



Yoga Teacher Preparation & 200-hr Hybrid Certification Course

February 5 - April 23 :: Wednesdays 11:00 am - 1:00 pm

(no class Feb 19 & 26)

February 5 - Ahimsa / Breathe

- 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:

- o Read: Farhi p. 81 - 105

February 12 - Satya / Yield

- Anatomy: Vertebral Column & Diaphragm
- Lecture: How To Teach Permission-based + Quadrant Style Sequencing, Sanskrit Introduction
- Asana Intensive: Intro to Sun Salutations + Basic Breath Instruction
- Peer Teaching: Pair Up for Surya Namaskars focusing on pacing and cueing the breath

• Homework:

- o Read: Farhi p. 106 - 130
- 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

March 5 - Asteya / Radiate

- Lecture: Meditation, Pranayama and Bandhas
- Anatomy: Understanding Basic Terms
- Asana Intensive: Foundations in Standing Poses: The Stances
- 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

March 12 - Brahmacharya / Center

- 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:

- o Read: Farhi p. 151 - 170
- o 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

March 19 - Aparigraha / Support

- 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 26 - Saucha / Align

- 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, Take [MIDTERM QUIZ](#) (online link)
 - 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

April 2 - Santosha / Engage

- Lecture: Kriyas, Ayurveda & Yoga 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 the Elbow, Wrist, and Hand Worksheet using *YogaBody* p. 171 - 191 + Yoga Journal articles *Arms Control & Bearing Up Under Pressure* by Julie Gudmestad &

April 9 - Tapas / Return

- Asana Intensives: Inversions Deconstructed, Restoratives
- 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

April 16 - Svadhyaya

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

April 23 - Ishvarapranidhana

- Teaching Presentations
- Final [Exam](#) (online link)
- Closing Circle & Reflections

The schedule is subject to change without notice. Please remain a flexible Yogi. Thank you!