga class. Choose a specific age or orientation group (beginning, intermediate, etc.) in which to gear your class. Write a 2-page outline of exactly what, how and why you would teach the given poses. Prepare a section, no more than 15 minutes long, to teach to the entire class.

### **Final Exam**

A comprehensive “fill-in” test on the accumulative information presented throughout the training will be given during the last week of the curriculum. This will include: postures names given in English to be translated to Sanskrit and fill-in based on topic and anatomy sheets.

