



Yoga Teacher Training Curriculum

Temecula :: Cloud Nine Yoga School
February 22, 2017 – May 17, 2017
with Erika Faith Calig & Adriane Alvarez

Wednesdays 6:00 pm – 10:00 pm Practice Class & Peer Teaching
Sundays 9:00 am – 3:00 pm Practice Class, Lecture, & Asana Intensive

Week 0: PRE-TRAINING PREPARATION

- To Do:
 - Complete and submit application with deposit
 - \$400 deposit (Make payments to: Cloud Nine Yoga)
 - OR Pay In Full by September 21 to get 10% off!
 - Purchase books and supplies:
<http://cloudnineyoga.com/train/curriculum/required-reading-material/>
 - Purchase Cloud Nine Yoga digital download at www.BelInYoga.com
- Read: Farhi p. xiii – 7

Week 1: February 22 & 26

- **Wednesday:** Welcome & Class Introductions, Practice Class, Materials & Anatomy Overview, Anatomy lecture on Compression/Tension & Proportion/Orientation
- *Installment #1 Due: \$649.75*
- **Homework:**
 - 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
- **Sunday:** Practice Class, Teacher & Group Introductions
- Lecture: What is Yoga? History of Yoga, Introduction to Sanskrit
- Asana Intensive: Experience the 7 Moving Principles
- HOMEWORK:
 - Read: Farhi p. 7 – 80, Start Log, Journal, Set up Internship class

Week 2: March 1 & 5

- **Wednesday:** Practice Class, Anatomy: Basic Terms Worksheet review, Lecture: Language for Cuing + Creating a Class: Quadrant Style Sequencing
- **Sunday:** Practice Class – Moon Salutes Practice, Meditation Cards
- 8 Limbs + Understanding the Yamas/Niyamas, Sun Salutations Basics
- Homework:
 - Read: Farhi p. 81 – 112
 - 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



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Week 3: March 8 & 12

- **Wednesday:** Practice Class, Listen to Nicolai Bachman Sanskrit, Anatomy: review Vertebral Column worksheet + Peer Teaching (Teach Sun Salutes)
- **Sunday:** Practice Class - The Foundation Stances
- Lecture: Diaphragm Anatomy Sheet Review, Pranayama and Bandhas
- Asana Intensive: Standing & Balancing Poses
- Homework:
 - Read: Farhi p. 232 – 250
 - Study for Quiz on 7 Moving Principles, 8 Limbs, Yamas & Niyamas

Week 4: March 15 & 19

- **Wednesday:** Practice Class, Review 7 Moving Principles. Peer Teaching: Create a sequence for Quadrant 4. Guide a Savasana.
- **Sunday:** Practice Class – Review Basic 20 Postures
- *Installment #2 Due: \$649.50*
- Lecture: Meditation Practices and Philosophies
- Asana Intensive: Review Basic 20, Prop Work for Restoratives/Savasana
- Homework:
 - Read: Farhi p. 113 – 130
 - Complete Anatomy Worksheet for The Ankle & Foot using *YogaBody* p. 119 – 132 as a reference + *Feet First* Yoga Journal articles by Julie Gudmestad

Week 5: March 22 & RETREAT

- **Wednesday:** Practice Class, Anatomy: Ankle & Foot, Quiz: 8 Limbs, Yamas & Niyamas, Seven Moving Principles. Peer Teach: Pranayama Practice
- **Homework:** *Dump the Slump* Yoga Journal Article by Julie Gudmestad
- **RETREAT TOPICS:** Practice Classes – Vinyasa Flow Basics
- Lectures: Four Types of Yoga, The Schools and Styles of Yoga
- Asana Intensives: Bandhas, Inversions, Restorative/Yin, Partner Yoga & Thai Yoga Massage
- Homework:
 - Read: Farhi 132 - 158
 - Complete Anatomy Worksheet for Legs & Pelvis using *YogaBody* p. 93 – 118 as a reference + *Thighs Matter, The Long & Short of Legs, Get Hip About Flexors, and Great Gluts* Yoga Journal articles by Julie Gudmestad

Week 6: March 29 & April 2

- **Wednesday:** Practice Class, Anatomy: Legs & Pelvis, Peer Teaching: Teach a Meditation. Create a script for Quadrant 1 and teach it in groups.
- **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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- **Sunday:** Practice Class – Healthy Hips, Knees, & Feet – Opening Your Lotus
- Lecture: Chakras ~ Coming into Energy Alignment
- Sanskrit: Review for Quiz on Pranayama, Bandhas, 4 Types of Yoga
- Asana Intensive: Seated & Reclining Poses + Hip Openers
- Homework:
 - Study for Quiz on Pranayama, Bandhas, 4 Types of Yoga

Week 7: April 5 & 9

- **Wednesday:** Practice Class, Anatomy: Shoulder Girdle, Quiz: Pranayama & Bandhas, Four Types of Yoga, Peer Teaching: Create a Script for Quadrant 2
- Homework:
 - Complete Anatomy Worksheet on The Abdomen using *YogaBody* p. 135-142 and *Forget Six Pack Abs* Yoga Journal article by Fernando Pages Ruiz
- **Sunday:** Practice Class – Basic Arm Balancing & Abdominal Work
- Lecture: Yoga Sutras of Patanjali
- Asana Intensive: Arm Balances & Abdominal Work
- Homework:
 - Read Farhi pg. 158 - 170

Week 8: April 12 & EASTER BREAK (NO CLASS)

- **Wednesday:** Practice Class + Anatomy: Abdomen + Peer Teaching: Quadrant 3 sequence and practice teaching.
 - 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 9: April 19 & 23

- **Wednesday:** Practice Class, Anatomy: Elbow, Wrist, and Hand, FULL Anatomy + Sanskrit REVIEW for Quiz
- **Homework:**
 - **Catch up on all assignments/readings!**
- **Sunday:** Practice Class – Forward Bends, Hips, & Twists
- *Installment #3 Due: \$649.50*
- Lecture: The Psychology of Yoga – Yoga As Therapy
- Asana Breakdown: All About Back Bending
- Homework:
 - Study for Anatomy Quiz
 - Get caught up on all readings!

Week 10: April 26 & 30

- **Wednesday:** Practice Class + Mudras and Mantras Lecture. Peer Teaching: Complete full Sequence for a 1-hr Basic Class.



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- **Sunday:** Practice Class – Ease Into Backbending & Cleansing Twists
- Lecture: Ayurveda & Yogi Nutrition, Kriyas
- **Homework:**
 - Study for Quiz on Chakras
 - Practice Teach: 1-hr Basic Class to a friend or classmate

Week 11: May 3 & 7

- **Wednesday:** Practice Class, Peer Teaching: Review Class Sequences + Practice Teach, Assign Final Presentation Groups. Take the Chakras Quiz,
 - Read Farhi 171 - 204
- **Sunday:** Practice Class – All Levels Yoga Classes
- Lecture: Professional Info, Ethics & Creating Sacred Space, Preventing Injuries, Healthy Boundaries & Compassionate Communication
- Asana Intensive: Assists & Adjusts, Finish Sequencing/Themes Sheets
- Homework:
 - 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. 205 – 230

Week 12: May 10 & 14

- **Wednesday:** Practice Class, Inversions + Anatomy: Injury and Modifications
- Peer Teaching: Teach your section in preparation for Final Teaching Presentations
- **Homework:**
 - Read: Farhi p. 251 – 269
 - Fine-tune sequence/script for final presentation!
- **Sunday:** Practice Class – Yin / Yang: Yoga Practice in Harmony
- **Final Installment #4 Due: \$649.50**
- Lecture: Hinduism, Deities & Avatars
- Asana Intensive: Final Exam Reviews (Anatomy, Lecture, Sanskrit)
- FINAL PREP: Review comment sheet for Final Presentation!
- Homework:
 - Practice your Quadrant for Final Presentations.
 - Get together with your teaching group for another run through!
 - Study for Final Exam (lecture topics, anatomy, Sanskrit)
 - Prepare Final Student Survey (in back of manual)
 - Print LOG sheet and submit by email along with how you want your name to appear on your Yoga certificate!

Week 13: May 17 **MEET AT 3:00 PM for Final Exam and Final Presentations.**

- **6:30pm** Practice Class with Adriane, followed by Graduation Party! CONGRATS!
- **Graduation Celebration Party/Dinner: May 17 from 8 – 10pm**

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