

| 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 |

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|-----------------|-----------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------|
| 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 | | |

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| 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 | | |

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|-----------|----------------------------------------------------------------------------|----------------------------------------------|---------------------------------|-----------------|
| 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 | Amy's list of community options | |
| Jan. 29 | Personal and Professional Pathways | Margo's bibliography "Principles" handout | mantram | |
| Feb. 17 | Yoga Basics | Toolbox | | dosha |
| Feb. 24 | Yoga Basics | Toolbox | | dosha |
| Feb. 26 | The Yoga Sutras Mindset and The Two Pillars of Yoga: Abhyasa and Vairagya; | Sutras: wrap-up Book 1, intro Book 2 | | |
| Mar. 2 | Yoga Basics | Toolbox | | |
| Mar. 4 | Therapeutic Application | Handout on Principles of Therapeutic Yoga | | |
| Mar. 9 | Yoga Basics (makeup) | | | therapeutic 1:1 |
| Mar. 23 | Yoga Basics | Toolbox | | therapeutic 1:1 |
| Mar. 25 | Feet/ Practice Teaching | | | |
| Mar. 30 | Yoga Basics | Toolbox | | |
| Apr. 1 | Knees/ Practice Teaching | | | |
| Apr. 2 am | Healthy Movement Patterns | | | |
| Apr. 2 pm | Back | | | |
| Apr. 3 am | Abdominals | | | |
| Apr. 3 pm | Foundations Training | | | |
| Apr. 6 | Yoga Basics | Toolbox | | |

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|-----------|---------------------------------------|-----------------|-------|----------------|
| Apr. 8 | Hip Focus/ Practice Teaching | | | |
| 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/ Professionalism | | | |
| 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 | | | |