



200-hr Yoga Teacher Training Curriculum SUMMER Ommersion :: Cloud Nine Yoga School :: Temecula, CA

July 9, 2016 – August 28, 2016

with Erika Faith Calig and Adriane Alvarez

Monday 5:30 – 9:30 pm Practice Class, Lecture, & Asana Intensive

Wednesday 5:30 pm – 9:30 pm Anatomy, Practice, Teaching Methodology & Peer Teaching

Friday/Saturday/Sundays Special Events/Practice Class+Workshop 11:30 am – 3:30 pm

PRE-TRAINING PREPARATION •

- Complete and submit application with \$400 deposit
- **Pay for the training in full by JULY 9 to receive 10%off**
- Purchase books and supplies: <http://cloudnineyoga.com/train/curriculum/required-reading-material/>
- Purchase Cloud Nine Yoga digital download video series at: <http://cloudnineyoga.com/video-library/>
- **Begin Reading: Farhi p. xiii – 80**

Week 1: July 9 & 10, July 11 & 13

- **Sat/Sun:** AYURVEDA & KUNDALINI YOGA WORKSHOPS
- **Monday:** Orientation, Practice Class, Materials & Anatomy Overview
- Lecture: What is Yoga? History of Yoga and Basic Sanskrit
- Asana Intensive: Experience the 7 Moving Principles
- **Installment Payment #1 Due: \$649.75**
- **Wednesday:** Practice Class, Introductions
- Anatomy: Compression/Tension, Proportion & Orientation
- **HOMEWORK:**
 - Read: Farhi p. 7 – 80, Start Log, Journal, Set up and begin Internship class

Week 2: July 16 & 17, July 18 & 20

- **Sat/Sun:** POWER OF TEACHING & CHAKRAS/ENERGY BODY ANATOMY
- **Monday:** Practice Class – Themes for Yoga Classes, Aromatherapy + Poetry
- Lecture: Language for Cuing + Creating A Class: Quadrant- Style Sequencing
- Asana Intensive: Breath & Posture Breakdowns for Sun Salutes
 - **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
- **Wednesday:** Practice Class – Basic 20 Poses for a Flow Practice
- Anatomy: Basic Terms Worksheet Review (major muscles, bones, movements)
 - **HOMEWORK:** Read: Farhi p. 81–112

Week 3: July 23 & 24, July 25 & 27

- **Sat/Sun:** YOGA ON THE BALL / Off the Wall & ACRO YOGA
- **Monday:** Practice Class – From the Feet (Stances)
- Listen to Nicolai Bachman Sanskrit
- Lecture: 8 Limbs + Understanding the Yamas & Niyamas
- Asana Intensive: Standing & Balancing Poses
- **Installment Payment #2 Due: \$649.50**
 - **HOMEWORK:** 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
- **Wednesday:** Practice Class - Focus on Pranayama
- Anatomy: Review Vertebral Column Worksheet
- Peer Teaching: Teach a couple Sun Salutes adding two poses from Downdog
 - **HOMEWORK:** Read: Farhi p. 232 – 250, Read *Dump The Slump* Yoga Journal article by Julie Gudmestad

Week 4: July 29, 30 & 31, August 1 & 3

- **Friday:** KIRTAN NIGHT 6:30 – 9:30 pm
- **Sat/Sun:** RADIANCE SUTRAS & YOGA TRANCE DANCE
- **Monday:** Practice Class – How to Meditate, Review 7 Moving Principles
- Lecture: Meditation Practices and Philosophies
- Asana Intensive: Prop Work with Pranayama Practice and Restorative Yoga
 - **HOMEWORK:** Study for Quiz on 7 Moving Principles, 8 Limbs, Yamas & Niyamas, Read: Farhi p. 113 – 158
- **Wednesday:** Practice Class – Forward Bends & Twists
- QUIZ: 7 Moving Principles, 8 Limbs
- Go over Anatomy Worksheet: Diaphragm
- Peer Teaching: Voice focus ~ Guide a seated Meditation or Savasana
 - **HOMEWORK:** Complete Anatomy Worksheet for The Ankle & Foot using *Yoga Body* p.119 – 132 as a reference + *Feet First* Yoga Journal articles by Julie Gudmestad, Read: Farhip.158 - 170

Week 5: August 5, 6, & 7, August 8 & 9

- **Friday:** Creating Relationship & Mastering Communication 6:30 – 9:30 pm
- **Sat/Sun:** REIKI PRACTITIONER & THAI YOGA MASSAGE
- **Monday:** Practice Class - Healthy Hips, Knees, & Feet – Opening Your Lotus
- Lecture: Four Types of Yoga, The Schools and Styles of Yoga
- Asana Intensive: Finish breaking down Forward Bends, Twists, Hip Openers
- **Installment Payment #3 Due: \$649.50**
 - **HOMEWORK:** 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
- **Wednesday:** Practice Class – Bandhas, Abs & Arm Balancing
- Anatomy: Ankle & Foot, Legs & Pelvis

- Peer Teaching: Create a sequence and script for Quadrant 1 and teach it focusing on cues and pacing.
 - **HOMEWORK:** 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, **READ:** Farhi p.171 - 204

Week 6: August 13 & 14, August 15 & 17

- **Sat/Sun:** YOGA SUTRAS OF PATANJALI & ASHTANGA YOGA
- **Monday:** Practice Class – Opening the Heart
- Anatomy: Abdomen
- Lecture: Understanding Body Psychology – Yoga As Therapy/Mental Health
- Peer Teaching: Create a sequence and script for teaching Quadrant 2
 - **HOMEWORK:** Complete Anatomy Worksheet on The Shoulder Girdle using *YogaBody* p.153– 170 + *Break Out of Your Slump* Yoga Journal articles by Julie Gudmestad, Study for Quiz on Pranayama, Bandhas, 4 Types of Yoga
- **Wednesday:** Practice Class – Inversions
- Anatomy: Shoulder Girdle
- Quiz on Pranayama, Bandhas, 4 Types of Yoga
- Peer Teaching: Teach your Quadrant 2 from Monday. Script out Quadrant 3.
 - **HOMEWORK:** Complete Anatomy Worksheet for Elbow, Wrist and Hand using *YogaBody* p. 171 – 191 + Yoga Journal articles & *Bearing Up Under Pressure* by Julie Gudmestad, Read Farhi p. 205–269

Week 7: August 20 & 21, August 22 & 24

- **Sat/Sun:** BHAKTI YOGA & YIN YOGA/BUDDHISM
- **Monday:** Practice Class - Inversions
- Anatomy: Elbow, Wrist, and Hand,
- Final Exam Review (Sanskrit, Topics)
- Lecture: Professional Info, Ethics & Creating Sacred Space, Preventing Injuries
- Peer Teaching: Teach your Quadrant 3 Practice. Sequence an entire 1-hr class. Assign Groups for final teaching presentation.
- **Final Installment Payment #4 Due: \$649.50**
 - **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, Study for Anatomy Quiz, Study for Quiz on Chakras, Sanskrit Pose Names
- **Wednesday:** Practice Class – Partner work + Assists & Adjusts
- Anatomy: Injury & Modifications Sheet, Anatomy Quiz
- Review for Final Anatomy Exam
 - **HOMEWORK:** Prepare for Final Exam and final teaching presentation

Week 8: August 27 & 28

- **Saturday: 9:00 am Final Presentations** followed by ART MEDITATION
- **Sunday: 9:00 am Final Exam** followed by REIKI MASTER-TEACHER + Closing Circle & Graduation