

Teacher Training 2009-2010

Fall Q	Sept 21 - Dec 6	Read before 1st session on 9/19
Yoga on High		
WholeKids		
Saturday		
Thursday		Read pages 3 through 19 In the Teacher Training Manual
		Read the Teacher Training Manual on Assisting New Beginners in Ashtanga classes, p. 42
Saturday	19-Sep	Program Overview, Goals for Beginning Yoga Students, Contemplation, Reading Bodies, Vertebral Column
9:00 to 4:30		Read Teacher Training Manual on Savasana, p. 30
YOHI		Read week 1 of the New Beginners curriculum (Hatha and/or Ashtanga)
		Practice a long Savasana every day
		Hatha students use Satchidananda's tape/CD several times in a week
		Read Chapter 1, 2 & 3, <i>Yoga Body</i>
Thursday	24-Sep	Savasana
6:00 to 9:00		Read sections on breathing (p. 20 & 29) and on the bandhas (p. 28) in the Teacher Training Manual
WK		Practice teaching Savasana out loud to another person(s)
		Read Chapter 1, <i>Moola Bandha</i> (ashtanga)
		Read Chapters 1 & 2, <i>The Breathing Book</i> , Donna Farhi
		Read Chapter 4 & 5, <i>YogaBody</i>
Thursday	1-Oct	Practice Teach - Savasana - Hatha
6:00 to 9:00		Practice teach Savasana including adjusting physical set ups in groups of three
WK		Read Chapter 3, <i>The Breathing Book</i>
		Read Chapter 6 & 7, <i>YogaBody</i>
Thursday	8-Oct	Practice Teach - Savasana - Ashtanga
6:00 to 9:00		Practice teach Savasana including adjusting physical set ups in groups of three
WK		Read the Teacher Training Manual on Touch, p. 62
Thursday	15-Oct	Demonstrating, Correcting, Touching
6:00 to 9:00		Read Chapter 11 & 12, <i>YogaBody</i>

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WK		Read week 2 of the New Beginners curriculum
		Read Chapters 4 -5, <i>The Breathing Book</i>
		Read Teacher Training Manual on Clarity of Language, p. 47
Saturday	24-Oct	Breathing and Clarity of Language
10:45 to 6:00		Lead breathing exercise out load to yourself or others several times this week
YOHI		Read Chapter 6, <i>The Breathing Book</i>
		With another student, work through the 1st week of the New Beginner course
Thursday	29-Oct	Practice Teach - Breathing - Ashtanga
6:00 to 9:00		Teach ujjayi in groups of 3 (ashtanga)
WK		Read Chapter 7, <i>The Breathing Book</i>
		At home, practice cat/cow, talking yourself through every move
		In your home practice, talk yourself through the whole practice out loud, doing only what you tell yourself to do
		Written assignment: Instead of offering an instruction based on structural information (like what foot goes where) let the pose suggest an image to you and create 2 instructions based on that image. For example, if your metaphor is that cobra pose is like a snake you could say, "Let your chest rise up like a cobra lifting out of its basket. Let my voice be like the flute drawing you upward." Write out 2 instructions for each of 3 poses using metaphor and email them to Marcia@yogaonhigh.com, Martha@yogaonhigh.com, and Linda@yogaonhigh.com
		Prepare for Savasana Certification
Thursday	5-Nov	Practice Teach - Breathing - Hatha
6:00 to 9:00		Read Part 1 & 2 of The Wisdom of Yoga
WK		
Thursday	12-Nov	Certification on Savasana - Ashtanga
6:00 to 9:00		Read Part 3, The Wisdom of Yoga
WK		Read week 3 of the New Beginners curriculum; work through in your private practice

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Thursday	19-Nov	Certification on Savasana - Hatha
6:00 to 9:00		
WK		
Thursday	26-Nov	Thanksgiving
Thursday	3-Dec	Sutra
6:00 to 9:00		Read Teacher Training manual on the Sun Salutes, p. 38
WK		Read Donna Farhi's <i>Yoga Body, Mind & Spirit</i> , pp. 1 to 130
		Read David Swenson's manual on the the Sun Salute (ashtanga)
		Prepare to teach the Sun Salute (hatha) or A's & B's (ashtanga)
Thursday	10-Dec	Surya Namaskara - both groups (2 rooms)
6:00 to 9:00		Review sutra materials and memorize the 8 Limbs and all the yamas and niyamas in English and Sanskrit (quiz mid-January)
YOHI		Read TT manual on the anatomy of the shoulder (p.80)
		Read Chapter 13 of YogaBody