



## 200-hr Yoga Training & RYT200 Certification Kauai Immersion Schedule

### PRE-TRAINING PREPARATION STEPS:

- Fill out a [Registration form](#)
- [Buy Your Books! Read: Farhi p. xiii – 80](#)
- Practice Yoga with videos on Erika's [Google Drive](#)

### **SCHEDULE: Nov 16 - 30, 2021**

Nov 16 - Day 1 (Tues) Opening Circle, Orientation, & Introductions

- The 7 Moving Principles: Foundations for Yoga Practice & A Language for Cuing
- Lecture: What is Yoga? 8 Limbs, Yamas & Niyamas
- **Homework:**
  - o Read: Farhi p. 81 – 105

Nov 17 - Day 2 (Weds) **Excursion Day - Meet at Kauai's Hindu Temple**

#### **Please complete homework:**

- o 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

Nov 18 - Day 3 (Thurs) Everything Rests in Ahimsa

- Anatomy: Compression & Tension, Review Basic Terms
- Lecture: Teaching Intuitive Permission-based Yoga (using the Yamas & Niyamas as themes) + Quadrant Style Sequencing, Sanskrit Introduction
- Asana Intensive: Centering Meditation, Intro to Sun Salutations (1/2, Classical, and A series breakdowns) + Basic Breath Instruction (Dirgha & Ujjayi Pranayama)
- Peer Teaching: Pair Up for Surya Namaskars focusing on pacing and cuing the breath
- **Homework:**
  - o Read: Farhi p. 106 – 130, p. 231 - 250
  - o 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

Nov 19 - Day 4 (Fri) Practice: 2-hr Flow Yoga + Restorative - Satya

- Asana Intensive: Foundations in Standing & Balancing Poses: The Stances (Mountain, Forward, Side, Wide)
- Lecture: 4 Types of Yoga, The Schools and Styles of Yoga
- Anatomy: Vertebral Column & Diaphragm
- Peer Teaching: 3 pose Standing Flow
- **Homework:**
  - o Review: Farhi p. 70 – 80 (*chakra anatomy*)
  - o Create a Sequence Outline for Quadrants 1 & 2 (30 min practice)

Nov 20 - Day 5 (Sat) Yang Flow + Chakra 1, 2, 3 - Asteya

- Asana Intensive: Review Basic 20 Vinyasa Flow Poses + Bandhas + Jumping & Floating
- Lecture/Practicum: Meditation & Pranayama
- Cloud Nine Yoga Adjustment Philosophy: Proper Communication, Light touch
- Peer Teaching: 10-minute Centering Meditation with Breath Focus

- Homework:
  - Read: Farhi p. 131 – 145
  - Complete Anatomy Worksheet “Shoulder Girdle” using *YogaBody* p. 153 – 170 + *Dump The Slump & Break Out of Your Slump* Yoga Journal articles by Julie Gudmestad

Nov 21 - Day 6 (Sun) Practice: Fun Flow w/ Arm Balances + Chakra 4 & 5 - Brahmacharya

- Lecture: The Yoga Sutras of Patanjali, Hinduism, Deities, & Avatars
- Listen to Nicolai Bachman
- Anatomy: Shoulder Girdle
- Asana Intensive: Intro to Seated Poses (Twists/Hips/Forward Bends)
- Go OVER Homework:
  - Design a 30 minute Quadrant 1 & 2 sequence to share during Peer Teaching time tomorrow
  - Read: Farhi p. 145 - 170
  - Complete Abdomen Worksheet using *YogaBody* p. 135-142 and *Forget Six Pack Abs* Yoga Journal article by Fernando Pages Ruiz

Nov 22 - Day 7 (Mon) **\*\*BREAK - FREE DAY - Aparigraha**

Nov 23 - Day 8 (Tues) Practice Yoga with Mantras + Chakra 6 & 7 Meditation - Saucha

- Anatomy/Topic Review: Clarifications, Prep for Quiz on Basic Terms, Compression & Tension, Vertebral Column, Diaphragm, 8 Limbs, Yamas & Niyamas, 7 Moving Principles, Pranayama, Bandhas, Posture/Sanskrit ID, Four Types of Yoga
- Anatomy: Abdominals
- Asana Intensive: Reclining Forward Bends, Twists, Hip Openers, Abs
- Peer Teaching: Teach Your 30-min Sequence (Pair Up)
- Homework:
  - Study for Quiz
  - Read: Farhi p. 172 - 204
  - 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

Nov 24 - Day 9 (Weds) **MIDTERM QUIZ (Online Form)**

- Yoga Practice: Mudra Inspired Flow & Yin Yoga Slow - Santosha
- Lecture: Savasana & Guided Visualization
- Anatomy: Pelvis, Legs, Ankle + Foot
- Essentials for Safe Back Bending Practice ~ Backbending Poses/Counterposes
- Peer Teaching: Outline a 30 min Sequence for Quadrant 3 & 4
- Homework:
  - Complete Elbow, Wrist and Hand Worksheet using *YogaBody* p. 171 – 191 + Yoga Journal articles *Arms Control & Bearing Up Under Pressure* by Julie Gudmestad
  - Read Farhi p. 205 - 230

Nov 25 - Day 10 (Thurs) Swadhyaya **Thanksgiving Day – ½ Day**

- Anatomy: Elbow, Wrist, & Hand
- Lecture: Kriyas, Ayurveda & Yogi Nutrition
- Peer Teaching - Teach 15 minutes of your class sequence to the whole class
- Homework:
  - Read: Farhi p. 231 – 250
  - Complete Anatomy Sheet on Injury & Modifications using *YogaBody* and *Sprained, Strained or Pained & Synovial Fluid and Inflamed Joints* Yoga Journal articles by Julie Gudmestad

Nov 26 - Day 11 (Fri) Practice: Inversions Deconstructed - Tapas

- Anatomy: Injury & Modifications
- Asana Intensive: Assists, Adjusts, Modifications, and Teaching outside the box
- Professional Info for the Yoga Teacher, Creating a Safe & Sacred Space for Yoga
- Complete Remaining Quiz Sheets in Manual
- Peer Teaching: Team Assignment - Final Presentation Preparation

**Homework:**

- *Read: Farhi p. 251 – 269*

Nov 27 - Day 12 (Sat) *Excursion Day – bring a daypack, swimsuit, good shoes, and change of clothes, towel, sunscreen, hat, sunglasses, book for reading, and money for food/shopping.*

*Rehearse your part in the Final Group Teaching Presentation*

Nov 28 - Day 13 (Sun)

- Practice: Self Massage & AcuYoga - Ishvara Pranidhana
- Ethics/Boundaries/NVC (Compassionate Communication Model)
- Lecture: The Psychology of Yoga – Yoga for Mental Health
- Review for Final Exam
- Teaching Presentation Preparations

- **Homework: Study for Final Exam**

Nov 29 - Day 14 (Mon) **\*\* BREAK FREE DAY \*\***

Nov 30 - Day 15 (Tues) **Anatomy + Topic Fill-in Tests, Sanskrit Identification (ONLINE Final Exam)**

- Practice: Putting it All Together - Final Presentations
- Lecture: Teaching Special Needs - Motion Restriction, Prenatal, Kids Yoga Workshop
- CLOSING CIRCLE & Certificate Ceremony
- **CELEBRATION TIME! YOU DID IT! CONGRATULATIONS!**

\* Schedule subject to change without notice. Please remain a flexible Yogi.

MAHALO