

## Cloud Nine Yoga Teacher Training Long Beach

Wednesdays 7-9 Sunday Intensives 12-5

	DATE	DISCUSSION FOCUS	QUIZZES	HOMEWORK	PAYMENTS
1st Wed	22-Apr	Introduction & Orientation, What is Yoga?		Farhi p. xiii – 7, Iyengar p. 19 - 31	333.33 due
2nd Wed	29-Apr	8 Limbed Path of Ashtanga Yoga		Farhi p. 6 – 7, Iyengar p. 31-52	
3rd Wed	6-May	Yamas and Niyamas	8 Limbs	Farhi p. 7-20, Iyengar p. 31-40, JOURNAL: Compare the Farhi and Iyengar approaches to the Yamas and Niyamas. Which take resonates with you?	
4th Wed	13-May	Posture / Sanskrit	Yamas and Niyamas	Study poses Iyengar p. 61-423	
AI #1	17-May	Anatomy: Anatomy for Yoga, The Big Picture; Basic Terms, Compression, Tension & Proportion Focus: Seven Moving Principles, Basic 20 Vinyasa Flow Poses		Farhi p. 29-80...Yoga Journal Articles & Anatomy worksheets (Understanding Basic Terms, Compression, Tension & Proportion)	
5th Wed	20-May	Four Types of Yoga, KIRTAN	Posture / Sanskrit	Iyengar p. 57 – 60	
6th Wed	27-May	The Schools and Styles of Yoga	Four Types of Yoga	JOURNAL: What yoga style do you enjoy most? How would you teach?	333.33 due
AI #2	31-May	Anatomy: The Femur; Leg, Ankle & Foot, The Pelvis and Orientation...Standing Balancing Poses, Forward Bending, Twisting and Hip-openers	Seven Moving Principles	Farhi p. 83-130... Yoga Body p. 93 – 132 Yoga Journal Articles & Anatomy worksheets (Leg, Ankle and Foot, Pelvis)	
7th Wed	3-Jun	The Chakra System and Yoga Therapy/Body Energetics		Farhi p. 70 – 74 Iyengar p. 379-380	

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8th TUES	9-Jun	Pranayama	The Chakras	Farhi p. 70-78, Iyengar p. 431- 461	
AI #3	14-Jun	Anatomy: Abdominals, Vertebral Column and Diaphragm... Sun Salutations, Abdominals, Opening the Back and Chest	Pelvis, Legs, Ankle, Foot	Farhi p. 171 – 204... Yoga Body p. 93 – 108, 143 - 149 Yoga Journal Articles & Anatomy worksheets (Abdominals, Vertebral Column and Diaphragm)	
9th Wed	17-Jun	Bandhas		Iyengar p. 435-442	
10th Wed	24-Jun	Meditation	Pranayama / Bandhas	Farhi p. 79-80	333.33 due
AI #4	28-Jun	Anatomy: Injuries and Modifications... Sequencing, Modifications/Cueing for Safety/Injury Prevention, Transitions, Adjustments and Assists, Savasana (assists/adjustments)	Basic Terms, compression, tension, proportion, vertebral column	Yoga Journal Articles & Anatomy worksheet (Injuries and Modifications)	
		<b>NO CLASS WED JULY 1</b>			
11th Wed	8-Jul	Mudras and Mantras			
AI #5	12-Jul	Anatomy– Shoulder vs. Spine; Shoulder Girdle, Elbow, Wrist and Hand... Blissful Inversions, Arm Balancing, Partner Yoga		Farhi p. 205-230... Yoga Body p. 171 – 191 Yoga Journal Articles & Anatomy worksheets (Elbow, Wrist and Hand)	
12th Wed	15-Jul	Special Surprise			
13th Wed	22-Jul	Hinduism, Deities and Avatars			

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AI #6	26-Jul	Seniors/ Chair yoga, Partner Yoga, Resorative Yoga		Farhi p. 331-250 JOURNAL: What are your current concerns about teaching?	
14th Wed	29-Jul	Yoga Sutras of Patanjali			333.33 due
15th Wed	5-Aug	Bhagavad Gita			
AI #7	9-Aug	Prenatal, Kids, Yin Yoga			
16th Wed	12-Aug	Ayurveda, Kriyas			
17th Wed	19-Aug	Ethics of Teaching, Sacred Space and Classroom Safety, Professional Information, Boundaries, Concerns About Teaching		<i>JOURNAL: Explain a situation that felt "unsafe" in a yoga class you attended. How would you have made it better?</i>	
18th Wed	26-Aug	MOVIE NIGHT			333.33 due
		<b>NO CLASS September 2</b>			
19th Wed	9-Sep	Review for Test			
AI #8	13-Sep	Present projects			
20th Wed	16-Sep	Written Test			333.33 due