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Yoga Teacher Training Curriculum

Living Yoga Temecula :: Cloud Nine Yoga School September 7, 2014 – December 21, 2014 with Erika Faith Calig

Sundays 9:00 – 10:30 am Practice Class
Sundays 11:00 am – 3:00 pm Lectures & Asana Intensives

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
 - Purchase 2 tennis balls and a tube sock!
- **Register/Pay for Retreat!** Raising Your Vibration
<https://squareup.com/market/erika-calig/raise-your-vibration-retreat>
- Read: Farhi p. xiii – 7, Iyengar p. 19-31

Week 1: September 7

- Lecture: Introductions & Orientation, What is Yoga? 8 Limbs, Yamas & Niyamas
- **Payment #1 Due:** \$500 (Make payment to Erika Faith Calig)
- Asana Intensive: Experience the 7 Moving Principles
- Homework:
 - Read: Farhi p. 7 – 80, Iyengar p. 31 – 53
 - 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: Raising Your Vibration Retreat *SEPTEMBER 11 – 14, 2014*

Week 3: September 21

- Lecture: How To Teach Yoga (Structure vs. Intuition), Sequencing Basics
- Asana Intensive: Breath Instruction for Sun Salutes, Intro to Sun Salutations (1/2, Classical, A series)
- Peer Teaching: Pair Up and Teach a couple Surya Namaskars!



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- Anatomy: Paul Grilley DVD – The Big Picture. Understand together difference between Compression & Tension (complete coordinating Anatomy Worksheet in class)
- Homework:
 - Read: Iyengar p. 431-461 (turn page to see more!)
 - Read: Farhi p. 81 – 130
 - Anatomy: Complete Anatomy Worksheets: 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 4: September 28

- Quiz: 8 limbs, Yamas and Niyamas
- Lecture: Pranayama and Bandhas
- Anatomy: Vertebral Column & Diaphragm
- Asana Intensive: Foundations in Standing & Balancing Poses: The Stances (Mountain, Forward, Side, Wide)
- Peer Teaching: Cuing, Voice & Pace focus with a 3-pose Vinyasa Flow
- Homework:
 - Read: Farhi p. 231 – 250, Iyengar p. 86 - 133
 - 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
 - Review 7 Moving Principles for Quiz
 - Practice yoga, journal, log

Week 5: October 5

- Quiz: Seven Moving Principles
- **Payment #2 Due:** \$500 (Make payment to Erika Faith Calig)
- Lecture: Meditation Practices and Philosophies, Sitting vs. Moving Meditations, Meditation Cards, Poems & Inspiration, Aromatherapy
- Anatomy: Understanding Basic Terms
- Asana Intensive: Review Basic 20 Vinyasa Flow Poses, Standing & Balancing Poses, All About Savasana
- Peer Teaching: Savasana Adjustments
- Homework:
 - Read: Farhi p. 131 - 170
 - Practice yoga, journal (Journal: What yoga style do you enjoy practicing most? What classes would you like to teach? Why?)



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Week 6: October 12

- Lecture: Four Types of Yoga, The Schools and Styles of Yoga
- Asana Intensive: Seated Postures, Forward Bends & Twists
- Anatomy: Anatomy for Yoga (Paul Grilley DVD) – Proportion & Orientation
- Peer Teaching: Create a “script” with a partner for a Standing Sequence, then teach it!
- Homework:
 - Read: continue with Farhi through p. 170, Iyengar p. 264 – 266
 - Study for Quizzes on Pranayama, Bandhas, 4 Types of Yoga
 - Practice yoga, journal, log

Week 7: October 19

- Quizzes: Pranayama & Bandhas, Four Types of Yoga
- Lecture: Yoga Sutras of Patanjali
- Asana Breakdown: Healthy Hips, Knees, & Feet – Opening Your Lotus
- Asana Intensive & Breakdowns: continue with Seated Postures, Forward Bends & Twists
- Anatomy: Watch DVD: Paul Grilley section called “Shoulder vs Spine”
- Peer Teaching: Practice teaching a C series Salutation without doing it!
- Homework:
 - Complete Anatomy Worksheet “Shoulder Girdle” using *YogaBody* p. 153 – 170 + *Dump The Slump & Break Out of Your Slump* Yoga Journal articles by Julie Gudmestad
 - Review: Iyengar p. 101 - 179
 - Practice yoga, journal, log

Week 8: October 26

- Lecture: Intro to Sanskrit, Nicolai Bachman CD, YouTube Lessons 1-4
- Anatomy: Shoulder Girdle
- Asana Breakdown: Arm Balances & Abdominal Work – Fire It UP!!
- Peer Teaching: Partner up to teach a Pranayama technique & guide a simple Savasana.
- **DUE:** *Journal and Log Review (bring to class or email prior to class)*
- Homework:
 - Practice Sanskrit
 - Fill-out Mid-Term Review (in the back of your manual) to submit 6/9
 - Review: Farhi p. 70 – 80 (chakra anatomy), 171 - 204 (back bends)
 - Practice yoga, journal, log



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Week 9: November 2

- Lecture: Chakras East & West, Chakra Affirmations, The Psychology of Yoga – Yoga Is Therapy
- **Payment #3 Due:** \$500 (Make payment to Erika Faith Calig)
- Anatomy: Review, Questions, Clarifications
- Asana Breakdown: All About Back Bending
- Peer Teaching: Teach a 5-min Meditation + one warm-up sequence
- Homework:
 - Practice yoga, journal, log
 - Study for Anatomy Quiz on Basic Terms, Grilley DVD, Spine, Shoulder Girdle
 - Complete Anatomy Worksheet for The Pelvis, Leg, Ankle & Foot using *YogaBody* p. 119 – 132 as a reference + *Feet First, Thighs Matter, The Long & Short of Legs, Get Hip About Flexors, and Great Gluts* Yoga Journal articles by Julie Gudmestad

Week 10: November 9

- Quiz: Anatomy Basic terms, Compression, Tension & Proportion, Vertebral Column and Diaphragm
- Lecture: Ayurveda & Yogi Nutrition
- Anatomy: Pelvis, Legs, Ankle & Foot
- Asana Intensive: Review Sun Salutations, Standing Sequences, Standing & Balancing Postures
- Peer Teaching: Teach 10-min of Asana for beginners (3 seated postures)
- Homework:
 - Practice yoga, journal, log
 - Review: Iyengar p. 179 – 241
 - Read: Farhi p. 205 - 229
 - 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

Week 11: November 16

- Quiz: Chakras
- Lecture: Kriyas, Mudras & Mantras
- Asana Intensive: Inversions
- Anatomy: Elbow, Wrist, & Hand
- Peer Teaching: Teach a back bend and counter pose for a Level 1 class
- Homework:
 - Complete Abdomen Worksheets using *YogaBody* p. 135-142 and *Forget Six Pack Abs* Yoga Journal article by Fernando Pages Ruiz



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- Study for Quiz on Pose Names English/Sanskrit
- Read Farhi p. 205 – 230

Week 12: November 23

- Quiz: Posture/Sanskrit Identification
- Lecture: Ethics & Boundaries, NVC (Non-Violent Communication Model)
- Anatomy: Abdominals
- Asana Intensive: More Abdominal FUN! Plus, Restorative Yoga ☺ Reward
- Peer Teaching: Teach to the ENTIRE class
- Homework: HAPPY THANKSGIVING!

Week 13: November 30

- Lecture: Bhagavad Gita, Hinduism, Deities & Avatars (MOVIE: *River of Love*), Discussion: Role of Gurus/Teachers
- Review Sequencing, Class Names and Themes. Professional Info for the Yoga Teacher
- Asana Intensive: Teaching Kids, Motion Restriction, Prenatal
- Peer Teaching: Plan out Teaching Presentations, Practice Teaching
- Homework:
 - Study for Pelvis, Legs, Ankles & Foot + Abs & Shoulder Girdle Quiz
 - Complete Anatomy Sheet on Injury & Modifications using *YogaBody* and *Sprained, Strained or Pained & Synovial Fluid and Inflamed Joints* Yoga Journal articles by Julie Gudmestad
 - Read: Farhi p. 251 – 269, Iyengar p. 462 – 506
 - Start to Write/Create your sequence/script for final presentation
 - Practice yoga, journal, log

Week 14: December 7

- Quiz: Pelvis, Legs, Ankle & Foot + Abs & Shoulder Girdle
- Anatomy: Injury & Modifications
- **Final Payment #4 Due: \$500** (Make payment to Erika Faith Calig)
- Asana Intensive: Assists & Adjusts
- Practice Teaching: Teach and Adjust your 15 min presentation
- Homework:
 - STUDY all quizzes to prepare for final
 - Practice teaching your presentation (over and over again!)

Week 15: December 14

- Lecture/Anatomy/Asana: REVIEW in preparation for Final Anatomy test
- Discussion: Comment Sheet for Final Presentation
- Peer Teaching: Run through your 15 min teaching presentation with peers



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- Homework:
 - Continue fine-tuning final presentation, Be Ready to TEACH 15-min
 - Study for Tests: Weekly Topics, Asana Sanskrit, Anatomy Sheets
 - Prepare Final Student Survey (in manual)
 - Print LOG Sheet and Submit by 12/21

Week 16: December 21

- Lecture/Anatomy/Sanskrit: Fill-in Tests, Sanskrit Identification
- Turn in: LOG, FINAL SURVEY, MENTOR QUESTIONNAIRE
- Asana Intensive: Teaching Presentations ALL DAY!
- Graduation Party & Certificate Ceremony: Location/Time TBD

Schedule Subject to Change Without Notice!

Please remain a flexible yogi!

