



## Winter 200-hr Pagosa Springs, CO Yoga OMMersion Schedule

Lead Instructor Trainer: Erika Faith Calig, E-RYT 500

Studio Owner: Lauren Crawford, RYT 200

Guest Teachers

### PRE-TRAINING PREPARATION

- Fill-out Registration, Make Final Payments, Buy Books
- **Read: Farhi p. xiii – 80**
- **Attend our WELCOME CIRCLE & ORIENTATION on February 22 (1:00- 3:00 pm)**
- **+ Community Open House at PMAB+ from 5:00 pm - 7:00 pm**

### FEBRUARY 23 - Ahimsa / Breathe (11:00 am - 5:00 pm)

- Asana Intensive: The 7 Moving Principles: Foundations for Yoga Practice & Cuing
- Lecture: What is Yoga? 8 Limbs, Yamas & Niyamas
- Anatomy: Compression, Tension, Proportion & Orientation
- **Homework:**
  - *Read: Farhi p. 81 – 105*

### FEBRUARY 24 - **GROUP OUTING - Explore Hot Springs, Bonding Time!**

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

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

### FEBRUARY 25 - Satya / Yield (12:00 pm - 5:00 pm)

- Anatomy: Vertebral Column & Diaphragm ERIKA
- Lecture: How To Teach Permission-based + Quadrant Style Sequencing, Sanskrit Introduction
- Asana Intensive: 20 Basic Poses for Vinyasa Flow, Intro to Sun Salutations (1/2, Classical, and A series breakdowns) + Basic Breath Instruction
- Peer Teaching: Pair Up for Surya Namaskars focusing on pacing and cueing the breath
- **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**

### FEBRUARY 26 - Asteya / Radiate (10:00 am - 5:00 pm)

- Lecture: Meditation, Pranayama and Bandhas
- Anatomy: Understanding Basic Terms
- Asana Intensive: Foundations in Standing Poses: The Stances (Mountain, Forward, Side, Wide)
- Peer Teaching: Partner up and teach a 3-pose standing flow
- **Homework:**
  - *Read: p. 131 - 150*

- Complete Abdomen Worksheet using *YogaBody* p. 135-142 and *Forget Six Pack Abs* Yoga Journal article by Fernando Pages Ruiz

FEBRUARY 27 - Brahmacharya / Center (10:00 am - 5:00 pm)

- Lecture: Four Types of Yoga, The Schools & Styles of Yoga, Hatha Yoga Family Tree
- Anatomy: Abdominals
- Asana Intensive: Balancing Poses and Quadrant 2 options for Heat Building
- Peer Teaching: Outline a Quadrant 1 Centering Meditation with warm-ups & teach it
- Homework:
  - Read: *Farhi* p. 151 - 170
  - Complete Anatomy Worksheet on the Shoulder Girdle using *YogaBody* p. 153 - 170 + *Dump The Slump & Break Out of Your Slump* Yoga Journal articles by Julie Gudmestad

FEBRUARY 28 - Aparigraha / Support (11:00 am - 3:00 pm)

- Lecture: The Sutras of Patanjali & Hinduism, Nicolai Bachman's Sanskrit, Mudras & Mantras
- Anatomy: Shoulder Girdle
- Asana Intensive: Moon Salutes, Jumping & Floating, Arm Balancing, Seated Postures
- Peer Teaching: Quadrant 3 sequence
- Homework:
  - Read: *Farhi* p. 171 - 204

MARCH 1 - **GROUP OUTING - Snowboarding / Ski Day!**

MARCH 2 - Saucha / Align (11:00 am - 5:00 pm)

- Review Quiz / Study Sheets
- Asana Intensive: Safe Back Bending Practice + Reclining Hip Openers & Back Releasing
- Lecture: Chakras East & West, Chakra Affirmations, Psychology of Yoga
- Peer Teaching: Guiding a Savasana - Quadrant 4 Outline/Script
- Homework:
  - Read: *Farhi* p. 205 - 230
  - 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

MARCH 3 - Santosha / Engage (1:00 pm - 5:00 pm)

- Lecture: Kriyas, Ayurveda & Yogi Nutrition
- Asana Intensive: Children's / Motion Restriction / Service & Trauma / Prenatal
- Anatomy: Pelvis, Legs, Ankle + Foot
- Peer Teaching: Outline a Sequence for a 60 min class
- Homework:
  - Read: *Farhi* p. 231 - 250
  - Complete Elbow, Wrist and Hand Worksheet using *YogaBody* p. 171 - 191 + Yoga Journal articles *Arms Control & Bearing Up Under Pressure* by Julie Gudmestad &

MARCH 4 - Tapas / Return (12:00 pm - 5:00 pm)

- Asana Intensives: Inversions Deconstructed with Restoratives to follow
- Anatomy: Elbow, Wrist, & Hand
- Lecture: Professional Info for the Yoga Teacher, Creating a Safe & Sacred Space for Yoga
- Peer Teaching: Final Presentation Team Assignments
- 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

MARCH 5 - DO ANYTHING BREAK DAY!

MARCH 6 - Swadhyaya /Ishvarapranidhana (10:00 am - 5:00 pm)

- Asana Intensive: Assists & Adjusts, Thai Yoga Massage
- Anatomy: Injury & Modifications
- Lecture: Boundaries, Non-violent Communication
- Review for Final Exam
- Peer Teaching: Practice Final Presentations
- Homework:
  - **Study for Final Exam**
  - **Prepare for Final Presentation**

MARCH 7 - TESTING DAY (11:00 am - 3:00 pm)

- Teaching Presentations
- Final Exam

MARCH 8 - 11:00 am - 3:00 pm

- Final Practice Class
- Closing Circle & Reflections
- Celebration / Graduation

\* Schedules subject to change without notice. Please remain a flexible Yogi. Thank you! \*

Hot Air Balloon 6:00 am START  
Horse Drawn Carriage  
Sleigh Ride  
Dogsled  
Snowmobile  
The Springs Soaking Pass