



## Yoga Teacher Training Curriculum at Isvara Yoga



### Isvara Yoga Murrieta: Cloud Nine Yoga School

**February 1 – June 7, 2015**

**with April Taylor**

Mondays 6:00 – 7:00 PM Practice Class

Monday 7:00 – 10:00 PM Lecture & Asana Intensives

Sundays 12- 4 pm Lectures & Asana Intensives: 2/1 2/8,2/22,

3/8,3/22,4/12,4/26,5/10,5/17,5/31,6/7

NO CLASS: Monday, Feb. 16 & May 25

#### Week 0: PRE-TRAINING PREPARATION

- To Do:
  - Complete and submit application with deposit
    - \$500 deposit (Make payment to: Isvara Yoga)
  - Purchase books and supplies:
  - Required Books:
    - Yoga Mind, Body and Spirit: A Return to Wholeness (Donna Farhi)
    - Yogabody: Anatomy, Kinesiology, and Asana (Judith Lasater)
  - Suggested Books/Materials:
    - Light on Yoga: The Bible of Modern Yoga (B.K.S Iyengar)
    - Teaching Yoga: Essential Foundations & Techniques (Mark Stephens)
  - Cloud Nine Yoga DVD: [www.Belnyoga.com](http://www.Belnyoga.com)
  - 2 Tennis Balls & Tube Sock
- **Register/Pay for Retreat!** TBD
- Read: Farhi p. xiii – 7, Iyengar p. 19-31

#### Week 1: Sunday, February 1 & Monday, February 2

- Lecture: Introductions & Orientation, What is Yoga? 8 Limbs, Yamas & Niyamas
- **Payment #1 Due:** \$500 (Make payment to Isvara Yoga)
- Asana Intensive: Experience the 7 Moving Principles
- Homework:
  - Read: Farhi p. 7 – 80, Iyengar p. 31 – 53
  - Practice yoga (always class )
  - Journal (always check in at least once per week on your progress)
  - Log (update on paper or electronically to log all hours completed)



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### Week 2: Monday, February 9

- 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!
- 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 3: Monday, February 16

#### **NO CLASS – PRESIDENT'S DAY HOLIDAY**

### Week 4: Sunday, February 22, Monday, February 23

- 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

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### Week 5: Monday, March 2

- Quiz: Seven Moving Principles
- **Payment #2 Due:** \$500 (Make payment to Isvara Yoga)
- 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?)

### Week 6: Sunday, March 8, Monday, March 9

- 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: Monday, March 16

- 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

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- Review: Iyengar p. 101 - 179
- Practice yoga, journal, log

### Week 8: Sunday, March 22, Monday, March 23

- 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

### Week 9: Monday, March 30

- Lecture: Chakras East & West, Chakra Affirmations, The Psychology of Yoga – Yoga Is Therapy
- **Payment #3 Due: \$500 (Make payment to Isvara Yoga)**
- 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: Monday, April 6

- Quiz: Anatomy Basic terms, Compression, Tension & Proportion, Vertebral Column and Diaphragm
- Lecture: Ayurveda & Yogi Nutrition
- Anatomy: Pelvis, Legs, Ankle & Foot

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- 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: Sunday, April 12, Monday, April 13

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

### Week 12: Monday, April 20

- 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

### Week 13: Sunday, April 26, Monday, April 27

- Lecture: Bhagavad Gita, Hinduism, Deities & Avatars (MOVIE: *Yoga Is*), Discussion: Role of Gurus/Teachers
- Review Sequencing, Class Names and Themes. Professional Info for the Yoga Teacher
- Asana Intensive: Teaching Kids, Motion Restriction, Prenatal - \*Chair Yoga Class
- Peer Teaching: Plan out Teaching Presentations, Practice Teaching



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- 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: Monday, May 4

- Quiz: Pelvis, Legs, Ankle & Foot + Abs & Shoulder Girdle
- Anatomy: Injury & Modifications
- **Final Payment #4 Due:** \$500 (Make payment to Isvara Yoga)
- 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: Sunday, May 10 & Monday, May 11

- 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
- 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

### Week 16: Sunday, May 17 & Monday, May 18

- 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
- 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



## Yoga Teacher Training Curriculum at Isvara Yoga



Week 17: NO CLASS MONDAY MAY 25 – MEMORIAL DAY

Week 18: Monday, June 1 & Sunday June 8

- Peer Teaching: Run through presentation from start to finish
- Lecture/Anatomy/Sanskrit: Fill-in Tests, Sanskrit Identification
- Turn in: LOG, FINAL SURVEY, MENTOR QUESTIONNAIRE

Week 19: Sunday, June 8

- Last day to Turn in: LOG, FINAL SURVEY, MENTOR QUESTIONNAIRE
- Asana Intensive: Teaching Presentations Community FREE CLASS!
- Graduation Party & Certificate Ceremony: Location/Time TBD

**Schedule Subject to Change Without Notice!**

*Please remain a flexible yogi!*

