

2015-16 Cloud Nine Yoga School, San Diego
Master Training and Advanced Yoga Teacher Certification Schedule
August 29, 2015 – January 16, 2016
Hosted by: Akasha Yoga La Jolla
Led by: Stephanie Pafford & Brandi Gutierrez

MODULE 1 FOUNDATIONS: Ayurveda, Anatomy + Kundalini Yoga

Required Reading: Perfect Health by Deepak Chopra, MD

* Read Chapters 1 – 3 (Chopra)

* **PRIOR * Application/Admin \$400 Deposit + Retreat Payment Due**

AUG 29 (12:30-3:30): Introductions + Orientation, Ayur Yoga Practice

* Start Coloring Book Pages, see Manual Pg 19 – 20 for assignments!

AUG 30 (12:30-6:30): Ayurveda Intro + The Power of Teaching Workshop

* Read Chapters 4 – 6 (Chopra)

SEPT 5 (12:30-3:30): Kundalini Yoga Intro & Practice (Guest Teacher)

Payment 1: \$500

SEPT 11 – 14: Raising Your Vibration Retreat, Escondido, CA

* Fill out pgs. 32 -33 of Manual, Read supporting YJ Articles (Listed in Manual p 19)

SEPT 19 (12:30-3:30): Anatomy of Yoga: A Review for Teachers + Ayur Yoga Practice (Guest Teacher)

* Read Chapters 7 – 9 (Chopra), Read supporting YJ Articles for Module 1

SEPT 26 (12:30-3:30): Anatomy of Disease & Injury, Preventing Injuries & Modifying Poses (Guest Teacher)

* Read Chapters 10 – EPILOGUE (Chopra)

SEPT 27 (12:30-6:30): Going Deeper with Ayurveda + Ayur Yoga Practice

* Finish All Reading, Finish Module 1 Coloring Book Pages. Update Log

OCT 3 (12:30-3:30): Kundalini Yoga Practice + Yoga Nidra Overview/Short Practice

Module 2 THE CENTRAL CHANNEL: Core Sequencing + The Chakras

Required Listening: Radical Transformation by Julian Walker (8 CD Set)

* Listen to Walker CD Lecture 1a, Home Practice 1b

OCT 4 (12:30-6:30): Overview of Chakra Anatomy + Deep Core Sequencing Practice with Asana Break downs.

Payment 2: \$500

* Listen to Walker CD Lecture 2a

OCT 10 (12:30-3:30): Practice Together 2b, Discuss: Root/Sacral Chakras, Accessing The Energy Body

* Listen to Walker CD Lecture 3a

OCT 11 (12:30-6:30): Practice Together 3b, Discuss Solar/Heart Chakras, Body

Psychology + Psychic Phenomenon

* Listen to Walker CD Lecture 4a
OCT 17 (12:30-3:30): Practice Together 4b, Discuss: Throat/3rd Eye /Crown Chakras, Yoga Nidra Long Version Practice

* Make a CD for each person in the group with your favorite chants/music
OCT 24 (12:30-3:30): Mantra, Chanting & Japa: Increasing the Love Vibes (Guest Teacher)

* Coloring Book pgs. 3, 4, 17, 135, 136, 151 + Nicolai Bachman CD, YouTube Sanskrit Lessons
OCT 25 (12:30-6:30): Sanskrit Review, Ethical Guidelines, Creating a Sacred Space for Yoga Practice

* Type a paper about your experiences with in class adjustments, boundary challenges and communication issues

OCT 31 (12:30-3:30): Art of Adjusting, Professional Boundaries & Yoga of Communication, Conflict Resolution

Module 3 SHARING THE ABUNDANCE: Partner Yoga, Thai Massage & Reiki

Suggested Reading: Contact: The Yoga of Relationship by Tara Lynda Guber

* Read Chapters 1 – 4 (Guber)
NOV 7 (12:30-3:30): Partner Yoga & Savasana Releases
Payment 3: \$500

* Read Chapters 5 – 8 (Guber) + Google “REIKI” and explore online
NOV 8 (12:30-6:30): Thai Yoga Massage Playshop

* Google “Thai Yoga Massage” and explore online
NOV 14 (12:30-6:30): Yoga Tune-Up (Guest Teacher)

* Read Chapters 9 - 12 (Guber)
NOV 21 (12:30-3:30): Conducting Private Lessons, How to Coach a Client

* No Assignments
NOV 22 (12:30-6:30): Reiki Master Intensive Day

* **THANKSGIVING BREAK**

Module 4 INNER & OUTER WISDOM: Sutras & Sequences Required Reading: The Secret Power of Yoga by Nischala Joy Devi The Radiance Sutras by Lorin Roche, PhD

* Read Intro & Book I (Samadhi Pada Chapters 1 – 4, Devi), Intro – Sutra 25 (Roche)
DEC 5 (12:30-3:30): Sun Salutation Breakdowns, Samadhi Pada Discussion, Intro Vijnana Bhairava Tantra AKA “The Radiance Sutras”

Payment 4: \$500

* Read Book I (Samadhi Pada Chapters 5 – 7, Devi), Sutras 26 – 50 (Roche)
DEC 6 (12:30-6:30) : Samadhi Pada Discussion, Embodying the Radiance Sutras 1, Tips for Cuing and Conducting Classes: A Refresher

* Read Radiance Sutras 51 – Sutra 70 (Roche), continue with Devi Book...
DEC 12 (12:30-3:30): Samadhi Pada Discussion, Embodying the Radiance Sutras 2, Intro to Ashtanga Yoga and the Primary Series

* Read Book II (Sadhana Pada Chapters 1 – 8) (Devi), Radiance Sutras 71 – 112 (Roche)
DEC 19 (12:30-3:30): Sadhana Pada Discussion, Advanced Flows + Intelligent Sequencing, Embodying the Radiance Sutras 3, Design & Plan Workshops & Retreats

* Finish Radiance Sutras + Devi Book
DEC 20 (12:30-6:30): Finish Sadhana Pada, Discuss + continue with Advanced Flows + Intelligent Sequencing

*** HOLIDAY BREAK**

Module 5 & 6 THE ART OF LIVING YOGA: Specialty Classes

Required: Insight Yoga by Sarah Powers

Recommended: Living Yoga (ed. Feuerstein/Bodian)

* Start Preparing Your Workshop Presentation (45 min mini workshop)

JAN 2 (12:30-3:30): Log Check, Experience Yin Yoga & Mindfulness (Intro), Kidney/Bladder Sequence Practice & Discussion, Aromatherapy Basics, Pranayama & Meditation Review

Payment 5: \$500

* Continue Preparing for final Presentation
JAN 3 (12:30-6:30): Yoga for Motion Restricted Adults, Chair/Gentle Yoga Workshop, A Deeper Look at Yin + Moving Principles: A Language for Teaching with Grace

* Read/Review Chapters 1 - 7 (Powers)
JAN 9 (12:30-3:30): Yoga & Buddhism (2 hrs), Pre/Post Natal Yoga (2 hrs), YogaPlay for Kids (2 hrs)

* Read/Review Chapters 8 – 14 (Powers)
JAN 10 (12:30-6:30): Art Meditations & Living Yoga Questions, **Final Presentations**

* Read/Review Chapters 15 – 20 (Powers), See Teacher's Practicum Sheet pg 179 in manual

JAN 16 (12:30-3:30): **Final Presentations & GRAD NIGHT!**

Final Payment Due: \$500

FINAL PROJECT

JANUARY 10th & 16th – Design a specialized workshop on your favorite yoga topic. Show the class your creative spirit and take us through a 45 - 60 minute “mini” class for your presentation. Teach it from your experience and perspective! Hand in an explanation and outline to the lead teacher with a marketing flyer. Include all the details of your workshop or specialty class and any

supporting references you have.

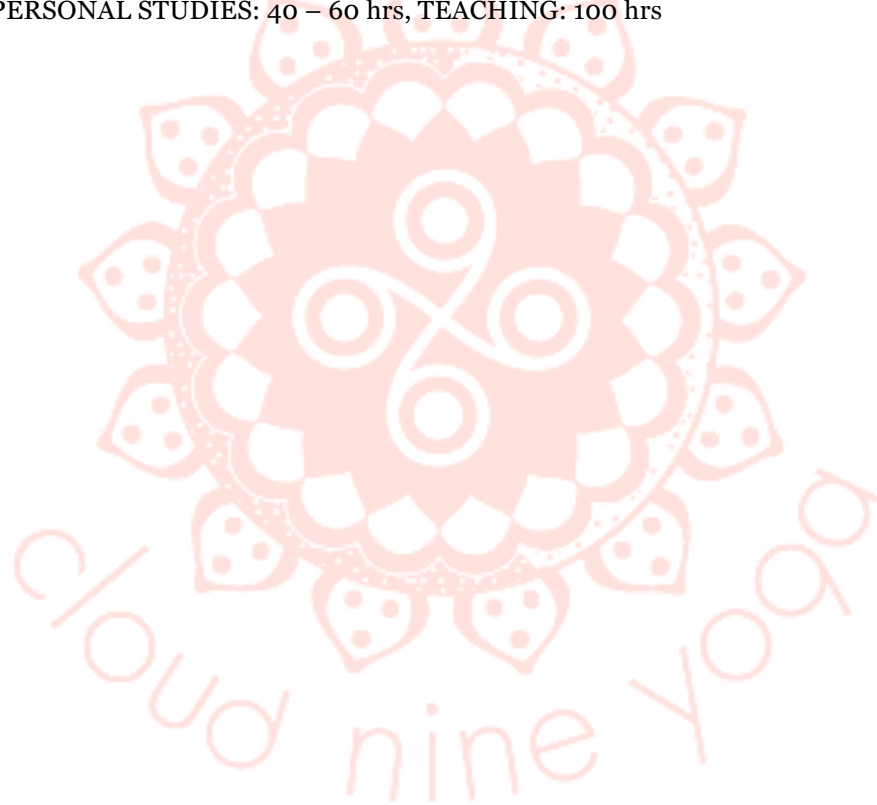
ADDITIONAL NOTES

* Fees are based on the entire program or module. If you are sick or miss for any reason, a make-up session can be scheduled at \$60 per hour for a private (2.5 hrs min needed for missed sessions). _____ initial

* No refunds are given. If you must leave the program for any reason, including illness or hospitalization, you will be offered the pro-rated remainder of your credit to be used for future Cloud Nine Yoga offerings through Erika. _____ initial

* No reminders are given. Enrollee is responsible for all book purchases and assignments given by Cloud Nine Yoga Advanced Training teachers in preparation for each topic meeting and Asana Intensive. _____ initial

TOTAL CONTACT HOURS PROVIDED IN CURRICULUM: Approx. 125 HOURS. Additional Requirements: RETREAT: 40 – 60 hrs, INTERNSHIP: 40 – 60 hrs, PRACTICE: 40- 60 hrs, Non-Contact ~ PERSONAL STUDIES: 40 – 60 hrs, TEACHING: 100 hrs



SCHEDULE IS SUBJECT TO CHANGE WITHOUT NOTICE.

Thanks for remaining a flexible yogi!

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