



Cloud Nine Yoga School – Southeast NM

June 4 – November 5, 2017 (tentative schedule)

Sundays 12:00pm – 6:00pm at Yoga Co-Op at Kana Clothes, Roswell, NM

Tiffany Hazelbaker, E-RYT 200, RYT 500 and special guests

575-910-0938

<u>Date</u>	<u>Discussion Focus</u>	<u>Hrs</u>	<u>Asana Intensive</u>	<u>Hrs</u>	<u>Quizzes</u>	<u>Homework</u>	<u>Payment</u>
						Read Farhi p. xiii-80	Deposit \$400
6/4	Introduction and Orientation What is Yoga?	2	7 moving Principals	3		Farhi p. 7-80 Start log	1 st \$649.75
6/11	8 Limbs of Yoga Yamas and Niyamas	3	Review 7 Moving Principals	2		Farhi p. 112-130 Read Yoga Journal Articles Basic Anatomy I, II, III	
6/18	Basic Anatomy for Yoga – major muscles, bones, movement Compression, Tension, Proportion, Orientation	2	Sun Salutes	3		Farhi p. 84-112 Review for 7 moving principals Quiz Anatomy – Understanding Basic Terms	
6/25	Sanskrit Anatomy – basic terms worksheet	2	Standing and Balancing	3	7 moving principals	Review Farhi p. 84-130 Anatomy – Vertebral Column Worksheet	

7/2	Sequencing and cuing Anatomy - Vertebral Column	4	Peer Teaching – Sun Salutes	1		Farhi p. 247-250 Review for 8 Limbs, Yamas, and Niyama Quiz Anatomy – Diaphragm worksheet	2 nd 649.75
7/9	OFF		-		-	-	
7/16	Pranayama Anatomy - Diaphragm	2	Vinyasa Flow Basics	3	8 Limbs, Yamas and Niyamas	Farhi P. 231-252 Review for Sanskrit Quiz Anatomy – Ankle and Foot Worksheet	
7/23	4 types of Yoga Anatomy – Ankle and foot	3	Prop work, Pranayama, Restorative	2	Sanskrit	Practice Teaching Sun Salutes Anatomy – Legs and Pelvis worksheets	
7/30	Bandhas and meditation Anatomy – Legs and Pelvis	3	Sun Salute and Vinyasa Flow review Peer teaching – Pranayama, cuing, pace and voice 3 pose standing flow	2		Farhi p. 131-157 Review for 4 types of Yoga Quiz Anatomy – Shoulder Girdle Worksheet	
8/6	Yoga Sutras Anatomy – Shoulder Girdle	2	Hips and forward bending Peer Teaching – Meditation and create Q1 script	3	4 types of Yoga	Farhi p. 158-170 Review for Pranayama and Badhas Quiz Anatomy – Abdomen Worksheet	3 rd \$649.75

8/13	OFF		-		-		
8/20	Chakras Anatomy – Abdomen **Mid-Term Training Survey**	2	Twists Peer teaching – teach your Q1 Script Create Q2 Script	3	Pranayama and Bandhas	Farhi p. 205-230 Anatomy – Elbow, Wrist, and Hand worksheet Mid-Term Training Survey	
8/27	Review Anatomy – Elbow, Wrist, Hands	2	Arm Balances and Abdominals	3		Farhi p. 171-204 Review for Chakras Quiz Anatomy – Injuries and Modifications worksheet	
9/3	Off – Labor Day						
9/10	The psychology of Yoga Anatomy – Injuries and Modifications	2	Backbends Peer teaching – Teach Q2, Create Q3	3	Chakras	Farhi p. 253-269	
9/17	Ethics, creating sacred space, preventing injury Anatomy – Review Basic Anatomy, vertebral column, diaphragm	2.5	Yin Yoga, Mindfulness, Savasana Peer Teaching – teach Q3, Create Q4	2.5		Review Farhi p. 205-230 Review for Basic Anatomy Terms Quiz	4 th \$649.75
9/24	Mudras and Mantras Anatomy – Review for Quiz on Pelvis, Legs, Ankle, Foot	2	Inversions	3	Basic Anatomy Terms	Review for Pelvis, Legs, Ankle, Foot Quiz Practice teaching in Sanskrit	

10/1	Compassionate Communication and Boundaries Anatomy – Review for Quiz on Abdomen and Shoulder Girdle	2	Prenatal, Postnatal, Yoga Play for Kids Peer Teaching – Teach Q4 (Savasana) Assign groups for final presentation	3	Pelvis, Legs, Ankle, Foot	Review for Abdomen and shoulder girdle Quiz Meet with group to plan sequence	
10/8	Off – Columbus Day		-		-	-	
10/15	Professional Information and Yoga Alliance Definitions Review – 8 Limbs, Yamas, Niyama, Sanskrit, Pranayama, Bandhas	2	Yoga for Seniors/motion restriction Adjustments and assists and injury modification Peer Teaching – work with group	3	Abdomen and shoulder girdle	Review all anatomy worksheets/Quizzes Study for final Check Log Sheet	
10/22	Hinduism, Deities, Avatars Review Chakras, mediation, yoga sutras	2.5	Putting it altogether Review Peer teaching worksheet Work with group	2.5		Memorize teaching section for final Study for finals	
10/29	Ayurveda and Yogi Nutrition, Kriyas Review for final Final Training Survey	4	Work with group	1		Practice final presentation Study for finals Final Training Survey Finalize Log Sheet	
11/5	Final tests	3	Final Presentations	3		Celebrations!	
		47		49			