



50-hr Yoga Essentials Curriculum Schedule

PRE-TRAINING PREPARATION

- To Do:
 - Complete and submit application with payment
 - Purchase books and supplies:
Required:
 - 1. Yoga Mind, Body and Spirit: A Return to Wholeness (Donna Farhi)**
 - 2. Yogabody (Judith Hansen Lasater)**
 - Suggested: Light on Yoga (B.K.S. Iyengar)
 - Purchase site membership and begin viewing/practicing with the videos:
<http://cloudnineyoga.com/video-library>
- **Read: Farhi p. xiii – 80 * Please finish the first 80 pages before 1/13**
 - Anatomy Section - Vertebral Column and Diaphragm Worksheets Use *Yoga Body* p. 33 – 79 as a reference + *Save Your Neck & Breathing Room* Yoga Journal articles by Julie Gudmestad

ALL CLASSES HELD AT PRINCEVILLE COMMUNITY CNTR (Aloha Room)

4334 Emmalani Dr, Princeville, HI 96722

Saturday, January 13th

- 7:00 am Morning Yoga Practice: Opening The Heart & Voice
- 9:30 am Lecture: How To Teach Yoga + Quadrant Style Sequencing
- 10:30 am Anatomy: The Big Picture. Understand the difference between Compression & Tension - Complete coordinating Anatomy Worksheet in class
- BREAK // FREETIME (11:30 am – 5:00 pm)
- 5:00 pm Asana Intensive: Centering Meditation, Intro to Sun Salutations (1/2, Classical, and A series break downs) + Basic Breath Instruction
- 6:30 pm Intro to Sanskrit for Yoga Teachers
- 7:00 pm Anatomy: Vertebral Column & Diaphragm
- 8:00 pm Peer Teaching: Pair Up and teach a couple Surya Namaskars focusing on pacing and cuing the breath first
- 8:30 – 9:00 pm Create a sequence Quadrant 1 & 2
- Homework:
 - Read: Farhi p. 106 – 130, p. 231 - 250
 - 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

Sunday, January 14th

- 11:30 am Sacred Sunday Yoga Practice: Slow Flow, Deep Stretch
- 1:30 pm Lecture: Meditation, Pranayama and Bandhas + Cloud Nine Yoga Adjustment Philosophy ~ Proper Communication, Modification, Light touch
- 3:30 pm Anatomy: Understanding Basic Terms
- 5:00 pm DINNER PROVIDED ONSITE
- 6:00 pm Asana Intensive: Foundations in Standing & Balancing Poses: The Stances (Mountain, Forward, Side, Wide)
- 7:30 pm All About Restoratives, Touch with Respect - Adjustment Practice in Savasana
- 8:30 – 9:00 pm Peer Teaching: Partner up and teach from Quadrant 1 or 2
- Homework
 - *Read: Farhi p. 131 – 170*
 - Complete Anatomy Worksheet “Shoulder Girdle” using *YogaBody* p. 153 – 170 + *Dump The Slump & Break Out of Your Slump* Yoga Journal articles by Julie Gudmestad

Tuesday, January 16th

- 9:00 am NEW MOON Morning Yoga: Pranayama Practice + Moon Salutes: Healthy Hips, Knees, & Feet – Opening Your Lotus
- 11:00 am Lecture: Yoga Philosophy ~ The Sutras of Patanjali & Hinduism
- 1:00 pm Listen to Nicolai Bachman ~ Review Sanskrit Terms
- 1:30 pm Anatomy: Shoulder Girdle
- 2:00 pm Asana Intensive: Breakdowns - Jumping & Floating, Seated Postures, Forward Bends & Twists
- 3:30 – 4:00 pm Peer Teaching: Group Practice Sun Salutations – teach without doing it with the class!
- Homework:
 - *Review: Farhi p. 70 – 80 (chakra anatomy)*
 - *Read: Farhi p. 171 - 204 (back bends)*
 - Complete Worksheet for The Pelvis, Leg, Ankle & Foot using *YogaBody* p. 119 – 132 as a reference + *Feet First, Thighs Matter, The Long & Short of Legs, Get Hip About Flexors, and Great Gluts* Yoga Journal articles by Julie Gudmestad

Saturday, January 20th

- 7:00 am Morning Yoga Workshop: Safe Back Bending Practice + Reclining Hip Openers & Back Releasing – Prop Use & Modifications
- 10:00 am Lecture: Chakras East & West, Chakra Affirmations
- BREAK // FREETIME (11:30 am – 5pm)
- 5:00 pm Anatomy of the Pelvis, Legs, Ankle + Foot
- 7:30 – 9:00 pm Professional Info for the Yoga Teacher, Creating a Safe & Sacred Space for Yoga, The Psychology of Yoga – Yoga for Mental Health
- **Homework:**
 - Complete Elbow, Wrist and Hand Worksheet using *YogaBody* p. 171 – 191 + Yoga Journal articles *Arms Control & Bearing Up Under Pressure* by Julie Gudmestad
 - Complete Abdomen Worksheet using *YogaBody* p. 135-142 and *Forget Six Pack Abs* Yoga Journal article by Fernando Pages Ruiz

Sunday, January 21st

- 11:30 am Sacred Sunday Yoga Practice: Arm Balancing & Inversions
Deconstructed, Yin Yoga & Meditation
- 2:00 pm Lecture: Kriyas, Ayurveda & Yogi Nutrition
- 3:30 pm Vinyasa Flow Practice and Review
- 5:00 pm DINNER PROVIDED ONSITE
- 6:00 pm Anatomy: Elbow, Wrist, & Hand + Abdominals
- 7:00 – 9:00 pm Peer Teaching: Final Presentation Team Assignment + Practice
- *Homework:*
 - *Read: Farhi p. 251 – 269*
 - Complete Anatomy Sheet on Injury & Modifications using *YogaBody* and *Sprained, Strained or Pained & Synovial Fluid and Inflamed Joints* Yoga Journal articles by Julie Gudmestad

Tuesday, January 23rd

- 9:00 am Practice & Basic Understanding of YogaPLAY for Kids, Pre/Post Natal Yoga, and Adaptive Yoga for Motion Restriction
- 10:30 am Anatomy: Review of Injury & Modifications sheet
- 12:30 pm Lecture: Ethics & Boundaries, NVC (Compassionate Communication Model)
- 1:30 – 4:00 pm Teaching Presentations!

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