

## **300-hr YTT :: Cloud Nine Yoga :: Curriculum Template/Outline**

***A Radiance Sutra will Infuse Every Meeting & Set the Theme of the Day***

***All TIMES Are Approximate***

FROM THE GROUND UP - Root Chakra, Foundations, Feet, Standing Poses, Ayurveda 1 (Body Type/Doshas/Balancing)

### PRE-CLASS Reading

1. Tias Little vii - 42 (forward, introduction, Chapter 1)
2. Sarah Powers ix - 30 (forward, through Chapter 5)
3. Lorin Roche ix - 33 (forward, prelude, Banter Verses)
4. Deepak Chopra PART I (A Place Called Health)

4 hrs ORIENTATION, CURRICULUM OVERVIEW, INTRODUCTIONS, PRESENTATION SCHEDULING

8 hrs AYUR-YOGA Practice (Theme: Tending the Roots), Radiance Sutra Introduction and Readings, Body & Movement Assessments (Uprooting Negative Habit Patterns), Muscle Release Techniques (Tennis Ball feet/legs), Preventing Injuries & Modifying Postures.

8 hrs AYUR-YOGA Practice (Theme: Earthing Your Instincts), The Power of Teaching (Review Sequence Basics, Touch/Adjustment Philosophy, Ayurveda Process Part 1 from Chopra Book - What is YOUR Doshas?, Review Yin/Yang Practice & Meridian Theory, Active Anatomy Review.

THE PELVIS POTENTIAL - Sacral Chakra, Kidney/Bladder Yin Sequence, Seated & Horizontal Postures (Prone and Belly Down), Kundalini Yoga

### PRE-CLASS Reading

1. Little through page 101
2. Powers through page 55
3. Roche through page 79
4. Nischala Joy Devi through page 37

4 hrs KUNDALINI PRACTICE (Theme: Seat of the Goddess), Secret Power of Yoga SUTRAS 1  
\*Group\* STUDY/REFLECTIONS

8 hrs KIDNEY/BLADDER LONG SEQUENCE (Theme: Primal Trust), Sacral Chakra Anatomy, Body Psychology, Mantra, Tennis Ball Massage to Glutes, Sanskrit Review (Nicolai Bachman).

8 hrs YIN/YANG PRACTICE (Theme: The Pleasure Body Flow + Yin Short Sequence), Yoga Nidra, Thai Yoga Massage, and further Asana Breakdowns

THE BELLY BRAIN - Solar Plexus, ALL Bandhas, Liver/Gallbladder, Spleen/Stomach, Ayurveda 2 (Quantum Mechanical Human Body), Abdominal Muscles, Digestive System

### PRE-CLASS READING

1. Little through page 135
2. Powers through page 83

3. Roche through page 123
4. Chopra PART II (through page 231)

4 hrs HATHA PRACTICE (Theme: The Jeweled City), Ayurveda 2 Discussion/Reflections on Kriyas from Chapter 7 (including Aromatherapy, Marmas, Panchakarma) and Lecture/Sharing on Chapters 8 & 9: Aging/Addictions

8 hrs HATHA PRACTICE + YIN Liver/Gallbladder Sequence (Theme: Dharma & Belly Wisdom), Make Malas and Practice Japa/Chanting - Listen or Silent), Reiki Practitioner Training

8 hrs HATHA PRACTICE + Yin Spleen/Stomach Sequence (Theme: Bandhas, Abdominals, Spinal Twists), Finish Anatomy Discussion from Little/Powers Readings, *STUDENT PRESENTATIONS*

THE DIAPHRAGM, LUNGS, & LOTUS HEART - Heart Chakra, Pranayama, Lungs/Heart/Large Intestine, Partner Yoga, Coaching Clients, Creating Workshops & Retreats, Bhakti Yoga, The Metta Prayer

#### PRE-CLASS READING

1. Little through page 195
2. Powers through page 101
3. Roche through page 173
4. Devi through page 102

4 hrs SLOW FLOW PRACTICE (Theme: Devotion & Metta), Secret Power of Yoga SUTRAS 2 \*Group\* STUDY/REFLECTIONS

8 hrs YIN Lungs/Heart/Large Intestine Sequence + PARTNER YOGA PRACTICE (Theme: Wholeness to Relationship), Yoga of Relationship: Seva & Sangha, Chest, Arms, and Shoulder Girdle Anatomy, Pranayama Review

8 hrs BHAKTI HATHA PRACTICE (Theme: Opening the Heart With Grace - Back Bending), Spine Anatomy Review, Coaching Clients, Creating Workshops & Retreats, *STUDENT PRESENTATIONS*

BLUE THROAT - Throat Chakra, More Sanskrit!, Yoga of Communication: Ethics, Conflict Resolution, & Boundaries/NVC, Neck/Throat Anatomy, YANG YOGA (Dynamic Flow), Ayurveda 3 (Living In Tune With Nature)

#### PRE-CLASS READING

1. Little through page 228
2. Powers through page 160
3. Roche through page 278
4. Chopra PART III through END

4 hrs BREATH-CENTERED FLOW PRACTICE (Theme: Affirmations, Ujjayi, Arm Balancing), Ayurveda 3 (Gunas, Riding Nature's Waves, Self Massage, Yogi Nutrition, and Review Ayur-Yoga)

8 hrs MEDITATIVE FLOW IN YIN/YANG STYLE PRACTICE (Theme: Vocal Release & Supported Inversions), Neck/Throat Anatomy, Review Dynamic Yoga and all asanas presented in Powers Chapter 17, Chakra System Review.

8 hrs RADIANT HATHA PRACTICE (Theme: Viniyoga & Moon Salutations), Yoga of Communication: Ethics, Conflict Resolution, & Boundaries/NVC, Radiant Sutras Study (Favorite Sutras, Pick a Sanskrit Word from book and share/discuss).

THE CROWN JEWEL - Third Eye, Ear, & Crown, Intuitive Listening, Reiki Master-Teacher Training, The Re-Education of Mind-Heart-Body, Astrology + Tarot (if suitable for the group)

#### PRE-CLASS READING

1. Little through page 263 (end)
2. Powers through page 189 (end)
3. Roche through page 319
4. Devi through page 162

4 hrs SEATED PRANAYAMA & MINDFULNESS MEDITATIONS, ASANA PRACTICE (Theme: Jnana Yoga & Dissolving the Kleshas), Time permitting begin Secret Power of Yoga SUTRAS 3 \*Group\* STUDY/REFLECTIONS

8 hrs KUNDALINI YOGA PRACTICE (Theme: Enhancing Intuition), Finish Yoga Sutras Discussion, Reiki Master-Teacher Training

8 hrs VINYASA FLOW & RESTORATIVE YOGA (Theme: You Are Poetry In Motion), TEACHING: Kids Yoga, Prenatal, Seniors & Motion Restriction, Releasing the head and neck (tennis ball to upper back/inside shoulder blades)

ASHTANGA YOGA: The Eight-Faceted Path (Sadhana and Vibhuti), Living Your Yoga, Intro to AcroYoga, Tips for Cueing and Conducting Classes, Intelligent Sequencing, Moving Principles Review

#### PRE-CLASS READING

1. Roche through 377 (end)
2. Devi through 268

4 hrs HATHA/VINYASA PRACTICE (Theme: Root to Rise, Earth to Sky), Radiance Sutras Discussions and Reflections: Engaging the Sutras

8 hrs KUNDALINI YOGA PRACTICE (Theme: Balancing the Chakras), Art Meditation Day, Walking Meditation, Gustatory (Eating) Meditation, Group Discussion on Living Our Yoga - What gets in the way? How am I integrating Yoga into daily life?

8 hrs 8 LIMB PRACTICE (Theme: Saluting the Sun & Reaching Samadhi), Climbing the Ladder of Ashtanga Yoga, Secret Power of Yoga SUTRAS 4 \*Group\* STUDY/REFLECTIONS, Reviewing the Yamas & Niyamas + ALL THE LIMBS!

YOGA + BUDDHISM, Karma Yoga, Ecology & Yoga, YogActivism, Service Yoga, The Art of Journaling, Self-Care Practices.

PRE-CLASS READING

1. Devi through 291 (end)

4 hrs YOGA POEMS - IN PRACTICE - COURAGE WILL WRITE YOUR OWN (Theme: Integration of Universal Spirit), DISCUSSION/REFLECTION: *How do you commit to integrating self-care practices each day? Which social/environmental causes are important to you? Will you share one way that you are practicing Selfless Service? Who/What can you serve in your community?*

8 hrs BUDDHISM & YOGA: How are they related? Go to a Buddhist temple or Monastery, watch a movie on Buddhism - ex. Siddhartha, and/or share research on the subject, also - time willing - Teacher's Practicum from C9 Manual

8 hrs KARMA YOGA (Yoga of Action/YogActivism), SEVA DAY (Volunteer or create ways to join forces together to give to those less fortunate - encourage this is done as a group for most effective experience) - Think: Mother Teresa, SERVICE YOGA.

TANTRA, RITUAL, & LIBERATION: Moving Prayers. IDEAS: Reiki Restorative, AromaYoga, Vedic Astrology, Vastu, Deities/Goddesses, Hindu Temple or Spiritual Hermitage Outing, Aqua Yoga (Yoga in the Water), Alternative Yoga Practices (Thai Yoga Massage, Mala Making, SUP Yoga, Ecstatic Yoga Dance, Garden Meditation, Crafts), AND Yoga's Evolution. **STUDENT PRESENTATIONS**

**NO PRE-CLASS READING, JUST PREP FOR STUDENT PRESENTATIONS + Retreat Ventures**

THURS ARRIVAL/FRIDAY/SATURDAY/SUNDAY (Grad night celebration)/MON DEPART  
RETREAT STYLE: 40 HRS+

FOR RYT 300, STUDENTS ARE REQUIRED TO COMPLETE 100 teaching hours documented after completing the 200 RYT for the 500RYT designation from Yoga Alliance.