



All modules are Tuesdays and Thursdays from 9:00 am to 2:00 pm

9/11 and 9/13 Module I

Intro to Course
History of Yoga /Yoga Styles
Anatomy ~ Breath
Asana ~ Seated Postures
Pranayama ~ Introduction

9/18 and 9/20 Module II

Anatomy ~ Intro to Exercise Physiology
Asana ~ Preventing Injury
Class Design ~ Greeting through Warm Up

9/25 and 9/27 Module III

Anatomy ~ Spine
Asana ~ Twists
Teaching Method ~ Space Management

10/2 and 10/4 Module IV

Anatomy ~ Core
Energy Anatomy ~ Bandhas
Asana ~ Stabilizing Postures
Teaching Method ~ Teaching and Learning Styles

10/9 and 10/11 Module V

Class Design ~ Suryanamaskara A
Teaching Methodology ~ Counter Posture
Meditation and Mantra ~ Intro to Sanskrit
Pranayama ~ Heat Building
Intro to Yoga Texts

10/16 and 10/18 Module VI

Anatomy ~ Hips
Pranayama ~ Releasing Breath
Asana ~ Forward Bends and Hip Openers
Philosophy ~ Intro to the Yoga Sutras
Teaching Method ~ Being a Guide/Emotional Release

10/23 and 10/25 Module VII

Asana ~ Forward Bends and Hip Openers
Philosophy ~ Intro to Yoga Literature
Philosophy ~ Yoga Sutras

10/30 and 11/1 Module VIII

Energy Anatomy ~ Intro to Energy Body
Pranayama ~ Heat Building and Energy Balancing
Teaching Method ~ Intro to Assisting
Philosophy III ~ Yoga Sutra Presentations

11/6 and 11/8 Module IX

Anatomy ~ Knees and Legs
Asana ~ Standing Postures
Class Design ~ Suryanamaskara B
Intro to Ethics of Caring

11/13 and 11/15 Module X

Anatomy ~ Shoulders and Chest
Asana ~ Backbends and Shoulder Opening
Pranayama ~ Complete Breath
Ethics ~ Non-Ordinary States

11/27 and 11/29 Module XI

Meditation and Mantra ~ Introduction and Application
Ethics ~ Ethics of Caring Reports
Teaching Method ~ Sequencing to Build Success

12/4 and 12/6 Module XII

Anatomy ~ Balance, Leg, and Foot
Asana ~ Balance
Class Design ~ Balance
Ethics ~ Intro to Ethics Statements

12/11 and 12/13 Module XIII

Anatomy ~ Elbow, Wrist and Hand
Energy Anatomy ~ Bhandas
Asana ~ Arm Balance
Class Design ~ Arm Balance
Ethics ~ Personal Ethics Statement Presentation

12/18 and 12/20 Module XIV

Anatomy ~ Inversion
Asana ~ Inversion
Class Design ~ Deep Stretching and Inversion
Meditation and Mantra ~ Sanskrit Review

1/3 and 1/8 Module XV

Anatomy ~ Autonomic Nervous System
Asana ~ Savasana
Class Design ~ Finishing, Savasana, and Closing Class
Pranayama ~ Brahmari Breath
Philosophy ~ Bhagavad Gita

1/10 and 1/15 Module XVI

Energy and Touch Workshop
Anatomy ~ Special Populations
Asana ~ Modified Practice
Business ~ First Teaching Job
Philosophy ~ Autobiography of a Yogi Presentations

1/17 Binder Review and Test Out

1/22 Test Out

Redefining Wellness

This program is a yoga lifestyle cleanse that incorporates traditional yogic techniques into daily life. It is offered in Fall and Winter each year. Participants are required to take one of the sessions. Dates and times are listed in our workshops tab at www.yogatreeplano.com

Notes: The dates and topics listed are subject to change.