

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 Chakra Overview
Muladhara Chakra
Svadhastana Chakra
Manipura Chakra
Anahata Chakra
Vishuddha Chakra
Anja Chakra
Sahasrara Chakra
The Chakras: what do they mean

Module 4 DEEPER PHILOSOPHY (3 wks)

History of Western Yoga
Sanskrit
Samkhya

Module 5 YOGA VARIETY (6 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