



Yoga Teacher Training Curriculum
Cloud Nine Yoga School 200RYT Course
Retreat Immersion: January 8 - 15, 2023 + 6 Post-Training Zoom Calls
with Erika Faith Calig & Laura Cropper

PRE-TRAINING PREPARATION to do's:

- Complete and submit the [Registration](#)
 - Start Practicing with the recorded 140 Yoga Classes with Erika
 - Pay in full by November 30 for 10% off
 - All Balances due by January 4, 2023
- Purchase books and get supplies:
<http://cloudnineyoga.com/train/curriculum/required-reading-material/>
- **READ: Farhi p. xiii - 80**
- **Download the [Training Manual](#)**

Welcome Dinner & Opening Circle: Sunday, January 8 (5pm - 9pm)

- Meet & Greet with fellow Yogis
- Yoga Class with Erika & Laura
- Enjoy a Light Dinner Reception with Wine Pairing

Class 1: Monday, January 9 (9am - 3pm, followed by Wine Country Happy Hour)

- Materials & Anatomy Orientation
- Lecture: What is Yoga? 8 Limbs. Yamas & Niyamas.
- Asana Intensive: Experience the 7 Moving Principles: Language for Cueing
- Anatomy: Compression / Tension / Proportion / Orientation
- **Homework:**
 - Read: Farhi p. 81 - 105
 - 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

Class 2: Tuesday, January 10 (9am - 3pm, followed by Wine Country Happy Hour)

- Anatomy: Vertebral Column & Diaphragm worksheets
- Lecture: Four Types of Yoga, The Schools and Styles of Yoga, Patanjali's Yoga Sutras
- Practicum: Unraveling, Decompressing, Vocal Releasing, Slow Flow + Restoratives / Props
- Asana Intensive: Foundation Stances + Standing & Balancing Poses
- Peer Teaching: 3-Pose Standing Flow
- **Homework:**
 - Read: Farhi p. 106 - 130
 - 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

Class 3: Wednesday, January 11(9am - 3pm, followed by Wine Country Happy Hour)

- Anatomy: Basic Terms Worksheet review
- Lecture: Quadrant Style Sequencing, Permission Based Yoga, Intro to Sanskrit
- Practicum: Mudras, Mantras, Hinduism, Deities
- Asana Intensive: Sun Salutations Basics & Basic 20 Poses for Vinyasa flow



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- Peer Teaching Sun C (Classic Series w/ Breath instruction)
- **Homework:**
 - Read: Farhi p. 131 - 170
 - Complete Anatomy Worksheets for Shoulder Girdle using *YogaBody* p. 153 – 170 + *Dump The Slump & Break Out of Your Slump* + Yoga Journal articles by Julie Gudmestad. *Dump the Slump* Yoga Journal Article by Julie Gudmestad

Class 4: Thursday, January 12 (9am - 3pm, followed by Wine Country Happy Hour)

- Anatomy: Shoulder Girdle
- Peer Teaching: Create & Teach a sequence for Quadrant 1
- Lecture: Pranayama, Meditation, and Bandhas
- Asana Intensive: Intro to Sitting + Reclining Postures - Forward Bends, Hips, Twists
- **Homework:**
 - Read: Farhi p. 171 – 204
 - Complete Anatomy Worksheet for Legs & Pelvis, Ankle & Foot using *YogaBody* p. 119 – 132 as a reference + *Feet First* Yoga Journal articles by Julie Gudmestad using + *YogaBody* p. 93 – 118 as a reference + *Thighs Matter, The Long & Short of Legs, Get Hip About Flexors, and Great Gluts* Yoga Journal articles by Julie Gudmestad

Class 5: Friday, January 13 (9am - 3pm, followed by Wine Country Happy Hour)

- Anatomy: Legs & Pelvis. Ankle & Foot.
- Peer Teaching: Create & Teach a sequence for Quadrant 2
- Asana Intensive: Backbending Basics + Restoratives/Savasana
- Adjustments & Assists
- Lecture: The Chakra System, Energy Body Anatomy, Yoga as Therapy
- **Homework:**
 - Read: Farhi 205 - 230
 - 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

Class 6: Saturday, January 14 (9am - 3pm, followed by Wine Country Happy Hour)

- Anatomy: Elbow, Wrist, & Hand
- Peer Teaching: Practice Teach Meditation & Pranayama
- Asana Intensive: Arm Balancing & Shoulder Opening + Inversions
- Lecture: Ayurveda, Yogi Nutrition, Kriyas
 - CELEBRATION NIGHT / Future Meeting Updates

DEPARTURE DAY: Sunday, January 15

- 9:00 am Final Yoga Practice with Erika & Laura
- 10am Champagne Brunch Reception

Class 7: Virtual with Laura

- Peer Teaching: Script Quadrant 3 and practice teaching
- Asana Intensive: Tips for teaching Kids, Pre/Post Natal, Adaptive Yoga
- **Homework:**
 - Complete Anatomy Worksheet on The Abdomen using *YogaBody* p. 135-142 and *Forget Six Pack Abs* Yoga Journal article by Fernando Pages Ruiz



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Class 8: Virtual with Laura

- Anatomy: Abdominals
- Peer Teaching: Script Quadrant 4 and practice teaching
- **Homework:**
 - Complete Anatomy Sheet on Injury & Modifications using *YogaBody* and *Sprained, Strained or Pained & Synovial Fluid and Inflamed Joints* Yoga Journal articles by Julie Gudmestad

Class 9: Virtual with Laura

- Anatomy: Injury Prevention & Modification
- Asana Intensive: Sequencing a full 60 min All Levels Class
- Lecture: Professional Info for Yoga Teachers
- **Homework:**
 - Complete Anatomy and Topics Quiz Sheets

Class 10: Virtual with Laura

- Anatomy, Sanskrit, & Topic Review for Final Exam
- Peer Teaching: Assign Final Presentations
- Lecture: Ethical Guidelines, Creating a Sacred & Safe Space for Yoga
- **Homework:**
 - Take the online [Final Exam](#)

Class 11: Virtual with Laura

- Lecture: Healthy Boundaries, NVC & Compassionate Communication Model
- Practicum: Yin Yoga & Mindfulness
- Peer Teaching: Practice Final Presentation
- **Homework:**
 - Fine-tune sequence/script for final presentation!

Class 12: Virtual with Laura & Erika

- Asana Intensive: Final Presentations, Closing Circle

Schedule Subject to Change Without Notice

Please remain a flexible yogi!