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**Yoga Teacher Training Curriculum
Tustin - Huntington Beach, CA School
July – December 2016**

**All Lectures are Friday evenings from 6:30 pm to 9:30 pm
All Asana Intensives are Saturdays from 1:00 pm to 6:00 pm
Inner Space Yoga Studio
607 E. Santa Ana Blvd, Santa Ana, California**

Week 0

- To Do:
 - Complete and submit application with deposit
 - \$400 deposit (make payment to Cloud Nine Yoga)
 - Purchase books and supplies
- Read: Farhi p. xiii – 7, Iyengar p. 19-31

Week 1: Friday, July 22nd

- Lecture: Introduction & Orientation, What is Yoga?
 - Payment #1 Due: (Make payment to Lauren Horn)
 - Purchase Cloud Nine Yoga on-line program
- Homework:
 - Read: Farhi p. 7 – 20, Iyengar p. 31 – 53
 - Practice: Yoga (to Cloud Nine Yoga on-line program)
 - Journal (Essay: Compare the Farhi and Iyengar approaches to the Yamas and Niyamas. Which take resonates with you?)

Week 2: Friday, July 29th

- Lecture: 8 Limbed Path of Ashtanga, Yamas and Niyamas
- Homework:
 - Read: Farhi p. 21 – 80, supplemental articles
 - Read: YogaBody p. 5 – 30, supplemental articles
 - Read: Iyengar p. 57 - 60
 - Complete: Anatomy worksheets (Understanding Basic Terms)
 - Review: Anatomy worksheet (Compression, Tension & Proportion)
 - Practice: Yoga
 - Journal (Essay: choose 1 or 2 yamas/niyamas to practice. Can you find meditation in daily chores, activities, or relationships)
 - Study for Quiz

Week 3: Friday, August 5th & Saturday, August 6th

- Friday
 - Lecture: Posture/Sanskrit
 - Quiz: 8 limbs, Yamas and Niyamas
- Saturday - Asana Intensive #1:



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- Anatomy: Anatomy for Yoga (Paul Grilley DVD) – The Big Picture; basic terms, compression, tension & proportion
- Focus: Seven Moving Principles
- Homework: (You are receiving your anatomy homework early so you have 3 weeks to complete it. There is a lot of reading)
 - Read: YogaBody p. 33-89 and 143-149, supplemental articles
 - Complete: Anatomy worksheets (Vertebral Column & Diaphragm)
 - Practice: Yoga and Sanskrit
 - Study for Quiz
 - Journal (Essay: What yoga style do you enjoy most? How would you teach? Why?)

Week 4 : No Class

- Homework for Asana Intensive #2
 - Read: YogaBody p. 33-89 and 143-149,
 - Read: Iyengar 431-461, supplemental articles
 - Complete: Anatomy worksheets (Vertebral Column & Diaphragm)
 - Practice: Yoga and Sanskrit

Week 5: Friday, August 19th

- Lecture: Four Types of Yoga, The Schools and Styles of Yoga
- Homework
 - Study for quiz
 - Read: Farhi p. 84-130
 - Read: YogaBody p. 109-132, Supplemental articles
 - Complete: Anatomy worksheets (Leg, Ankle and Foot)
 - Practice: Yoga and Sanskrit
 - Journal

Week 6: Friday, August 26th & Saturday, August 27th

- Friday
 - Quiz: Seven Moving Principles
 - Lecture: Pranayama and Bandhas
- Saturday - Asana Intensive #2
 - Anatomy: Vertebral Column and Diaphragm
 - Focus: Basic 20 vinyasa flow poses, Sun Salutations
- Homework:
 - Read Iyengar p. 431 – 461
 - Practice: Yoga and Sanskrit
 - Journal
 - Study for quiz
 - Update Hours



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Week 7: September 2nd & 3rd Labor Day Weekend

- Homework
 - Read: Farhi p. 84-130, YogaBody p. 109-132, Supplemental articles
 - Complete: Anatomy worksheets (Leg, Ankle and Foot)
 - Practice: Yoga and Sanskrit
 - Journal
 - Study for quiz

Week 8: Friday, September 9th & Saturday, September 10th BHAKTIFEST

- Friday
 - Quiz: Four Types of Yoga
 - Lecture: The Chakra System and Yoga Therapy/Body Energetics
- Saturday - Asana Intensive #3:
 - Anatomy: Anatomy for Yoga (Paul Grilley DVD) – The Femur; leg, ankle & foot
 - Focus: Standing and Balancing, Peer Teaching
 - Payment #2 Due (Make payment to Lauren Horn)
 - Journal and Hours Log Review (bring to class or email prior to class)
- Homework
 - Practice: Yoga and Sanskrit
 - Journal
 - Begin planning your project!
 - Read: Iyengar p. 57 – 60, supplemental articles

Week 9: Friday, September 16th

- Quiz: Anatomy – Basic terms, Compression, tension & proportion, Vertebral column and Diaphragm
- Lecture: Meditation
- Homework
 - Practice: Yoga and Sanskrit
 - Journal
 - Study for quiz

Week 10: Friday, September 23rd

- Quiz: Posture/Sanskrit
- Lecture: Yoga Sutras of Patanjali
- Homework
 - Read: Farhi p. 131 – 170
 - Read: YogaBody p. 93 - 108, Supplemental articles
 - Complete: Anatomy worksheets (Pelvis)

Week 10: Friday, September 30th & October 1st

- Friday



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- Quiz: Pranayama and Bandhas
- Lecture: Ayurveda and Kriyas
 - Journal and Hours Log Review (bring to class)
- Saturday - Asana Intensive #4
 - Anatomy: Anatomy for Yoga (Paul Grilley DVD) – The Pelvis and Orientation
 - Focus: Forward Bending, Twisting and Hip-openers, Peer teaching
- Homework:
 - Read: YogaBody p. 135 – 142, Supplemental articles
 - Complete: Anatomy worksheet (Abdominals)
 - Practice: Yoga and Sanskrit
 - Study for quiz
 - Journal

Week 11: October 7th & 8th No Class

Week 12: Friday October 14th and Saturday, October 15th

- Friday
 - Quiz: Anatomy – Pelvis, Leg, Ankle, Foot
 - Lecture: Mantras and Mudras
- Saturday - Asana Intensive #5
 - Anatomy: Abdominals
 - Focus: Sun Salutations, Abdominals, Prenatal, Peer Teaching
 - Payment #3 Due (Make payment to Lauren Horn)
 - Journal and Hours Log review (bring to class or email prior to class)
- Homework:
 - Practice: Yoga and Sanskrit
 - Journal Essay: Explain a situation that felt “unsafe” in a yoga class you attended. How would you have made it better?)
 - Study for quiz
 - Read: Farhi p. 172 – 204
 - Read: Yoga Body p. 153 – 170, supplemental articles
 - Complete: Anatomy worksheets (Shoulder Girdle)
 - Pick a mantra that resonates with you and consider starting a 40 day practice.

Week 13: Friday, October 21st & Saturday, October 22nd

- Friday
 - Quiz: Chakras
 - Lecture: Ethics of Teaching, Sacred Space and Classroom Safety, Professional Information
- Saturday - Asana Intensive #6



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- Anatomy: Anatomy of Yoga (Paul Grilley DVD) – Shoulder vs. Spine, shoulder girdle
- Focus: Opening the back and chest, Peer teaching
- Homework:
 - Read: Supplemental articles
 - Practice: Yoga and Sanskrit

Week 14: Happy Halloween

- Homework
 - Journal (Essay: – What are your current concerns about teaching)
 - Journal (Essay: – Think about your favorite experience of Savasana...what made it special)

Week 15: Friday, November 4th

- Quiz: Pranayama and Bandhas
- Lecture: Boundaries; Discussion: Concerns about teaching
- Homework:
 - Read: Farhi p. 254 – 269,
 - Read: Iyengar p. 462 – 486, supplemental articles
 - Complete: Anatomy worksheet (Injuries and modifications)
 - Practice: Yoga and Sanskrit
 - Journal

Week 16: Saturday, November 5th

- Asana Intensive #7:
 - Anatomy: Injuries and modifications
 - Focus: Modifications/cueing for safety/injury prevention, sequencing, transitions, adjustments versus assists, Peer teaching
- Homework:
 - Read: Farhi p. 232 – 250, supplemental articles
 - Read: Iyengar p. 487 – 506, supplemental articles
 - Practice: Yoga and Sanskrit
 - Check out web site www.ammachi.org
 - Study for quiz

Week 17: Saturday, November 12th

- Asana Intensive #8:
 - Focus: kids, multi-level, yin, seniors, restorative, and savasana (assists/adjustments), Peer teaching
- Homework:
 - Practice: Yoga and Sanskrit



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- Journal (Essay – Identify a deity that speaks to you and research it)

Week 18 & 19: Happy Thanksgiving

- Homework
 - Catch up on hours (practice, mentorship)
 - Project
 - Study for quiz
 - Read: Farhi p. 206 – 230,
 - Read: YogaBody p. 171 – 191, supplemental articles
 - Complete: Anatomy worksheets (Elbow, Wrist and Hand)
 - Practice: Yoga and Sanskrit
 - Journal

Week 20: Friday, December 2nd & Saturday, December 3rd

- Friday
 - Quiz: Anatomy – Abdomen and Shoulder Girdle
 - Lecture: Bhagavad Gita, Hinduism, Deities & Avatars
- Saturday - Asana Intensive #9:
 - Anatomy: Anatomy for Yoga (Paul Grilley DVD) – Proportion; elbow, wrist and hand
 - Focus: Blissful Inversions, Arm Balancing, Peer teaching
 - Final Payment Due (Make payment to Lauren Horn)
 - Journal and Hours Log review (bring to class or email prior to class)
- Homework
 - Finish Project/Presentation
 - Study

Week 21: Friday, December 9th

- Lecture: Review for test
 - Submit final written project
- Homework:
 - Study!!
 - Practice project presentation

Week 22: Friday, December 16th & Saturday, December 17th

- Lecture:
 - Written Test (Weekly Topics and Farhi Fill In, Posture and Sanskrit Identification, and Anatomy Fill In)
- Asana Intensive #10
 - Present Project
 - Update and email Log Hours



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Peer Teaching

You will be “practice” teaching at each Asana Intensive.

Project/Presentation

Each student must design a specialized yoga class. You will be choosing a specific age (seniors, etc.) or orientation group (beginning, intermediate, etc.) in which to gear your class. Write a two-page outline of exactly what, how and why you would teach the given poses. Prepare an “in-class” presentation, approx. 20 minutes, sharing a section of your class with the group.

Final Exam

A comprehensive “fill-in” test on the accumulative information presented throughout the 27-week period will be given during the final week of meeting. This will include: postures names written in English for you to translate to Sanskrit, basic Anatomy fill-in terms and questions about the weekly topic presentations.