



Yoga Teacher Training Curriculum
Temecula :: Cloud Nine Yoga School
July 8 - August 20, 2017
with Erika Faith Calig & Adriane Alvarez

Mondays & Wednesdays 6:00 pm – 10:00 pm Practice Class, Anatomy & Peer Teaching
Saturdays 1:00 – 5:00 pm Specialty Workshops, Asana Breakdown Intensives, and Lectures
Sundays 9:00 am – 3:00 pm Practice Class, Lecture, & Asana Inquiry

PRE-TRAINING PREPARATION

- Complete and submit application with deposit
 - \$400 deposit (Make payments to: Cloud Nine Yoga)
 - OR Pay In Full by July 8, 2017 to get 10% off!
- Purchase journal, 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: July 8 & 9

- **8th Saturday:** Welcome & Class Introductions, Practice Class, Materials & Anatomy Overview, Internship, Anatomy Discussion and lecture/videos on Compression/Tension & Proportion/Orientation ** *Installment #1 Due: \$649.75*
- **9th Sunday:** Practice Class, Student Introductions * Lecture: What is Yoga? History of Yoga, Intro to Sanskrit * Asana Intensive: Experience the 7 Moving Principles, Turn in Your Internship Request Sheet
- **HOMEWORK DUE Wednesday, JULY 12:**
 - 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
- **HOMEWORK DUE Saturday, JULY 15:**
 - Read: Farhi p. 7 – 80, Start Log, Journal, Set up Internship class

Week 2: July 10 - 16

- **10th Monday: Yogi Superheroes** Practice Class
Lecture: Language for Cuing + Creating a Class: Quadrant Style Sequencing & Queen Poses
- **12th Wednesday: Cloud Nine Flow** Practice Class
Anatomy: Basic Terms Worksheet review
- **15th Saturday:** Listen to Nicolai Bachman, **Flower Essence Workshop**, Sanskrit Pose Names, The Foundation Stances, Standing & Balancing Poses
- **16th Sunday: Yoga Unraveled** Practice Class – Moon Salutes Practice, Meditation Cards, 8 Limbs + Yamas/Niyamas, Sun Salutations Basics
- **HOMEWORK DUE Wednesday, JULY 19:**
 - 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
- **HOMEWORK DUE Saturday, JULY 22:**
 - Read: Farhi p. 81 – 130, p. 232 – 250



Yoga Teacher Training Curriculum

Week 3: July 17 - 23

- **17th Monday: Yogi Superheroes** Practice Class
- Peer Teaching: Create a sequence for Quadrant 4 + Guide it (Cool Down, Savasana, Closing)
- **19th Wednesday: Cloud Nine Flow** Practice Class, Intro to Backbends. Peer Teach Sun Salutes, Anatomy: Vertebral Column + Diaphragm
- **22nd Saturday:** Lecture: Pranayama and Bandhas, Review Basic 20 Postures for Vinyasa Flow. ** *Installment #2 Due: \$649.50*
3 – 5pm Heart & Hip Opener Workshop
- **23rd Sunday: Yoga Unraveled** Practice Class, Lecture 4 Types of Yoga, The Schools & Styles of Yoga, Asana Intensive: Basics of Inverting, Restorative Yoga
- **HOMEWORK DUE Wednesday, JULY 26:**
 - Study for Quiz on Sanskrit, 7 Moving Principles, 8 Limbs, Yamas & Niyamas
 - Complete Anatomy Worksheet for The Ankle & Foot using *YogaBody* p. 119 – 132 as a reference + *Feet First* Yoga Journal articles by Julie Gudmestad
- **HOMEWORK DUE Saturday, JULY 29:**
 - Read: Farhi 132 – 158
 - *Dump the Slump* Yoga Journal Article by Julie Gudmestad

Week 4: July 24 - 30

- **24th Monday: Yogi Superheroes** Practice Class, Review for Wednesday Quiz
- Peer Teaching: Sequence/Outline Quadrant 1 + Guide it (Meditation/Warm Up)
- **26th Wednesday: Cloud Nine Flow** Practice Class, Anatomy: Ankle & Foot, Quiz: 8 Limbs, Yamas & Niyamas, 7 Moving Principles, Sanskrit
- Peer Teach: Pranayama Practice and Sequence/Outline Quadrant 2
- **29th Saturday: Partner Yoga & Thai Yoga Massage Workshop** (*this is an open workshop for all Cloud Nine students/guests/friends for a fee*)
- **30th Sunday: Yoga Unraveled** Practice Class, Lecture/Asana Intensive: Yin Yoga and Meditation Practices/Philosophies, Using Props for Sitting, Savasana, Restorative & Yin, Peer Teach your Quadrant 2 from Monday.
- **HOMEWORK DUE Wednesday, AUGUST 2:**
 - 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
 - Read Farhi pgs. 158 - 170
- **HOMEWORK DUE Saturday, AUGUST 5:**
 - Complete Anatomy Worksheet on The Abdomen using *YogaBody* p. 135-142 and *Forget Six Pack Abs* Yoga Journal article by Fernando Ruiz
 - Complete Anatomy Worksheet on The Shoulder Girdle using *YogaBody* p. 153 – 170 + *Dump The Slump & Break Out of Your Slump* Yoga Journal articles by Julie Gudmestad

Week 5: July 31 – August 6

- **31st Monday: Yogi Superheroes** Practice Class. Asana & Sequencing Review. Q & A, Outline a Quadrant 3 Sequence and Peer Teach it



Yoga Teacher Training Curriculum

- **2nd Wednesday: Cloud Nine Flow** Practice Class, Anatomy: Legs & Pelvis, How to Adjust, Modify & Use Props with Standing & Balancing Poses
- **5th Saturday:** Review for tomorrow's Quiz on Pranayama, Bandhas, 4 Types of Yoga, ** Installment #3 Due, Anatomy of the Abdominals & Shoulder Girdle
- **3pm – 5pm Arm Balancing & Inversion Workshop** (*this is an open workshop for all Cloud Nine students/guests/friends for a fee*)
- **6th Sunday:** Practice Class – Quiz: Pranayama & Bandhas, Four Types of Yoga Asana Intensive: Healthy Hips, Knees, & Feet – Seated Twisting, & Reclining Poses, Lecture: Chakras ~ Coming into Energy Alignment,
HOMEWORK DUE Wednesday, AUGUST 9:
 - 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
 - Read Farhi 171 - 204
- **HOMEWORK DUE Saturday, AUGUST 12:**
 - Complete Anatomy Sheet on Injury & Modifications using *YogaBody* and *Sprained, Strained or Pained & Synovial Fluid and Inflamed Joints* Yoga Journal articles by Julie Gudmestad
 - Review Chakras + Study Anatomy Worksheets for Quiz on Saturday!

Week 6: August 7 - 12

- **7th Monday: Yogi Superheroes** Practice Class. Lecture: The Psychology of Yoga – Yoga As Therapy, Go over Final Presentation Comment sheet and assign groups!
- **9th Wednesday: Cloud Nine Flow** Practice Class. Elbow, Wrist, and Hand Sheet + FULL Anatomy Review, Be sure to have your full 1-hr class sequence complete
- **12th Saturday** Peer Teaching Presentation Practice, **Flower Essence Workshop**, Anatomy Quiz & Chakras Quiz, Review Injury & Modifications Anatomy Sheet, Adjustments & Assists Workshop
- **13th Sunday: Yoga Unraveled** Practice Class, Lecture: Yoga Sutras of Patanjali, Hinduism, Deities & Avatars,
HOMEWORK DUE Wednesday, AUGUST 16:
 - Read: Farhi p. 205 – 230, 251 – 269
 - Fine-tune sequence/script for final presentation!
- **HOMEWORK DUE Saturday, AUGUST 20:**
 - Study for Final Exam (lecture topics, anatomy, Sanskrit)
 - Practice your section with your group for Final Presentations!

Week 7: August 14 - 20

- **14th Monday: Yogi Superheroes** Practice Class. Ayurveda & Yogi Nutrition, Kriyas, FINAL EXAM Topics & Sanskrit REVIEW
- **16th Wednesday: Cloud Nine Flow** Practice Class. Mudras and Mantras Lecture. FINAL EXAM Anatomy REVIEW ** *Final Installment #4 Due: \$649.50*
- **19th Saturday:** Lecture: Professional Info, Ethics & Preventing Injuries, Discussion: Healthy Boundaries & Compassionate Communication, Final practice “run-through” with Peer Teaching Teams
- **20th Sunday: Yoga Unraveled** Practice Class.



Yoga Teacher Training Curriculum

- 11:30 – 12:30 Final Exam
- 12:30 – 3:00 pm Teaching Team Presentations
- **Graduation Celebration Party/Dinner: 6pm August 20th**

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

