



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	PAYMENT
						deposit 400
1 Mon	10/3/2016	Introduction & Orientation, What is Yoga?		Farhi p. xiii – 7, Iyengar p. 19 - 31		649.75
2 Mon	10/10/2016	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	10/16/2016	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	10/17/2016	Posture / Sanskrit	8 Limbs, Yamas and Niyamas	Farhi p. 80 – 130		-
AI #2	10/23/2016	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)		-
4 Mon	10/24/2016	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?	
-	10/31/2016	Happy Halloween- no class!!!	-	-		-
AI #3	11/6/2016	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)		-
5 Mon	11/7/2016	The Chakra System and Yoga Therapy/Body Energetics	Four Types of Yoga	Farhi p. 70 – 74		649.75
6 Mon	11/14/2016	Pranayama and Bandhas	The Chakras	Farhi p. 171 – 204, Iyengar p. 431 - 461		-
AI #4	11/20/2016	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)		-
7 Mon	11/21/2016	Mudras and Mantras	Pranayama / Bandhas	Farhi p. 131 – 170, Iyengar p. 57 – 60, Mid-term Training Survey		-
8 Mon	11/28/2016	Meditation	-	-		-
AI #5	12/4/2016	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)		-
9 Mon	12/5/2016	Special Surprise	-	Iyengar p. 462 – 486, Farhi p. 251 – 269		649.75
10Mon	12/12/2016	Ayurveda, Kriyas	-	Farhi p. 205 - 250, Iyengar	What are your current concerns about teaching?	-

	AI #6	12/18/2016	Seniors/ Chair yoga, Partner Yoga, Resorative Yoga	-	-	-	-
	11Mon	12/19/2016	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?	-
			WINTER BREAK!!!! HAPPY NEW YEAR				
	AI #7	1/8/2017	4	-	Final Training Survey		-
	12Mon	1/9/2017	MOVIE NIGHT	-	-		649.75
	AI #8	1/15/2017	Prenatal, Kids, Yin Yoga	-	-		-
	13Mon	1/16/2017	Hinduism, Deities and Avatars, Yoga Sutras of Patanjali, Bhagavad Gita	-	-		-
	14Mon	1/23/2017	Review for Test	-	-		-
	AI #8	1/29/2017	Present projects	-	Final Training Survey		-
	15Mon	1/30/2017	Final Exam Happy Graduation!	-	-		-