



Kauai Kama'aina 200-hr Immersion February 25 - March 8, 2024

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

PRE-TRAINING PREPARATION [Fill-out Registration](#), Make Payment, [Buy Books](#), Download the [Training Manual](#), *Read: Farhi p. xiii – 80*

Sunday, February 25 - Ahimsa / Breathe (9:00 am - 4:00 pm **Bring a lunch**)

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

Monday, February 26 - **ISLAND EXCURSION** - Hindu Temple (9:00 am - 2:00 pm **Bring snacks**)

- **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

Tuesday, February 27 - Satya / Yield (11:00 am - 4:00 pm)

- Anatomy: Vertebral Column & Diaphragm
- Lecture: How To Teach Permission-based + Quadrant Style Sequencing, Sanskrit Introduction
- Asana Intensive: 20 Basic Poses for Vinyasa Flow, Intro to Sun Salutations + Ujjayi Breath
- 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

Wednesday, February 28 - Asteya / Radiate (11:00 am - 4:00 pm)

- Lecture: Meditation, Pranayama, and Bandhas
- Anatomy: Understanding Basic Terms
- Asana Intensive: Foundations in Standing Poses: The Stances (Mountain, Forward, Side, Wide), complete Basic 20 and Sun salutation variations.
- 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

Thursday, February 29 - Brahmacharya / Center **LEAP DAY** (11:00 am - 4:00 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

Friday, March 1 - **ISLAND EXCURSION** - Beach, Hike, or Chill Day (9:00 am - 2:00 pm)

Saturday, March 2 - Aparigraha / Support (9:00 am - 4:00 pm **Bring Lunch**)

- Anatomy: Shoulder Girdle
- Lecture: Hinduism, Deities Mantras/Mudras, [Yoga :: Nidra * Music * Sanskrit](#)
- Asana Intensive: Moon Salutes, Jumping & Floating, Arm Balancing, Seated Postures
- Peer Teaching: Quadrant 3 sequence
- Homework:
 - Read: Farhi p. 171 - 204

Sunday, March 3 - Saucha / Align (9:00 am - 4:00 pm **Bring Lunch**)

- 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

Monday, March 4 - **REST DAY**

- Kids, Pre/Post Natal, Motion Restriction **Training Videos** [HERE](#)

Tuesday, March 5 - Santosha / Engage (11:00 am - 4:00 pm)

- Lecture: Kriyas, Ayurveda & Yoga Nutrition
- Asana Intensive: Adjustment Policy. Inversions Deconstructed. Yin / Restoratives
- 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 &

Wednesday, March 6 - Tapas / Return (11:00 am - 4:00 pm)

- Asana Intensives: More on Abs, Arms, Reclining Twists, Hips + Posture Q & A
- 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

Thursday, March 7 - Svadhyaya /Ishvarapranidhana (11:00 am - 4:00 pm)

- Asana Intensive: General Hands on guidelines. Assists & Adjusts
- Anatomy: Injury & Modifications
- Lecture: Boundaries, Non-violent Communication
- Review for Final Exam
- Peer Teaching: Practice Final Presentations
- Homework:
 - Take the [Online Final Exam HERE](#)
 - **Prepare for the Final Presentation Day tomorrow!**

Friday, March 8 **TEST DAY ~ Offsite @ Erika's House**

- Teaching Presentations
- Closing Circle & Certificate Ceremony

A Hui Ho ~ Until We Meet Again. Aloha and Mahalo Nui Loa

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