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**Yoga Teacher Training Curriculum
Brea Branch
January 10th-April 24th
with Hannah Chung & Alisha Vasquez**

All Lectures & Intensives are Sundays from 11:00 am to 5:00 pm at Unfold Yoga.
Two additional meetings will be held on Saturdays, at the same time/location.

Before training begins:

- To Do:
 - Complete and submit application with deposit
 - \$400 deposit (make payment to Cloud Nine Yoga)
 - Purchase books and supplies
- Read: Farhi p. xiii – 80, Iyengar p. 19-31

Class # 1: January 10

- Payment #1 Due: \$649 (Make payment to Cloud Nine Yoga Brea)
- Lecture: Introductions & Orientation, What is Yoga?
- Asana Intensive/Anatomy: Basic Terms, 7 Moving Principles
- Homework:
 - Read: Iyengar p. 31 – 53
 - Complete anatomy worksheet “Understanding Basic Terms” using *Yogabody* 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
 - Complete Anatomy Worksheet: “Diaphragm” using *Yogabody* p. 143-149 as a reference + *Breathing Room* Yoga Journal article by Julie Gudmestad
 - Practice yoga
 - Journal (always check in at least once per week on your progress)
 - Log (update on paper or electronically to log all hours completed)
 - Study for quiz

Class # 2: January 17

- Quiz: 7 Moving Principles
- Lecture: The 8 Limbed Path, Yamas & Niyamas, 1st chakra
- Asana Intensive/Anatomy: Diaphragm & Pranayama, Anatomy for Yoga (Paul Grilley DVD)
- Homework:
 - Read: Iyengar p. 55-85, 431-461
 - Complete Anatomy worksheet “Vertebral Column” using *Yogabody* p. 33 – 79 as a reference + *Save Your Neck* Yoga Journal article by Julie Gudmestad
 - Study for quiz



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- Practice yoga, journal (Compare the Farhi and Iyengar approaches to the Yamas and Niyamas. Which take resonates with you?)

Class # 3: January 24

- Quiz: 8 limbs, Yamas and Niyamas
- Lecture: Four Types of Yoga/Schools & Styles of Yoga, Meditation, Bandhas, Sanskrit, 2nd chakra
- Homework:
 - Study for quiz
 - Read Iyengar p. 425-428
 - Practice yoga, journal (Essay: What yoga style do you enjoy practicing most? What classes would you like to teach? Why?)

Class # 4: January 31

- Quiz: Four Types of Yoga
- Lecture: 3rd chakra
- Asana Intensive/Anatomy: Vertebral Column, Basic 20 Poses, Sun Salutations, Savasana
- Homework:
 - Read: Farhi p. 81-130
 - Complete anatomy worksheet "Ankle and Foot" using *Yogabody* p. 119– 132 as a reference + *Feet First* Yoga Journal article by Julie Gudmestad
 - Practice yoga, journal (Essay: Think about your favorite experience of Savasana. What made it special?)
 - Study for quiz

Class # 5: February 7

- Payment #2 Due: \$649 (Make payment to Cloud Nine Yoga Brea)
- Quiz: Pranayama & Bandhas, Anatomy Quiz- Basic terms, Compression, Tension & Proportion, Vertebral Column and Diaphragm
- Asana Intensive/Anatomy: Ankle & Foot, Standing/Balancing Poses, **Playshop #1**
- Homework:
 - Read Farhi p. 131-170
 - Complete anatomy worksheet "Legs" using *Yogabody* p. 93 – 118 as a reference + *Thighs Matter, The Long and Short of Legs* Yoga Journal articles by Julie Gudmestad
 - Practice yoga, journal



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NO CLASS FEBRUARY 14th
Happy Valentine's Day/President's Day!

Class # 6: February 21

- Lecture: Ayurveda
- Asana Intensive/Anatomy: Legs, Forward Bending/Twists/Hip Openers
- Homework:
 - Complete anatomy worksheets "Pelvis" & "Abdominals" using *YogaBody* p.93-108, 135-142 + *Get Hip About Flexors & Great Gluts* Yoga Journal article by Julie Gudmestad + *Forget Six Pack Abs* Yoga Journal article by Fernando Pages Ruiz
 - Practice yoga, journal

Class # 7: February 28

- Lecture: Yoga Sutras of Patanjali
- Asana Intensive/Anatomy: Pelvis, Abdominals
- Homework:
 - Read Farhi p.171-204, Iyengar p.352-424
 - Complete anatomy worksheet "The Shoulder Girdle" using *Yogabody* p. 153-170 as a reference + *Dump The Slump & Break Out of Your Slump* Yoga Journal articles by Julie Gudmestad
 - Mid-term Review
 - Study for quiz
 - Practice yoga, journal

Class # 8: March 6

- Quiz: Anatomy-Pelvis, Legs, Ankle, Foot
- Lecture: Kriyas, Mudras, 4th chakra
- Asana Intensive/Anatomy: Shoulder Girdle, Heart Openers/Backbends, Practice Teaching
- Homework:
 - Read Farhi p. 205-230
 - Study for quiz
 - Complete anatomy worksheet "The Elbow, Wrist, and Hand" using *Yogabody* p. 171-191 as a reference + Yoga Journal articles *Arms Control & Bearing Up Under Pressure* by Julie Gudmestad
 - Create Music CD's for each classmate (your favorite music)
 - Practice yoga, journal



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Class # 9: March 13

- Payment # 3 Due: \$649 (Make Payment to Cloud Nine Yoga Brea)
- Quiz: Anatomy-Abdomen & Shoulder Girdle
- Lecture: Mantras, Music for yoga classes, 5th chakra
- Asana Intensive/Anatomy: Elbow, Wrist, & Hand, Arm Balancing, Inversions
- Homework:
 - Read: Yoga Journal articles *Sprained, Strained or Pained & Synovial Fluid and Inflamed Joints* by Julie Gudmestad + complete corresponding Anatomy worksheet on "Injury & Modifications"
 - Study for quiz
 - Practice yoga, journal (Essay: Explain a situation that felt "unsafe" in a yoga class you attended. How would you have made it better?)

Class # 10: March 20

- Quiz: Posture/Sanskrit
- Lecture: Bhagavad Gita, Hinduism, Deities, & Avatars, 6th chakra
- Asana Intensive: Injuries & Modifications, Assists & Adjustments
- Homework:
 - Read: Farhi p. 231 - 250
 - Practice yoga, journal

NO CLASS MARCH 27th

Happy Easter!

Class # 11: April 3

- Lecture: Boundaries, Ethics, 7th chakra
- Asana Intensive/Anatomy: Yin, Restorative, Seniors/Motion Restricted
- Homework:
 - Read Iyengar p. 487 – 506
 - Practice yoga, journal

Playshop #2: April 9 (SATURDAY)

Class # 12: April 10

- Payment # 4 Due: \$649 (make payment to Cloud Nine Yoga Brea)
- Quiz: Chakras
- Lecture: Teaching Principles & Injury Prevention
- Asana Intensive/Anatomy: Prenatal Yoga, Kids Yoga
- Homework:



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- Read: Farhi p. 251 – 269, Iyengar p. 462-486
- Practice yoga, journal

Class # 13: April 17

- Lecture: Professional Information
- Asana Intensive/Anatomy: Sequencing
- Homework:
 - Practice yoga, journal (Essay – What are your current concerns about teaching?)

Class # 14: April 23 (SATURDAY)

- Review for test
- Final projects
- Homework:
 - STUDY!!!
 - Complete outline for Final Project
 - Have your mentor complete questionnaire

Class # 15 – April 24

- Written test
- Final projects
- Graduation party!

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, approx. 20 minutes, 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.