

Module 1 OVERVIEW (3 wks)

What is yoga
Paths of yoga
Styles of hatha yoga

Module 2 The 8 LIMBS (12 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
Sanskrit

Module 3 CAKRAS (10 wks)

Yoga Psychology: Cakra Overview
Muladhara Cakra
Svadhastana Cakra
Manipura Cakra
Anahata Cakra
Vishuddha Cakra
Anja Cakra
Sahasrara Cakra
Presentations & Review to date
The Cakras: what do they mean

Module 4 A&P (7 wks)

A&P 1 Intro & Terminology
A&P 2 Upper Body
A&P 3 Lower Body
A&P 4 Whole Body
A&P 5 Anatomy Trains
A&P 6 Review & Student Assignments
Lymphatic System

Module 5 ASANA CLINICS (9 wks)

Creating a practicum/class
Asana clinic: standing
Asana clinic: hip
Asana clinic: core/lateral/twists
Asana clinic: heart openers
Asana clinic: forward bends
Cueing & Transitions
Assisting & Adjusting
Pre-Natal

Module 6 TEACHING TECHNIQUES (8 WKS)

Hatha Yoga class and Group Teaching
Chair Yoga class and Group Teaching
Group Teaching
Group Teaching
Group Teaching
Group Teaching
Group Teaching
Group Teaching

Module 7 YOGA VARIETY (8 wks)

History of Western Yoga
Samkhya
Ayurveda
Restorative
Fascia/Yin
Kundalini
Nada
Final Teaching. Initiation & Graduation