

TEACHER TRAINING TENTATIVE SCHEDULE						
MONDAYS 6:30-9:30 SUNDAYS NOON-5 @FREE SPIRIT YOGA			CRYSTAL 562-637-3763		APRIL 714-713-8018 call/text both	
DATE	DISCUSSION FOCUS	QUIZZES	HOMEWORK	JOURNAL	PAYMENTS	
					deposit 400	
1 Mon	3/6/2017	Introduction & Orientation, What is Yoga?		Farhi p. xiii – 7, Iyengar p. 19 - 31		649.75
2 Mon	3/13/2017	8 Limbed Path of Ashtanga Yoga, Yamas and Niyamas		Farhi p. 7 – 80, Iyengar p. 31 – 53	Compare the Farhi and Iyengar approaches to the Yamas and Niyamas. Which take resonates with you?	-
AI #1	3/19/2017	Anatomy: Anatomy for Yoga, The Big Picture; Basic Terms, Compression, Tension & Proportion Focus: Seven Moving Principles, Basic 20 Vinyasa Flow Poses		Yoga Journal Articles & Anatomy worksheets (Understanding Basic Terms, Compression, Tension & Proportion)		-
3 Mon	3/20/2017	Posture / Sanskrit	8 Limbs, Yamas and Niyamas	Farhi p. 80 – 130		-
4 Mon	4/3/2017	Four Types of Yoga, The Schools and Styles of Yoga	Posture / Sanskrit	Farhi p. 130 – 170, Iyengar p. 57 – 60	What yoga style do you enjoy most? How would you teach?	-
AI #2	4/2/2017	Anatomy: The Femur; Leg, Ankle & Foot, The Pelvis and Orientation...Standing Balancing Poses, Forward Bending, Twisting and Hip-openers	Seven Moving Principles	Yoga Body p. 93 – 132 Yoga Journal Articles & Anatomy worksheets (Leg, Ankle and Foot, Pelvis)		-
5 Mon	4/10/2017	The Chakra System and Yoga Therapy/Body Energetics	Four Types of Yoga	Farhi p. 70 – 74		649.75
6 Mon	4/17/2017	Pranayama and Bandhas	The Chakras	Farhi p. 171 – 204, Iyengar p. 431 - 461		-
AI #3	4/9/2017	Anatomy: Abdominals, Vertebral Column and Diaphragm...Sun Salutations, Abdominals, Opening the Back and Chest	Pelvis, Legs, Ankle, Foot	Yoga Body p. 93 – 108, 143 - 149 Yoga Journal Articles & Anatomy worksheets (Abdominals, Vertebral Column and Diaphragm)		-
7 Mon	4/24/2017	Mudras and Mantras	Pranayama / Bandhas	Farhi p. 131 – 170, Iyengar p. 57 – 60, Mid-term Training Survey		-
8 Mon	5/1/2017	Meditation				-
AI #4	4/23/2017	Anatomy: Injuries and Modifications... Sequencing, Modifications/Cueing for Safety/Injury Prevention, Transitions, Adjustments and Assists, Savasana (assists/adjustments)	Basic Terms, compression, tension, proportion, vertebral column	Yoga Journal Articles & Anatomy worksheet (Injuries and Modifications)		-
9 Mon	5/8/2017	Hinduism, Deities and Avatars, Yoga Sutras of Patanjali, Bhagavad Gita		Iyengar p. 462 – 486, Farhi p. 251 – 269		649.75
AI #5	5/7/2017	Anatomy– Shoulder vs. Spine; Shoulder Girdle, Elbow, Wrist and Hand...Blissful Inversions, Arm Balancing, Partner Yoga		Yoga Body p. 171 – 191 Yoga Journal Articles & Anatomy worksheets (Elbow, Wrist and Hand)		-
10Mon	5/15/2017	Ayurveda, Kriyas		Farhi p. 205 - 250, Iyengar	What are your current concerns about teaching?	-
11Mon	4/17/2017	Ethics of Teaching, Sacred Space and Classroom Safety, Professional Information, Boundaries, Concerns About Teaching			Explain a situation that felt "unsafe" in a yoga class you attended. How would you have made it better?	-
AI #6	5/21/2017	Seniors/ Chair yoga, Motion Restriction, & Resorative Yoga				-
12Mon	5/22/2017	MOVIE NIGHT				-
AI #7		sweat lodge 168 mesa road, canoga park				-
13Mon	6/5/2017	SPECIAL SURPRISE				649.75
AI #8	6/11/2017	Prenatal, Kids, Yin Yoga				-
14Mon	6/12/2017	Review for Test				-
AI #9	6/18/2017	Present projects		Final Training Survey		-
15Mon	6/19/2017	Final Exam Happy Graduation!				-