



Yoga Teacher Training Curriculum
Pasadena/Altadena Cloud Nine Yoga
February 19th, 2015 – June 28th, 2015
With Susanna Barkataki and Stacey Meyerhofer

All Lectures are weekly (Thursday nights) 7-10 pm & Intensives are Bi-weekly on Sundays 1pm to 6pm at Blooming Lotus Yoga & Ayurveda, Altadena, CA

Week 0

- To Do: Breathe and Prepare
 - o Complete and submit application with deposit
 - \$200 deposit (make payment to CNY Pasadena/Altadena)
 - o Purchase books and supplies
 - o Purchase Cloud Nine Yoga CD/DVD at www.BelInYoga.com
 - o Purchase 2 tennis balls and a tube sock!
 - o **Register/Pay for Retreat!**
- Read: Farhi p. xiii – 7, Iyengar p. 19-31

February 19th

- Lecture 1: Introductions & Orientation, What is Yoga? 8 Limbs
 - o Payment #1 Due: \$500 (Make payments to CNY Pasadena/Altadena)

February 26th

- Lecture 2: What Draws You In; How To Teach Yoga, Sequencing Basics

March 1st

Asana Intensive 1: 7 moving Principles and Intro to Anatomy of Yoga

- **Homework:**
 - o Read: Farhi p. 7 – 80, Iyengar p. 31 – 53
 - o Complete anatomy worksheet: Understanding Basic Terms.
 - o 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
 - o Practice yoga (always class x1 & to Cloud Nine Yoga CD/DVD x1)
 - o Journal (always check in at least once per week on your progress)
 - o Log (update on paper or electronically to log all hours completed)

March 5th

Lecture 3: Pranayama and Bandhas

- **Quiz: 8 limbs, Yamas and Niyamas**

March 12

Lecture 4 Meditation Practices and Philosophies

- Quiz: Seven Moving Principles



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- Meditation Practices and Philosophies, Practice Teaching #1

March 15th

Asana Intensive 2: Applying Moving Principles to Practice, Introduction to Cuing, Practice Teaching

- Anatomy: Anatomy for Yoga (Paul Grilley DVD) – Watch The Big Picture. Review Basic Terms sheet. Understand together difference between Compression, Tension & Proportion (complete coordinating worksheet in class)
- **Homework:**
 - Read: Iyengar p. 431-461
 - Complete Anatomy Worksheet: 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

March 19

Lecture 5: Types of Yoga

- Quiz: Anatomy – Basic terms, Compression, Tension & Proportion, Vertebral column and Diaphragm
- Four Types of Yoga, The Schools and Styles of Yoga
- **Payment #2 Due:** \$500 (Make payment to CNY Pasadena/Altadena)

March 26th

Lecture 6: Sequencing, Structure, Play & Class Themes

March 29th

Intensive 3: *Yoga Flow and Sun Salutes*

- Breath Instruction for Sun Salutes, Intro to Sun Salutations (1/2, Classical, A Series), Practice Teaching #2
- Anatomy: Vertebral Column and Diaphragm
- **Homework:**
 - Read: Farhi p. 231 – 250, Iyengar p. 86-133
 - Review 7 Moving Principles for Quiz
 - Practice yoga, journal, log

April 2nd

Lecture 7: Language of Yoga and Sutras

- Quiz: Pranayama/Bandhas, Four Types of Yoga
- Lecture: Intro to Sanskrit, Nicolai Bachman CD, YouTube Lessons 1-4, Yoga Sutras of Patanjali

April 9th



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Lecture 8: Holding Space, Ethics of Teaching, Boundaries; Energetics of Space

April 12th

Asana Intensive 4: How to: Sit, Relax & Savasana, Yoga Nidra, Moving Your Meditation

- Homework:
 - Read: Iyengar p. 55 – 85
 - Practice yoga, journal (Essay: What yoga style do you enjoy practicing most? What classes would you like to teach? Why?)
 - Study for Anatomy Quiz on Basic Terms, Grilley DVD, Spine

April 16th

Lecture 9: Body Energetics and The Chakra System

- Quiz: Pelvis, Leg, Ankle and Foot, Abdominals

April 19th

Intensive 5 - Standing and Balancing

- Foundations in Standing & Balancing Poses: The Stances (Mountain, Forward, Side, Wide), Practice Teaching #2
- **Homework:**
 - Read: Farhi p. 81 - 130
 - Complete anatomy worksheets: Pelvis, Leg, Ankle and Foot using YogaBody p. 93 – 132 as a reference + *Feet First, Thighs Matter, The Long and Short of Legs, Get Hip About Flexors & Great Gluts* Yoga Journal articles by Julie Gudmestad
 - Study/Review Farhi p.80 – 130, Iyengar p.264 - 266
 - Practice yoga, journal, log

April 23rd

Lecture 10: Ayurveda, Kriyas, Mantras & Mudras

April 26th

Intensive 6: Applying Ayurveda, Mantra and Mudra to Yoga classes; Shoulders

- Anatomy: Shoulder Girdle, Paul Grilley section on Shoulder vs Spine

Payment #3 Due: \$500 (Make payment to CNY Pasadena/Altadena)

- **Homework:**
 - Create Music CD's for each classmate (Fave Yoga Music)
 - Read: Farhi p. 205-230
 - 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
 - Practice yoga, journal, log
 - Study for Shoulder Girdle Quiz



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April 30th

Lecture 11: Sacred Space and Classroom Safety, Yoga Therapy, Professional Information

- Quiz: Chakras, Shoulder Girdle
- Anatomy: Review Elbow, Wrist and Hand worksheets

May 3rd

Asana Intensive 7: Basic 20 Vinyasa Flow Poses, Standing & Balancing Pose Breakdowns, Sun Salutations, Practice teaching #3

- Anatomy: Pelvis and The Femur + Review: Pelvis, Leg, Ankle & Foot
- **Homework:**
 - o Review: Sanskrit Pronunciation Guide, Supplemental Article
 - o Fill out Mid-Term Review and bring to class 3/15
 - o Memorize Sun Salutation C “classical” 12 position series
 - o Practice yoga, journal, log
 - o Study for Quizzes on Pranayama, Bandhas, 4 Types of Yoga

May 7th

Lecture 12: Setting the Stage: Aromatherapy & Poetry, Meditation Cards & Music

- Quiz: Posture/Sanskrit Identification
- Anatomy : Review Injury & Modifications sheets

No class May 14th

May 17th

Intensive 8: Forward Folds and Hip Openers

- Asana Intensive: Intro to Seated & Reclining Forward Bends, Releasing Through Twists and Hip Openers, Practice Teaching #4
- **DUE:** *Journal and Log Review (bring to class or email prior to class)*
- **Homework:**
 - o Practice Sanskrit, Study for Quiz
 - o Read: Farhi p. 131-170
 - o Complete Abdominal Worksheets using *YogaBody* p. 135-142 and *Forget Six Pack Abs* Yoga Journal article by Fernando Pages Ruiz
 - o Practice yoga, journal, log
 - o Think about your final project and decide on theme

May 21st

Lecture 13: Hinduism, Bhagavad Gita, Deities & Avatars

May 28th

Lecture 14: Putting it All Together & Review For Testing



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- Anatomy: Review For Testing
- **Homework:**
 - Study for Test: Weekly Topics, Asana Sanskrit, Anatomy Sheets
 - Prepare Final Student Survey for submission
 - Print out or Email Final completed LOG
 - Be READY to teach for 15 minutes
 - Graduation Ceremony: (Sunday June 28th) TIME/Lunch Celebration TBD

May 31st

Intensive 9: May 3rd Hips, Abs, Twists and Folds

Abdominals Focus, Continue with Breaking down Forward bending, Twists and Hip Openers, Practice Teaching #5

- Sequencing for Basic Classes, What is a Level 2/3 class? Understanding various class names, teaching “All Levels” Classes
- Anatomy: Anatomy for Yoga (Paul Grilley DVD) – Orientation, Review Abs worksheet

Homework:

- Read Farhi p. 172-204, Review Farhi p. 70-80 (Chakra Info)
- Practice yoga, journal
- Study Anatomy Sheets for Pelvis, Abs, Foot & Ankle quiz
 - Plan out your Final Presentation + practice/time it with someone

No Class June 4th

June 7th Intensive 10

Back Bending, Heart & Shoulder Openers, Practice Teaching #6

- **Homework:**
 - Read: Iyengar p. 352 – 424
 - Complete Shoulder Girdle anatomy worksheets using *YogaBody* p. 153 – 170 + *Dump The Slump & Break Out of Your Slump* Yoga Journal articles by Julie Gudmestad
 - Commit to teaching one person outside of class!
 - Practice yoga, journal, log
 - Plan out your Final Presentation + practice/time it with someone

June 11th

Lecture 15: Applied Anatomy and Written Exam, Sanskrit I.D.

June 14th

Intensive 11 - Inversions and Balance

- Asana Intensive: Present Projects, Teach Us!



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- Arm Balancing Introduction and Practice + Handstands, Inversions and Wrist Releases
- **DUE:** Journal and Hours Log review (bring to class or email prior to class)
- **Homework:**
 - Read: Yoga Journal articles Sprained, Strained or Pained & Synovial Fluid and Inflamed Joints by Julie Gudmestad
 - Complete corresponding Anatomy Sheet on Injury & Modifications
 - Practice yoga, journal (Essay: Explain a situation that felt “unsafe” in a yoga class you attended. How would you have made it better?)
 - Study for quiz on Yoga Pose Names English/Sanskrit
- Read: Farhi p. 251-269, Iyengar p. 462 – 506
 - Practice yoga, journal, log
 - Plan out your Final Presentation + practice/time it with someone

June 18th

Lecture 16: Modifications and Cuing for safety and injury prevention, Fine-tune our Assisting/Adjusts in asana class; Presentations!

June 21st – Intensive 12

- Asana Intensive: Present Projects, Teach Us!
- Teaching Yoga for Prenatal, Kids, Seniors/Motion Restriction (Chair Yoga), Restorative vs, Yin, Adjustments in Savasana +
- Movie : River of Love
- Discussion: role of the Guru/Teacher, Concerns about teaching
- **Final Payment #4 Due:** \$500 (Make payment to CNY Pasadena/Altadena)
 - Study Weekly notes & lectures, Anatomy Sheets

June 25th, 26th, 27th, 28th RETREAT!

Session 16 Lecture, Presentations and Retreat

Integration, Celebration and Deepening the Heart of Your Teacher’s Practice

Growth and Evolution of a Teacher

Closing ceremonies and celebration

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



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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.