

### **Module 1 OVERVIEW (3 wks)**

What is yoga  
Paths of yoga  
Styles of hatha yoga

### **Module 2 The 8 LIMBS (11 wks)**

Sutra & 8 limb overview  
Yama  
Niyama  
Asana: A&P Intro & 3 Poses of Structural Integrity  
Asana: movement & breath  
Asana: creating a practice  
Pranayama: respiratory system  
Pranayama: practices  
Pratyahara  
Samyama  
The 8 Limbs: what do they mean

### **Module 3 CAKRAS (9 wks)**

Yoga Psychology: Cakra Overview  
Muladhara Cakra  
Svadhastana Cakra  
Manipura Cakra  
Anahata Cakra  
Vishuddha Cakra  
Anja Cakra  
Sahasrara Cakra  
The Cakras: what do they mean

### **Module 4 DEEPER PHILOSOPHY (4 wks)**

History of Western Yoga  
Samkhya  
Sanskrit  
Presentations & Review to date

### **Module 5 YOGA VARIETY (5 wks)**

Ayurveda  
Restorative  
Fascia/Yin  
Kundalini  
Nada

### **Module 6 A&P (7 wks)**

A&P 1  
A&P 2  
A&P 3  
A&P 4  
A&P 5  
A&P 6  
Lymphatic System

### **Module 7 ASANA CLINICS (8 wks)**

Asana clinic: standing  
Asana clinic: hip  
Asana clinic: core/lateral/twists  
Asana clinic: heart openers  
Asana clinic: forward bends  
Asana clinic: balancing poses  
Asana clinic: inversions  
Creating a practicum/class

### **Module 8 TEACHING TECHNIQUES (10 WKS)**

Group teaching 1  
Group teaching 2  
Group teaching 3  
Group teaching 4  
Group teaching 5  
Group teaching 6  
Group teaching 7  
Group teaching 8  
Group teaching 9  
Group teaching 10