

Module 1 OVERVIEW (3 wks)

What is yoga

Paths of yoga

Styles of hatha yoga

Module 2 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 A&P (6 wks)

A&P 1

A&P 2

A&P 3

A&P 4

A&P 5

Lymphatic System

Module 5 YOGA EXPERIENCE (6 wks)

Ayurveda

Restorative

Fascia

Yin

Kundalini

Nada

Module 6 DEEPER PHILOSOPHY (3 wks)

History of Western Yoga

Sanskrit

Samkhya

Module 7 TEACHING (16 wks)

Creating a practicum/class

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

Group teaching 1

Group teaching 2

Group teaching 3

Group teaching 4

Group teaching 5

Group teaching 6

Group teaching 7

Group teaching 8