

**200-hr In-Depth Yoga Study & Teacher Certification Schedule**  
**In Association with: Breathe For Change**  
**Presented by: Cloud Nine Yoga School**  
Held at: University of Wisconsin, Madison  
June 23 – July 8, 2015



*CNY Senior Trainer: Erika Faith Calig*  
*CNY Intern & Student Advisor: Ilana Nankin*  
*Yoga Anatomy & Mentors: Laura Flanagan, Jessica Steffens*  
*Additional Mentor Teachers: Sarah Archibald*

**PRE-TRAINING PREPARATION**

- To Do:
  - Complete and submit application with deposit
  - Full tuition must be submitted by 6/23/15
  - Purchase books and supplies:  
<http://cloudnineyoga.com/train/curriculum/required-reading-material/>
  - Purchase Cloud Nine Yoga CD/DVD at [www.BeInYoga.com](http://www.BeInYoga.com)
- **\*\* Read: Farhi p. xiii – 80 \*\***
- **SET TO ARRIVE ON SITE BY Tuesday, JUNE 23, 2015**

Day 1 – Tuesday, June 23<sup>rd</sup>

*Location: Old Madison (3rd Floor), Memorial Union, UW-Madison*

- 9 am Rise & Shine Yoga: Setting Intentions, Aromatherapy, Meditation Cards (Erika)
- 10:30 am Opening Ceremony, Introductions, Welcome & Orientation (Ilana & Erika)
- 1 pm Lunch Break
- 2:30 pm Lecture: What is Yoga? 8 Limbs, Yamas & Niyamas (Erika)
- 4:30 pm Asana Intensive: Experience the 7 Moving Principles: A Language for Cuing (Ilana & Erika)
- Finished by 6:30 pm
- Homework:

- Read: Farhi p. 81 – 105

Day 2 – Wednesday, June 24<sup>th</sup>

*Location: Beefeaters (3rd Floor), Memorial Union, UW-Madison*

- 9 am Morning Yoga Practice: Opening The Heart & Finding Your Voice (Sarah)
- 10:30 am Lecture: How To Teach Yoga: Sequencing Basics & Adjustment Philosophy (Erika)
- 1 pm Lunch Break / 45 min Kids Class **Group 1**
- 2:30 pm Anatomy: Watch “The Big Picture” (Grilley). Understand together the difference between Compression & Tension (Erika & Laura)
- 4:00 pm Asana Intensive: Breath Instruction for Sun Salutes, Intro to Sun Salutations (1/2, Classical, A series) (Erika)
- 5:30 pm Peer Teaching: Pair Up and Teach a couple Surya Namaskars! (ALL)
- Finish by 6:30 pm
- Homework:
  - Read: Farhi p. 106 – 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

Day 3 – Thursday, June 25<sup>th</sup> **Go to Anarchy Acres – CLASSES OFF-SITE**

*\* Tentative Meeting Location: Inn Wisconsin (2nd Floor), Memorial Union, UW-Madison*

- 7:30 am - Depart to Mt Pleasant, WI (ALL)
- 9am Morning Yoga Practice: Yin/Yang Yoga (Ilana)
- 10:30 am Lecture: Pranayamas and Bandhas (Erika)
- 1 pm Love Lunch
- 2:30 pm Anatomy: Vertebral Column & Diaphragm (Jessica)
- 3:30 pm Asana Intensive: Foundations in Standing & Balancing Poses: The Stances (Mountain, Forward, Side, Wide) (Erika)
- 5:30 pm Peer Teaching: Cuing, Voice & Pace focus teaching a 3-pose Standing Flow (ie. ½ salutations, easy vinyasa, or intermediate versions) (ALL)
- Finish by 6:30 pm -- Return to Madison
- Homework:
  - Read: Farhi p. 231 – 250
  - 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

Day 4 – Friday, June 26<sup>th</sup>

*Location: Old Madison (3rd Floor), Memorial Union, UW-Madison*

- 9 am Morning Yoga Practice: Meditation, Pranayama, & Yoga (Laura)

- 10:30 am Lecture: 4 Types of Yoga, The Schools and Styles of Yoga. Meditation Practices and Philosophies applied to Children's Yoga, Teaching Moving Meditations for Kids (Laura & Ilana)
- 1 pm Lunch Break / 45 min Kids Class **Group 2**
- 2:30 pm Anatomy: Understanding Basic Terms, Grilley (Proportion & Orientation DVD). Applied Anatomy for Children (Laura)
- 3:30 pm Asana Intensive: Review Basic 20 Vinyasa Poses, Standing & Balancing Poses for Kids ~ Creating a Kids Class Sequence (Jessica & Ilana)
- 5:30 pm Peer Teaching: Create a "script" with a partner for a Standing Sequence, then teach it! (ALL)
- Finish by 6:30 pm
- Homework:
  - Read: Farhi p. 131 - 153

Day 5 – Saturday, June 27<sup>th</sup>

*Location: Old Madison (3rd Floor), Memorial Union, UW-Madison*

- 9 am Morning Yoga Practice: Slow Flow, Deep Stretch (Jessica)
- 10:30 am MADISON FARMER'S MARKET (ALL)
- 1pm 45 min Kids Class **Group 3**
- 2:30 pm Anatomy Watch DVD: Paul Grilley section called "Shoulder vs Spine" + applied to Children's Yoga (Jessica)
- 3:30 pm Asana Intensive: Seated Postures, Forward Bends & Twists. (Sarah)
- 5:30 pm Peer Teaching: Peer Teaching: Group Practice teaching a C series Salutation without practicing – only talking and walking around! (ALL)
- Finish by 6:30 pm
- Homework
  - Read: Farhi p. 154 – 170

Day 6 – Sunday, June 28<sup>th</sup> DEER PARK MONASTERY

*Location: Old Madison (3rd Floor), Memorial Union, UW-Madison*

- 9:00 am Depart to Deer Park Monastery (must arrive by 9:45 am) (ALL)
- PUJA 10 am – 12 pm (ALL)
- Tour of Deer Park ~ (Jessica coordinating)
- 1 pm Picnic Lunch (Nepalese Food Catered?)
- 2:30 pm Lecture Yoga Sutras of Patanjali (Erika)
- 4:00 pm Asana Intensive: Arm Balances, Abdominal Work, Healthy Hips, Knees, & Feet – Opening Your Lotus (Erika)
- Finish by 6:30 pm
- 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: Farhi p. 70 – 80 (chakra anatomy)

Day 7 – Monday, June 29<sup>th</sup>

*Location: Class Of 1924 Reception Room (4th Floor), Memorial Union, UW-Madison*

- 9:00 am Morning Yoga Practice: Intro to Back bending (Sarah)
- 10:30 am Lecture: Intro to Sanskrit, Listen to Nicolai Bachman CD together, Chakras East & West + Chakra Affirmations (Erika)
- 1:00 pm Lunch Break / 45 min Kids Class **Group 4**
- 2:30 pm Anatomy: Shoulder Girdle + application to Kid's bodies (Laura)
- 3:30 pm Asana Intensive: Mantra Practice (Govindas & Radha)
- 5:30 pm Peer Teaching: Partner up to teach a Pranayama (breathing) technique & guide a simple Savasana for kids. (ALL)
- Finish by 6:30 pm
  - Read: Farhi p. 171 - 204 (back bends)

Day 8 – Tuesday, June 30<sup>th</sup>

*Location: Old Madison (3rd Floor), Memorial Union, UW-Madison*

- 9:00 am Morning Yoga Practice: Power Yoga Flow (Ilana)
- 10:30 am Lecture: The Psychology of Yoga – Yoga for Mental Health / Yoga Therapy + Trauma and Somatic Release (Erika + Sarah)
- 1pm Lunch Break / 45 min Kids Class **Group 1**
- 2:30 pm Anatomy: Review/Clarifications, Q & A. Prepare for Anatomy Quiz 7/1 on Basic Terms, Compression & Tension, Vertebral Column, Diaphragm (Jessica)
- 3:30 pm Asana Breakdown: All About Back Bending (Erika)
- 5:30 pm Peer Teaching: Teach a mini class with a 3-min Meditation + 7-min Warm-up sequence (small groups) (ALL)
- Finish by 6:30 pm
- Homework:
  - 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
  - Study for Anatomy Quiz

Day 9 – Wednesday, July 1<sup>st</sup>

*Location: Old Madison (3rd Floor), Memorial Union, UW-Madison*

- 9:00 am Morning Yoga Practice: Slow Flow, Deep Stretch (Laura)
- 10:30 am Anatomy Quiz: Anatomy Basic terms, Compression, Tension & Proportion, Vertebral Column and Diaphragm (Ilana, Laura & Jessica)
- 11:00 am Lecture: Ayurveda & Yogi Nutrition (Jessica)
- 1 pm Lunch Break / 45 min Kids Class **Group 2**
- 2:30 pm Anatomy: Pelvis, Legs, Ankle & Foot (Laura)

- 3:30 pm Asana Intensive: Review Topics for Quiz on 7/3 -- 8 Limbs, Yamas & Niyamas, 7 Moving Principles, Pranayama, Bandhas, Posture/Sanskrit ID, 4 Types of Yoga, Chakras. Q & A on all Asanas taught so far. (Ilana + Sarah)
- 5:30 pm Peer Teaching: Teach a 10-min flow sequence for beginners (small group pods) (ALL)
- Finish by 6:30 pm CONCERT ON THE SQUARE ~ Night Out Together!
- Homework:
  - 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

Day 10 – Thursday, July 2<sup>nd</sup>

*Location: Inn Wisconsin (2nd Floor), Memorial Union, UW-Madison*

- 9:00 am Morning Yoga Practice: Inversions & Restoratives (Sarah)
- 10:30 am Topics Quiz: 8 Limbs, Yamas & Niyamas, 7 Moving Principles, Pranayama, Bandhas, Posture/Sanskrit ID, 4 Types of Yoga, Chakras (Erika)
- 11:30 am Lecture: Kriyas (Erika)
- 1:00 pm Lunch Break / 45 min Kids Class **Group 3**
- 2:30 pm Anatomy: Elbow, Wrist, & Hand + applied to Kids (Jessica)
- 3:30 pm Asana Intensive: All About Inversions + safely teaching kids to go upside down (Erika)
- 5:30 pm Peer Teaching: Group led practice (popcorn style) (ALL)
- Finish by 6:30 pm
- Homework:
  - Complete Abdomen Worksheets using *YogaBody* p. 135-142 and *Forget Six Pack Abs* Yoga Journal article by Fernando Pages Ruiz
  - Read Farhi p. 205 – 230

Day 11 – Friday, July 3<sup>rd</sup>

*Location: Old Madison (3rd Floor), Memorial Union, UW-Madison*

- 9:00 am Morning Yoga Practice: Surya Namaskars & Moving Prayers (Jessica)
- 10:30 am Lecture: Ethics & Boundaries, NVC (Non-Violent Communication Model) (Ilana & Sarah)
- 1 pm Lunch Break / 45 min Kids Class **Group 4**
- 2:30 pm Anatomy: Abdominals (Laura)
- 3:00 pm Asana Intensive: More Abdominal & Arm Balance. Making Poses FUN for Kids! Restorative Yoga (Ilana)
- 5:30 pm Peer Teaching: Teach to the ENTIRE class 5 min each participant, Sacred Hoop story style (ALL)
- Finish by 6:30 pm
  - Homework: Read: Farhi p. 251 – 269

Day 12 – Saturday July 4<sup>th</sup> INDEPENDENCE DAY! Special Outing Planned (Ilana coordinate)

\* Tentative Meeting Location: Wisconsin Idea Room, School of Education, UW-Madison

Day 13 – Sunday, July 5<sup>th</sup>

Location: Wisconsin Idea Room, School of Education, UW-Madison

- 9:00 am Morning Yoga Practice: The Fun Kind of Yoga (Ilana)
- 10:30 am Lecture: Bhagavad Gita, Hinduism, Deities & Avatars (Erika)
- 1 pm Lunch Break / 45 min Kids Class **Group 1 & Group 2**
- 2:30 pm Professional Info for the Yoga Teacher (Erika)
- 3:30 Asana Intensive: *Specialized Classes* ~ Teaching Chair/Gentle Yoga to Seniors & Motion Restricted Adults, Pre/Post Natal Yoga, YogaPlay for Kids (Jessica, Laura, Sarah, Ilana)
- 5:30 pm Peer Teaching: Plan out Teaching Presentations (Quad Groups) (ALL)
- Finish by 6:30 pm
- 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

Day 14 – Monday, July 6<sup>th</sup>

Location: Wisconsin Idea Room, School of Education, UW-Madison

- 9:00 am Partner Yoga ~ Two's Company (Erika & Ilana)
- 10:30 am Quiz: Pelvis, Legs, Ankle & Foot + Abs & Shoulder Girdle (Ilana & Laura)
- 11:00 am MOVIE: *River of Love*, Discussion: Role of Gurus/Teachers (Erika) \*\*
- 1 pm Lunch Break / 45 min Kids Class **Group 3 & Group 4**
- 2:30 pm Anatomy: Injury & Modifications (Jessica)
- 3:30 pm Asana Intensive: Assists & Adjusts (Erika + Sarah)
- 5:30 Practice Teaching: Teach and Adjust your 15 min presentation (Groups of 4 people) (ALL)
- Finish by 6:30 pm
- Homework:
  - STUDY all quizzes to prepare for final
  - Practice teaching your presentation (over and over again!)

Day 15 – Tuesday, July 7<sup>th</sup>

Location: Wisconsin Idea Room, School of Education, UW-Madison

***Leading a Yoga Session with 250+ Teachers at Playful Learning Conference TODAY!!  
(Practitioner-focused Day of Games, Learning, and Society Conference)***

- 9:00 am Morning Yoga Practice: Yoga for Kids Class (Ilana)
- 10:00 am Lecture/Anatomy/Sanskrit: REVIEW in preparation for Final Anatomy test, Discussion: Comment Sheet for Final Presentation (Erika + Laura)
- 1pm Lunch Break

- 2:30 pm Bandha Review + Mudras (Sarah)
- 3:30 pm Peer Teaching: Run through your 15 min teaching presentations with peers (ALL)
- Finish by 6:30 pm
- 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)

Day 16 – Wednesday, July 8<sup>th</sup>

*Location: Wisconsin Idea Room, School of Education, UW-Madison*

- 9:00 am Morning Yoga Practice: All Levels Happy Yoga (Erika)
- 10:30 am Lecture: Complete Fill-in Tests, Sanskrit Identification, Anatomy: Fill-in Test, Submit: FINAL STUDENT SURVEY (Erika, Ilana, Jessica)
- **12:00 pm Lunch/Rest Break (note new time)**
- 1:30 pm Asana Intensive: Teaching Presentations (ALL)
- 4:00 pm Discussion: Feedback/Comment Sheets/Test Results (ALL)
- 4:30 pm Get all dolled up for this evening's soirée!!
- 5:30 pm SHARP: CLOSING CIRCLE
- 6:30 pm **Breathe For Change Graduation Party and Community Fundraising Event at the Majestic Theatre!! Time to celebrate!**

**THANK YOU BREATHE FOR CHANGE!!!**

***Schedule Subject to Change Without Notice: Please remain a flexible yogi***