

Date	Content	Text references	Terms	Practice cards
Aug. 21	Self Regulation/ Savasana	Key Muscles of Yoga <i>p. 212-219</i> Yoga Dipka <i>p. 19-21, 57-60,</i> <i>422-424</i> Sutras of Patanjali 1.1	<ul style="list-style-type: none"> • diaphragm • parasympathetic nervous system • sympathetic nervous system • proprioceptors • relaxation response • vagus nerve 	
Aug. 26	Yoga Basics	Toolbox		
Aug. 28	Meditation/ 8 Limbs of Yoga	Key Muscles of Yoga Yoga Dipka <i>p. 21, 31-53</i> Yoga for Transformation Sutras of Patanjali Toolbox		
Sept. 11	Spinal Directions of Movement & Forward Bends	Key Muscles of Yoga Yoga Dipka Yoga for Transformation Sutras of Patanjali Toolbox		
Sept. 23	Yoga Basics	Toolbox		
Sept. 25	Extension and Thoracic Breath	Key Muscles of Yoga Yoga Dipka Yoga for Transformation Sutras of Patanjali Toolbox		
Sept. 30	Yoga Basics	Toolbox		
Oct. 2	Lateral Bends	Key Muscles of Yoga Yoga Dipka Yoga for Transformation Sutras of Patanjali Toolbox		

Date	Content	Text references	Terms	Practice cards
Oct. 7	Yoga Basics	Toolbox		
Oct. 9	Twists	Key Muscles of Yoga Yoga Dipka Yoga for Transformation Sutras of Patanjali Toolbox		
Oct. 14	Yoga Basics	Toolbox		
Oct. 21	Yoga Basics	Toolbox		
Oct. 23	Backbends	Key Muscles of Yoga Yoga Dipka Yoga for Transformation Sutras of Patanjali Toolbox		
Oct. 28	Yoga Basics	Toolbox		
Oct. 30	Art of Sequencing	Key Muscles of Yoga Yoga Dipka Yoga for Transformation Sutras of Patanjali Toolbox		
Nov. 4	Yoga Basics	Toolbox		
Nov. 6	The Pancamaya Model	Key Muscles of Yoga Yoga Dipka Yoga for Transformation Sutras of Patanjali Toolbox		
Nov. 7 am	Pranamaya Kosa Respiration: Udyana Bhandha	Key Muscles of Yoga Yoga Dipka Yoga for Transformation Sutras of Patanjali Toolbox		

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Nov. 7 pm	Pranamaya Kosa Digestion: Agni Sara	Key Muscles of Yoga Yoga Dipka Yoga for Transformation Sutras of Patanjali Toolbox		
Nov. 8 am	Pranamaya Kosa Circulation	Key Muscles of Yoga Yoga Dipka Yoga for Transformation Sutras of Patanjali Toolbox		
Nov. 8 pm	Pranamaya Nervous System	Key Muscles of Yoga Yoga Dipka Yoga for Transformation Sutras of Patanjali Toolbox		
Nov. 13	The Gunas and Inversions	Key Muscles of Yoga Yoga Dipka Yoga for Transformation Sutras of Patanjali Toolbox		
Nov. 18	Yoga Basics	Toolbox		
Nov. 20	Manomaya Kosa Anxiety	Key Muscles of Yoga Yoga Dipka Yoga for Transformation Sutras of Patanjali Toolbox		
Dec. 2	Yoga Basics	Toolbox		

Date	Content	Text references	Terms	Practice cards
Dec. 4	Manomaya Kosa Depression	Key Muscles of Yoga Yoga Dipka Yoga for Transformation Sutras of Patanjali Toolbox		
Dec. 9	Yoga Basics	Toolbox		
Dec. 11	Manomaya Kosa Mantra	Key Muscles of Yoga Yoga Dipka Yoga for Transformation Sutras of Patanjali Toolbox		
Dec. 16	Yoga Basics	Toolbox		
Jan. 13	Yoga Basics	Toolbox		
Jan. 15	Vijanamaya Kosa Personality	Key Muscles of Yoga Yoga Dipka Yoga for Transformation Sutras of Patanjali Toolbox		
Jan. 20	Yoga Basics	Toolbox		
Jan. 22	Anandamaya Kosa Bliss Body	Key Muscles of Yoga Yoga Dipka Yoga for Transformation Sutras of Patanjali Toolbox		
Jan. 27	Yoga Basics	Toolbox		
Jan. 29	Therapeutic Adaptation	Key Muscles of Yoga Yoga Dipka Yoga for Transformation Sutras of Patanjali Toolbox		
Feb. 17	Yoga Basics	Toolbox		

Date	Content	Text references	Terms	Practice cards
Feb. 24	Yoga Basics	Toolbox		
Feb. 26	Mindset and the Yoga Sutras	Key Muscles of Yoga Yoga Dipka Yoga for Transformation Sutras of Patanjali Toolbox		
Mar. 2	Yoga Basics	Toolbox		
Mar. 4	The Two Pillars of Yoga: Abhyasa and Vairagya	Key Muscles of Yoga Yoga Dipka Yoga for Transformation Sutras of Patanjali Toolbox		
Mar. 23	Yoga Basics	Toolbox		
Mar. 25	Feet/ Practice Teaching	Key Muscles of Yoga Yoga Dipka Yoga for Transformation Sutras of Patanjali Toolbox		
Mar. 30	Yoga Basics	Toolbox		
Apr. 1	Knees/ Practice Teaching	Key Muscles of Yoga Yoga Dipka Yoga for Transformation Sutras of Patanjali Toolbox		
Apr. 2 am	Back/ Foundation Training	Key Muscles of Yoga Yoga Dipka Yoga for Transformation Sutras of Patanjali Toolbox		

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Apr. 2 pm	Healthy Movement Patterns	Key Muscles of Yoga Yoga Dipka Yoga for Transformation Sutras of Patanjali Toolbox		
Apr. 3 am	Abdominals / Foundation Training	Key Muscles of Yoga Yoga Dipka Yoga for Transformation Sutras of Patanjali Toolbox		
Apr. 3 pm	Communication Styles, Qualities of a Teacher	Key Muscles of Yoga Yoga Dipka Yoga for Transformation Sutras of Patanjali Toolbox		
Apr. 6	Yoga Basics	Toolbox		
Apr. 8	Hip Focus/ Practice Teaching	Key Muscles of Yoga Yoga Dipka Yoga for Transformation Sutras of Patanjali Toolbox		
Apr. 13	Yoga Basics	Toolbox		
Apr. 15	Shoulders/ Practice Teaching	Key Muscles of Yoga Yoga Dipka Yoga for Transformation Sutras of Patanjali Toolbox		
Apr. 20	Yoga Basics	Toolbox		

Date	Content	Text references	Terms	Practice cards
Apr. 22	Neck/ Practice Teaching	Key Muscles of Yoga Yoga Dipka Yoga for Transformation Sutras of Patanjali Toolbox		
Apr. 27	Yoga Basics	Toolbox		
Apr. 29	Props/ Trigger Point Release	Key Muscles of Yoga Yoga Dipka Yoga for Transformation Sutras of Patanjali Toolbox		
May 4	Yoga Basics	Toolbox		
May 6	Ethics/ Authenticity	Key Muscles of Yoga Yoga Dipka Yoga for Transformation Sutras of Patanjali Toolbox		
May 11	Yoga Basics	Toolbox		
May 13	Cues and Adjustments	Key Muscles of Yoga Yoga Dipka Yoga for Transformation Sutras of Patanjali Toolbox		
May 18	Yoga Basics	Toolbox		
May 20	Teaching Practicum			
May 21 am	Teaching Practicum			
May 21 pm	Teaching Practicum			

Date	Content	Text references	Terms	Practice cards
May 22 am	Teaching Practicum			
May 22 pm	Teaching Practicum			
May 25	Teaching Practicum			