



Yoga Teacher Training Curriculum
Temecula :: Cloud Nine Yoga School
FEBRUARY 17, 2016 – MAY 25, 2016
with Erika Faith Calig and Adriane Alvarez

Wednesdays 5:30 pm – 9:30 pm Anatomy, Practice, Teaching Methodology & 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 \$400 deposit
 - **Pay for the training in full by February 1 to receive 10% off**
 - Purchase books and supplies:
<http://cloudnineyoga.com/train/curriculum/required-reading-material/>
 - Purchase Cloud Nine Yoga CD/DVD at www.BelInYoga.com
- Read: Farhi p. xiii – 80

Week 1: February 17 & 21

- **Wednesday:** Orientation, Practice Class, Materials & Anatomy Overview
- Anatomy: Compression/Tension, Proportion & Orientation
- **Installment Payment #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, Introductions
- Lecture: What is Yoga? History of Yoga and Basic Sanskrit
- Asana Intensive: Experience the 7 Moving Principles
- Homework:
 - Read: Farhi p. 7 – 80, Start Log, Journal, Set up Internship class

Week 2: February 24 & 28

- **Wednesday:** Practice Class, Language for Cuing + Creating A Class: Quadrant-Style Sequencing
- Anatomy: Basic Terms Worksheet Review
- Homework:
 - Read: Farhi p. 81 – 112, Begin Internship class 1x per week
- **Sunday:** Practice Class - Intro to Sun Salutations (1/2, Classical, A series)
- Lecture: Basic Anatomy for Yoga Students (major muscles, bones, movements)
- Asana Intensive: Breath & Posture Breakdowns for Sun Salutes
- 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 2 & 6

- **Wednesday:** Practice Class, Listen to Nicolai Bachman Sanskrit
- Anatomy: Review Vertebral Column Worksheet
- Peer Teaching: Teach a couple Sun Salutes
- Homework:
 - Review Farhi p. 3 – 20, p. 84 - 94
- **Sunday:** Practice Class - The Foundation Stances
- Lecture: 8 Limbs + Understanding the Yamas & Niyamas
- Asana Intensive: Standing & Balancing Poses
- Homework:
 - Read: Farhi p. 232 – 250

Week 4: March 9 & 13

- **Wednesday:** Practice Class, Review 7 Moving Principles
- Peer Teaching: Cuing, Voice & Pace focus with a 3-pose standing flow + Guide a Savasana.
- Homework:
 - Study for Quiz on 7 Moving Principles, 8 Limbs, Yamas & Niyamas
- **Sunday:** Practice Class – How to Meditate
- Lecture: Meditation Practices and Philosophies
- Anatomy: Diaphragm
- **Installment Payment #2 Due: \$649.50**
- Asana Intensive: Prop Work with Pranayama Practice and Restorative Yoga
- 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 16 & 20

- **Wednesday:** Practice Class, QUIZ: 7 Moving Principles, 8 Limbs
- Anatomy: Ankle & Foot
- Peer Teaching: Teach a Pranayama practice + two rounds of Sun Salutes
- Homework:
 - *Dump The Slump* Yoga Journal article by Julie Gudmestad
- **Sunday:** Practice Class – Bandhas
- Lecture: Four Types of Yoga, The Schools and Styles of Yoga
- Asana Intensive: Vinyasa Flow Basics
- Homework:
 - Read: Farhi p. 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



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Week 6: March 23 & 27

- **Wednesday:** Practice Class – Review Stances/Standing/Balancing Postures
- Anatomy: Legs & Pelvis
- Peer Teaching: Teach a Meditation. Create a script for Quadrant 1.
- **Homework:**
 - Journal: What yoga style do you enjoy practicing most? What classes would you like to teach? Why?
 - Finish Anatomy Worksheet “Shoulder Girdle” using *YogaBody* p. 153 – 170 + *Break Out of Your Slump* Yoga Journal articles by Julie Gudmestad
- **Sunday:** Practice Class – **EASTER BREAK**

Week 7: March 30 & April 3

- **Wednesday:** Practice Class, Discussion on journal entry (last week’s homework)
- Anatomy: Shoulder Girdle
- Peer Teaching: Create a script for Quadrant 2. Teach your Quadrant 1 from last week.
- **Homework:**
 - Study for Quiz on Pranayama, Bandhas, 4 Types of Yoga
 - Review: Farhi p. 132 - 158
- **Sunday:** Practice Class, Healthy Hips, Knees, & Feet – Opening Your Lotus
- Lecture: Chakras ~ Coming Into Energy Alignment
- Asana Intensive: Opening Your Hips, Healthy Forward Bending
- Homework:
 - Continue study for Quiz on Pranayama, Bandhas, 4 Types of Yoga
 - Read: Yoga Journal articles *Arms Control* & *Forget Six Pack Abs* Yoga Journal article by Fernando Pages Ruiz.
 - Complete Abdomen Anatomy Worksheet using *YogaBody* p. 135-142

Week 8: April 6 & 10 (**RETREAT TIME!**)

- **Wednesday:** Practice Class, QUIZ: Pranayama, Bandhas, 4 Types of Yoga
- Peer Teaching: Sequence a Quadrant 3 Practice. Teach your Quadrant 2.
- Anatomy: Abdomen
 - Complete Anatomy Worksheet for Elbow, Wrist and Hand using *YogaBody* p. 171 – 191 + Yoga Journal articles & *Bearing Up Under Pressure* by Julie Gudmestad
- **Sunday:** Practice Class
- Lecture: Yoga Sutras of Patanjali
- Asana Intensive: Arm Balances & Abdominal Work
- Homework:
 - Read: Farhi p. 158 - 170

Week 9: April 13 & 17

- **Wednesday:** Practice Class, Review Sanskrit Terms for Yoga Poses



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- Anatomy: Elbow, Wrist, and Hand
- Peer Teaching: Use Sanskrit names to create your full class sequence. Script out Quadrant 4.
- Homework:
 - Start Studying for Anatomy Quiz
- **Sunday:** Practice Class
- Lecture: Understanding Body Psychology – Yoga As Therapy/Mental Health
- Asana Breakdown: Cleansing Twists
- Homework:
 - Keep Studying for Anatomy Quiz
 - Start Reading: Farhi p. 171 - 204

Week 10: April 20 & 24

- **Wednesday:** Practice Class
- Anatomy: QUIZ
- Peer Teaching: Teach Quadrant 3 of your sequence.
- **Installment Payment #3 Due: \$649.50**
- Homework:
 - Finish Reading: Farhi p. 171 - 204
- **Sunday:** Practice Class
- Lecture: Ayurveda & Yogi Nutrition, Kriyas
- Asana Intensive: All About Back Bends
- Homework:
 - Finish Reading Farhi p. 205 – 230
 - Study for Quiz on Chakras, Sanskrit Pose Names

Week 11: April 27 & May 1

- **Wednesday:** Practice Class
- Ethics: Professional Info, Ethics & Creating Sacred Space, Preventing Injuries
- Quiz: Posture/Sanskrit Identification, Chakras
- Peer Teaching: Teach Quadrant 4
- Homework:
 - Start to Fine-tune sequence/script for final presentation! Practice it!!
- **Sunday:** Practice Class – Yin Yoga & Mindfulness
- Lecture: Mudras & Mantras
- Asana Intensive: The Courage to Invert
- 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

Week 12: May 4 & 8

- **Wednesday:** Practice Class
- Peer Teaching: Assign Teaching Groups. Teach an Entire Class together.



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- Anatomy: Review Injury & Modifications Sheet
- **Homework:**
 - Read: Farhi p. 251 – 269
 - Start Preparing for Final Exam
- **Sunday:** Practice Class – **MOTHER'S DAY BREAK**

Week 13: May 11 & 15

- **Wednesday:** Practice Class
- Review Topics and Sanskrit for Final Exam
- Assists and Adjusts
- Homework:
 - Get together with your teaching group for another run through!
 - Study for Final Exam (lecture topics, anatomy, Sanskrit)
- **Sunday:** Practice Class
- Lecture: Compassionate Communication and Healthy Boundaries
- Asana Intensive: Putting it All Together
- **Final Installment Payment #4 Due: \$649.50**
- Homework:
 - Study Anatomy Sheets for Final Exam
 - Memorize Your Teaching Section for Presentations

Week 14: May 18 & 22

- **Wednesday:** Practice Class
- Anatomy Review for Final Exam
- Peer Teaching: Look over comment sheet. Run through Final Presentation with your teaching group.
- Homework:
 - Get together with your teaching group for final run through!
 - Complete Final Survey for Cloud Nine Yoga
 - Study for Final Exam (lecture topics, anatomy, Sanskrit)
- **Sunday:** Practice Class
- Lecture: Hinduism, Deities & Avatars
- Asana Intensive: Partner Yoga & Thai Massage
- Closing Circle

Week 15: May 25 – Final Exams + **GRADUATION!!! CONGRATULATIONS!**

- **Testing & Presentations BEGIN AT 4:00 pm**
- Turn in: LOG & FINAL SURVEY
- Graduation Party & Certificate Ceremony: Location/Time TBD

Schedule Subject to Change Without Notice. Please remain a flexible yogi.