



Kauai Schedule :: November 15 – 30, 2016

CNY Senior Trainer: Erika Faith Calig

CNY Trainers: Anna Bazalar & Alicia Pahs

CNY Intern/Student Advisor: Candice

PRE-TRAINING PREPARATION

- To Do:
 - Complete and submit application with full payment
 - Purchase books and supplies:
<http://cloudninyoga.com/train/curriculum/required-reading-material/>
 - Purchase Cloud Nine Yoga digital download at www.BelInYoga.com
- **Read: Farhi p. xiii – 80**

LOCATIONS for classes:

8:00 am – 9:30 am 90 min Morning Practices: M-SU

11:00 am – 4:00 pm Lecture, Anatomy, Asana Intensives: M-SU

5:30 pm – 7:00 pm Study Groups & Peer Teaching: F/Sa/Su

* NO CLASSES: Thursday, November 24 (THANKSGIVING)

Day 1 – Tuesday, November 15th (Erika)

- 8:00 am Morning Yoga Practice: Setting Intentions
- 11:00 am Introductions & Orientation
- 12:30 pm Lecture: What is Yoga? 8 Limbs, Yamas & Niyamas
- 2:00 pm Asana Intensive: Experience the 7 Moving Principles
- Homework:
 - Read: Farhi p. 81 – 105
 - 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

Day 2 – Wednesday, November 16th

- 8:00 am Morning Yoga Practice: Opening The Heart (Candice)
- 11:00 am Lecture: How To Teach Yoga, Sequencing Basics, Intro to Sanskrit (Erika)
- 12:30 pm Anatomy: Understand the difference between Compression & Tension, Proportion & Orientation - complete coordinating Anatomy Worksheet in class + Review Understanding Basic Terms (Alicia)
- 2:00 pm Asana Intensive: Breath Instruction for Sun Salutes, Intro to Sun Salutations + Basic 20 Posture Breakdowns (1/2, Classical, A series) (Anna)
- Homework:
 - Read: Farhi p. 106 – 130, p. 231 – 250
 - 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

Day 3 – Thursday, November 17th

- 8:00 am Morning Yoga Practice: Yin/Yang Flow (Alicia)
- 11:00 am Lecture: Pranayama Practice + Bandhas (Erika)
- 12:30 pm Anatomy: Review Vertebral Column & Diaphragm Worksheet (Alicia)
- 2:00 pm Asana Intensive: Foundations in Standing & Balancing Poses: The Stances (Mountain, Forward, Side, Wide), Finish Standing & Balancing Poses, All About Savasana & Adjustments (Erika)
- Homework:
 - Read: Farhi p. p. 131 – 153
 - Complete Anatomy Worksheet “Shoulder Girdle” using *YogaBody* p. 153 – 170 + *Dump The Slump & Break Out of Your Slump* Yoga Journal articles by Julie Gudmestad

Day 4 – Friday, November 18th

- 8:00 am Morning Yoga Practice: Intro to Inversions & Restorative Yoga (Anna)
- 11:00 am Lecture: 4 Types of Yoga, The Schools/Styles of Yoga, Meditation Practices and Philosophies, Sitting vs. Moving Meditations (Erika)
- 12:30 pm Anatomy: Review Shoulder Girdle Worksheet (Alicia)
- 2:00 pm Asana Intensive: Seated Postures, Forward Bends & Twists (Alicia)
- **5:30 pm Peer Teaching: *Cuing, Voice & Pace focus teaching Sun Salutations with a 3-pose Standing Flow + Create a script & sequence with a partner for Quadrant 1*** (Candice)
- Homework:
 - Read: Farhi 154 – 170

Day 5 – Saturday, November 19th

- 8:00 am Morning Yoga Practice: Abs & Arms Power (Erika)
- BRUNCH BREAK
- 11:00 am Yoga Sutras of Patanjali, Hinduism (Erika)
- 12:30 pm Anatomy Review: Clarifications, Prep for Anatomy Quiz on Basic Terms, Compression & Tension, Vertebral Column, Diaphragm (Alicia)
- 2:00 pm Asana Intensive: Back bending Basics (Anna)
- **4:00 pm Peer Teaching: *Sequence Quadrant 2 + Teach it*** (Candice)
- Homework:
 - Read: Farhi p. 171 - 204 (back bends)

Day 6 – Sunday, November 20th (**FARM DAY** – Bring Something to Share for Brunch Break)

- 8:00 am Morning Yoga: Pranayama Practice, Healthy Hips, Knees, & Feet – Opening Your Lotus (Candice)
- 11:00 am Lecture: Kriyas, Ayurveda & Yogi Nutrition (Candice)
- 12:30 pm: ANATOMY QUIZ (Alicia)
- 2:00 pm Asana Intensive: Heart Opening (Erika)
- **4:00 pm Peer Teaching: *Group Practice teaching a C series Salutation without doing (only speaking) + Sequence Quadrant 3*** (Erika)
- **FINISH BY 5PM**
- Homework:
 - Review: Farhi p. 70 – 80 (chakra anatomy)
 - Complete Abdomen Worksheet using *YogaBody* p. 135-142 and *Forget Six Pack* Abs Yoga Journal article by Fernando Pages Ruiz

Day 7 – Monday, November 21st **MIDTERM REVIEW**

- 8:00 am Morning Yoga Practice: Inspired Flow (Alicia)

- 11:00 am Lecture: Chakras East & West, Chakra Affirmations, The Psychology of Yoga – Yoga Is Therapy (Erika)
- 12:30 pm Anatomy: Review Abdominals Worksheet (Alicia)
- 2:00 pm Asana Intensive: Abdominal & Arm Balances, Listen to Nicolai Bachman. Review Topics for Quiz on 8 Limbs, Yamas & Niyamas, 7 Moving Principles, Pranayama, Bandhas, Postures/Sanskrit, Four Types of Yoga, Chakras. (Erika)
- Homework
 - 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

Day 8 – Tuesday, November 22nd

- 8:00 am Morning Yoga Practice: Slow Flow, Deep Stretch (Anna)
- 11:00 pm TOPICS QUIZ (Anna)
- 12:30 pm Anatomy: Review Legs, Pelvis, Ankle & Foot Worksheet (Alicia)
- **2:00 pm Peer Teaching: Script Quadrant 4. Design a 60-min sequence for beginners. Teaching practice.** (Alicia)
- Homework:
 - Complete Anatomy Worksheet for Elbow, Wrist and Hand using *YogaBody* p. 171 – 191 + Yoga Journal articles *Arms Control & Bearing Up Under Pressure* by Julie Gudmestad

Day 9 – Wednesday, November 23rd

- 8:00 am Morning Yoga Practice: Good Rising Flow (Candice)
- 11:00 am Professional Info for the Yoga Teacher, Creating a Safe & Sacred Space for Yoga, Preventing Injuries (Anna)
- 12:30 pm Anatomy: Review Elbow, Wrist, & Hand Worksheet (Alicia)
- 2:00 pm All About Inversions (Erika)

Day 10 – Thursday, November 24th **THANKSGIVING DAY!**

Day 11 – Friday, November 25th

- 8:00 am Morning Yoga Practice: Kick Asana (Anna)
- 11:00 am Lecture: Ethics & Boundaries, Compassionate Communication (Erika)
- 12:30 pm Teaching Yoga to Kids, Seniors, Prenatal (Erika)
- 2:00 pm Partner Yoga & Thai Massage, Explain Final Exams + Team Teaching Assignment + Comment Sheet (ALL)
- **5:30 pm Peer Teaching: Group Planning for Final Presentations, first run-through.** (ALL)
- Homework:
 - Read: Farhi p. 205 - 230
 - Complete Anatomy Sheet on Injury & Modifications using *YogaBody* and *Sprained, Strained or Pained & Synovial Fluid and Inflamed Joints* Yoga Journal articles by Julie Gudmestad

Day 12 – Saturday, November 26th

- 8:00 am Morning Yoga Practice: Morning Yoga Practice: Moon Salutations & Yin Yoga Meditation with Cards, Poems, Reiki & Inspirations (Erika)
- 11:00 am Review Injury & Modifications Worksheet (Alicia)
- 12:30 pm Anatomy Review for Final (Alicia)
- 2:00 pm Asana Intensive: Assists & Adjusts (Anna + Candice)
- **5:30 pm Peer Teaching: Get into your Final Presentation Teams & Practice**
- Homework:
 - Read: Farhi p. 231 - 269

Day 13 – Sunday, November 27th **REVIEWS**

- 8:00 am Morning Yoga Practice: Let Your Heart Lead the Way (Alicia)
- 11:00 am Lecture: Q & A – Complete Review for Cloud Nine Yoga
- 12:30 pm Final Exam Topic/Sanskrit Reviews (Erika)
- **2:00 pm Final Teaching Presentation Final Run Through**
- Homework:
 - Be Ready to TEACH 15-min with your group
 - Study for Tests: Topics, Asana Sanskrit, Anatomy

Day 14 – Monday, November 28th **EXAMS**

- 11:00 am Topic Test, Sanskrit Identification, Anatomy Fill-in Test
- 12:30 pm Final Presentation – Group 1
- 2:00 pm Final Presentation – Group 2
- 5:00 pm Divine Dinner Potluck & Closing Circle (Erika)

MAHALO, NAMASTE

Schedule Subject to Change Without Notice: Please remain a flexible yogi