



# Yoga Training Curriculum

Barre Soul Kauai :: Cloud Nine Yoga School  
with Erika Faith Calig

**April 15 - May 27, 2023**  
Saturdays 10:00 am – 4:00 pm

## PRE-TRAINING PREPARATION

- **To Do:**
  - Complete [Registration](#) & Submit 50% deposit (Pay In Full for Discount)
  - Purchase books and get supplies:  
<http://cloudnineyoga.com/train/curriculum/required-reading-material/>
  - **READ: Farhi p. xiii - 80**
  - **Download the *Training Manual*, Access your [Yoga Practices w/ Erika](#)**

### Class 1: April 15 - Welcome to Yoga School, 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 - 130
  - 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: April 22

- Anatomy: Vertebral Column & Diaphragm
- Lecture: Four Types of Yoga, The Schools and Styles of Yoga, Yoga Sutras of Patanjali
- Asana Intensive: Sun Salutations Basics & Poses for Vinyasa flow, Foundation Stances + Standing & Balancing Poses
- Peer Teaching: 3-Pose Standing Flow, Sun C (Classic Series w/ Breath instruction)
- **Homework:**
  - Read: Farhi p. 131 - 170
  - 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

### **April 23: Attend Temple at Kauai Hindu Monastery (OUTING) 8:30 am - 1:30 pm**

Group Experience w/ Mala Making + Mantra, Mudra Instruction, Bring Snacks & Drinks

### Class 3: April 29

- Anatomy: Basic Terms Worksheet review
- Lecture: Quadrant Style Sequencing, Permission Based Yoga, Intro to Sanskrit
- Asana Intensive: Sitting + Reclining Postures - Forward Bends, Hips, Twists
- Peer Teaching: Create & Teach a sequence for Quadrant 1 (include meditation/pranayama)
- **Homework:**
  - Read: Farhi p. 170 - 204
  - 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



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

### Class 4: May 6 **FINAL PAYMENT DUE**

- Anatomy: Shoulder Girdle & Abdominals
- Peer Teaching: Create & Teach a sequence for Quadrant 2
- Lecture: Pranayama/Meditation/Bandhas, Hinduism
- Asana Intensive: Arm Balancing & Backbends, Restoratives/Savasana
- **Homework:**
  - Read: Farhi p. 205 - 230
  - 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
  - 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 5: May 13

- Anatomy: Legs & Pelvis. Ankle & Foot, Elbow, Wrist, & Hand
- Asana Intensive: Inversions
- Lecture: The Chakra System & Energy Body Anatomy, Ayurveda & Yogi Nutrition/Kriyas
- Peer Teaching: Script Quadrant 3 and 4 + Teach it
- **Homework:**
  - Read: Farhi 231 - 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

### Class 6: May 20

- Anatomy: Injury Prevention & Modification
- Asana Intensive: Adjustments & Assists
- Lecture: Professional Info, Ethical Guidelines, Boundaries, Communication
- Specialty Classes: Prenatal, Kids, Motion Restriction
- Final Exam Review
  - Take Online [Final Exam](#)
  - Fine-tune sequence/script for final presentation!

### Class 7: May 27

- Peer Teaching: Presentations day (Teach 15-20 each)
- Closing Circle, Graduation Party

**Schedule Subject to Change Without Notice**

*Please remain a flexible yogi!*