

Date	Content	Text references	Terms	Practice cards
Aug. 21	Self Regulation/ Savasana	Key Muscles of Yoga: 212-219 Light on Yoga: 19-21, 57-60, 422-424 Sutras: 1.1	diaphragm (origin and insertion) nervous system -sympathetic -parasympathetic proprioceptors relaxation response (4 steps) vagus nerve	
Aug. 26	Yoga Basics	Toolbox		38, 59, 60, 65
Aug. 28	Meditation/ 8 Limbs of Yoga	Key Muscles of Yoga Light on Yoga: 21, 31-53 Sutras:1.2-1.5	meditation yama niyama asana pranayama pratyahara samadhi GABA	
Sept. 11	Spinal Directions of Movement & Forward Bends	Key Muscles of Yoga: 8-9, 12-15, 19, 36-39 Light on Yoga: 92-93, 163-170 Yoga for Wellness: 35-48 Sutras: 1.1-1.5 Toolbox: 65-73	FB benefits FB contraindications agonist antagonist origin insertion vritti ligaments muscles tendons	
Sept. 23	Yoga Basics	Toolbox		65-73
Sept. 25	Extension and Thoracic Breath	Key Muscles of Yoga: 57-59, 62-63 Yoga for Wellness: 7-12 Sutras: 1.5-1.9	iliopsoas -origin -insertion thoracic dharana vritti metta	
Sept. 30	Yoga Basics	Toolbox		any/all

Date	Content	Text references	Terms	Practice cards
Oct. 2	Backbends	Key Muscles of Yoga: 64-68, 84-90, 96-143 Light on Yoga: 100-103, 109 Yoga for Wellness: 49-60 Sutras: 1.5-1.11	BB benefits BB contraindications	49-59
Oct. 7	Yoga Basics	Toolbox		49-59
Oct. 9	Lateral Bends	Key Muscles of Yoga: 128-133 Yoga for Wellness: 72-84 Sutras: 1.12-1.16	abhyasa vairagyam quadratus lumborum	60-64
Oct. 14	Yoga Basics	Toolbox		60-64
Oct. 21	Yoga Basics	Toolbox		any/all - intention and example from home practice
Oct. 23	Twists	Key Muscles of Yoga: 114-127, 157-161 Light on Yoga: 252-262 Yoga for Wellness: 61-71 Sutras: 1.12-1.16	internal obliques external obliques serratus anterior (origins & insertions) primary intention secondary intention	42-48
Oct. 28	Yoga Basics	Toolbox		42-48
Oct. 30	Art of Sequencing	Yoga for Wellness: 12-34 Yoga for Transformation: 59-68 Sutras: 1.17-1.20	see handout on directions of movement and sequencing	
Nov. 4	Yoga Basics	Toolbox		DOM practice
Nov. 6 2-6pm	The Pancamaya Model: Anamayakosha	Yoga for Transformation: 3-12 Toolbox: 3		

Date	Content	Text references	Terms	Practice cards
Nov. 7 9:30-12 pm	Pranamaya Kosha Respiration: Udyana Bhandha	Yoga for Transformation: 3-12 handouts	anamayakosha pranamayakosha manomayakosha vijnamayakosha anandamayakosha	
Nov. 7 2- 5:30 pm	Pranamaya Kosha Digestion: Agni Sara			
Nov. 8 9:30- 12 pm	Pranamaya Kosa Circulation			
Nov. 8 2-5:30 pm	Pranamaya Kosa Nervous System			
Nov. 13	The Gunas and Inversions	handout	guna sattva rajas tamas	
Nov. 18	Yoga Basics	Toolbox		
Nov. 20	Doshas	handout	dosha vata pitta kosha	
Dec. 2	Yoga Basics	Toolbox		
Dec. 4	Manomaya Kosa Depression	Key Muscles of Yoga: 151-166 Yoga for Wellness: 316-324 Light on Yoga: 287-288, 257-358	shoulder girdle humerus clavical rhomboids serratus anterior	56, 88
Dec. 9	Yoga Basics	Toolbox		
Dec. 11	Manomaya Kosa Anxiety	Light on Yoga: 73-76 Yoga for Wellness: 305-315 Yoga for Transformation: 115 Sutras: I.33-40	Ho'oponopono	77, 78, 79
Dec. 16	Yoga Basics	Toolbox		
Jan. 13	Yoga Basics	Toolbox		

Date	Content	Text references	Terms	Practice cards
Jan. 15	Vijanamaya Kosa Personality	Yoga for Transformation: 184-214		
Jan. 20	Yoga Basics	Toolbox		
Jan. 22	Anandamaya Kosa Bliss Body	Yoga for Transformation: 215-245		
Jan. 27	Yoga Basics	Toolbox		
Jan. 29	Therapeutic Adaptation			
Feb. 17	Yoga Basics	Toolbox		
Feb. 24	Yoga Basics	Toolbox		
Feb. 26	Mindset and the Yoga Sutras			
Mar. 2	Yoga Basics	Toolbox		
Mar. 4	The Two Pillars of Yoga: Abhyasa and Vairagya			
Mar. 23	Yoga Basics	Toolbox		
Mar. 25	Feet/ Practice Teaching			
Mar. 30	Yoga Basics	Toolbox		
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	Toolbox		
Apr. 8	Hip Focus/ Practice Teaching			

Date	Content	Text references	Terms	Practice cards
Apr. 13	Yoga Basics	Toolbox		
Apr. 15	Shoulders/ Practice Teaching			
Apr. 20	Yoga Basics	Toolbox		
Apr. 22	Neck/ Practice Teaching			
Apr. 27	Yoga Basics	Toolbox		
Apr. 29	Props/ Trigger Point Release			
May 4	Yoga Basics	Toolbox		
May 6	Ethics/ Authenticity			
May 11	Yoga Basics	Toolbox		
May 13	Cues and Adjustments			
May 18	Yoga Basics	Toolbox		
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			