

Date	Content	Text references	Terms	Practice cards
Aug. 21	Self Regulation/ Savasana			
Aug. 26	Yoga Basics			
Aug. 28	Meditation/ 8 Limbs of Yoga			
Sept. 11	Spinal Directions of Movement & Forward Bends			
Sept. 23	Yoga Basics			
Sept. 25	Extension and Thoracic Breath			
Sept. 30	Yoga Basics			
Oct. 2	Lateral Bends			
Oct. 7	Yoga Basics			
Oct. 9	Twists			
Oct. 14	Yoga Basics			
Oct. 21	Yoga Basics			
Oct. 23	Backbends			
Oct. 28	Yoga Basics			
Oct. 30	Art of Sequencing			
Nov. 4	Yoga Basics			
Nov. 6	The Pancamaya Model			
Nov. 7 am	Pranamaya Kosa Respiration: Udyana Bhandha			
Nov. 7 pm	Pranamaya Kosa Digestion: Agni Sara			
Nov. 8 am	Pranamaya Kosa Circulation			

Date	Content	Text references	Terms	Practice cards
Nov. 8 pm	Pranamaya Nervous System			
Nov. 13	The Gunas and Inversions			
Nov. 18	Yoga Basics			
Nov. 20	Manomaya Kosa Anxiety			
Dec. 2	Yoga Basics			
Dec. 4	Manomaya Kosa Depression			
Dec. 9	Yoga Basics			
Dec. 11	Manomaya Kosa Mantra			
Dec. 16	Yoga Basics			
Jan. 13	Yoga Basics			
Jan. 15	Vijanamaya Kosa Personality			
Jan. 20	Yoga Basics			
Jan. 22	Anandamaya Kosa Bliss Body			
Jan. 27	Yoga Basics			
Jan. 29	Therapeutic Adaptation			
Feb. 17	Yoga Basics			
Feb. 24	Yoga Basics			
Feb. 26	Mindset and the Yoga Sutras			
Mar. 2	Yoga Basics			
Mar. 4	The Two Pillars of Yoga: Abhyasa and Vairagya			
Mar. 23	Yoga Basics			

Date	Content	Text references	Terms	Practice cards
Mar. 25	Feet/ Practice Teaching			
Mar. 30	Yoga Basics			
Apr. 1	Knees/ Practice Teaching			
Apr. 2 am	Back/ Foundation Training			
Apr. 2 pm	Healthy Movement Patterns			
Apr. 3 am	Abdominals / Foundation Training			
Apr. 3 pm	Communication Styles, Qualities of a Teacher			
Apr. 6	Yoga Basics			
Apr. 8	Hip Focus/ Practice Teaching			
Apr. 13	Yoga Basics			
Apr. 15	Shoulders/ Practice Teaching			
Apr. 20	Yoga Basics			
Apr. 22	Neck/ Practice Teaching			
Apr. 27	Yoga Basics			
Apr. 29	Props/ Trigger Point Release			
May 4	Yoga Basics			
May 6	Ethics/ Authenticity			
May 11	Yoga Basics			

Date	Content	Text references	Terms	Practice cards
May 13	Cues and Adjustments			
May 18	Yoga Basics			
May 20	Teaching Practicum			
May 21 am	Teaching Practicum			
May 21 pm	Teaching Practicum			
May 22 am	Teaching Practicum			
May 22 pm	Teaching Practicum			
May 25	Teaching Practicum			