



Teacher Training Syllabus Winter/Spring 2010

Topics Covered	Topic Category
Week 1 Orientation Jan 8 Overview, Philosophy, Yoga Sutras	PLE
Homework Key Muscles of Yoga (KMY) Ch. 24 (Respiration) Light on Yoga (LOY) 203-216* (Pranayama) Yoga by Yoga Journal (YOG) pgs. 9-60 (The History of Yoga) Book: The Science of Breath by Yogi Ramacharaka	A&P T PLE T

*NOTE: Light on Yoga assignments are not by page number, they are by item number.

For the following weeks:

Lecture Sessions are Fridays from 12-8pm at The Hub

Discussion Sessions are Tuesdays 7-9am or 12-2pm, locations TBD

Topics Covered	Topic Category
Week 2 Lecture Session Jan 15	
Anatomy & Physiology of Respiration	A&P
A&P of Respiration in Basic Pranayama	A&P
Techniques of Basic Pranayama and Meditation	T
Practice of Basic Pranayama and Meditation	T
Teaching Basic Pranayama and Meditation	TM
Practicum - Basic Pranayama and Meditation	PR
Homework	
KMY Fundamentals 10,22,26 & Ch.25 (Skeletal System, Spine, Deep Core Muscles)	A&P
LOY 35,39,40-42,58,59,61,62,67,108,109,165,166,200 (Supine and Seated poses)	T
YOG pgs. 266 on, 428 on	T
Read "Yama" in LOY intro, YOG intro, and Yoga Sutras	PLE
Book: The World's Religions by Huston Smith	

Topics Covered	Topic Category
Week 3 Lecture Session Jan 22	
Skeletal System Overview, Internal Core Muscles (with quiz on assigned reading)	A&P
Internal Core Muscles in the application of Bandhas (Spinal Stability)	A&P
Techniques of applying Bandhas to Seated and Supine poses (with quiz on assigned reading)	T
Practice of Seated and Supine poses	T
Teaching Seated and Supine Poses	TM
Practicum - Seated and Supine Poses	PR
Discussion Session Jan 26	
Yama and Traditional Collective Wisdom (discussion & assessment of assigned reading)	PLE
Homework	
KMY Fundamentals 9, 35, 44 & Ch. 9, 10 (Anatomy Terminology, External Core Muscles)	A&P
LOY 13-15,18-20,34,36,63,66,69-72,106,110,133 (Abs, Forward Bends, Side Bends, Hands & Knees)	T
YOG pgs. 115-127, 266 on	T
Read "Niyama" in LOY intro, YOG intro, and Yoga Sutras	PLE
Book: Hagakure ("Hidden Leaves") by Tsunetomo Yamamoto	

Topics Covered	Topic Category
Week 4 Lecture Session Jan 29	
External Core Muscles (with quiz on assigned reading)	A&P
External Core Muscles in movement of the spine	A&P
Techniques of Abdominal Postures, Forward and Side Bends (with quiz on assigned reading)	T
Practice of Abdominal Postures, Forward and Side Bends	T
Teaching Abdominal Postures, Forward and Side Bends	TM
Practicum - Abdominal Postures, Forward and Side Bends	PR
Discussion Session Feb 2	
Niyama and Dedication to a Singular Goal (discussion & assessment of assigned reading)	PLE
Homework	
KMY Part One, Part Two, Part Three (Circulation, Major Muscle Groupings)	A&P
LOY 29-33 (Vinyasa, Plank, Chaturanga, Cobra, Downdog)	T
YOG pgs. 64-79, 207-209	T
Read "Asana" in LOY intro, YOG intro, and Yoga Sutras	PLE
Book: The Tao of Pooh by Benjamin Hoff	

Topics Covered	Topic Category
Week 5 Lecture Session Feb 5	
Circulation and Major Muscle Groups (with quiz on assigned reading)	A&P
Effect of Vinyasa on Circulation and Muscular Activity	A&P
Techniques of Basic Vinyasa - Plank, Cobra, Downdog and transitions (with quiz on assigned reading)	T
Practice of Basic Vinyasa - Plank, Cobra, Downdog and transitions	T
Teaching Basic Vinyasa - Plank, Cobra, Downdog and transitions	TM
Practicum - Basic Vinyasa - Plank, Cobra, Downdog and transitions	PR
Discussion Session Feb 9	
Asana and the Navigation of Daily Life (discussion & assessment of assigned reading)	PLE
Homework	
KMY Ch. 1,2,3,7,8 (Leg Muscles)	A&P
LOY 1,2,7,12,17 (Standing, Squatting, Internal Lunges)	T
YOG pgs. 90,100,108,109	T
Read "Pranayama" in LOY intro, YOG intro, and Yoga Sutras	PLE
Book: Three Deep Breaths by Thomas Crum	

Topics Covered	Topic Category
Week 6	
Lecture Session Feb 12	
Leg Muscles (with quiz on assigned reading)	A&P
Action of Leg Muscles in Standing, Squatting, and Internal Lunge Postures	A&P
Techniques of Standing, Squatting, and Internal Lunge Postures (with quiz on assigned reading)	T
Practice of Standing, Squatting, and Internal Lunge Postures	T
Teaching Standing, Squatting, and Internal Lunge Postures	TM
Practicum - Standing, Squatting, and Internal Lunge Postures	PR
Discussion Session Feb 16	
Pranayama and This Moment, Right Now (discussion & assessment of assigned reading)	PLE
Homework	
KMY Ch. 4, 5a,5b,6 (Hips)	A&P
LOY 3,5,8 (External Lunges and Wide-Leg Standing)	T
YOG pgs. 83, 86, 100, 115	T
Read "Prathyahara" in LOY intro, YOG intro, and Yoga Sutras	PLE
Book: The Art of Doing Nothing by Veronique Vienne	

Topics Covered	Topic Category
Week 7	
Lecture Session Feb 19	
Hip Joint and surrounding Musculature (with quiz on assigned reading)	A&P
Hip Joint and surrounding Musculature in External Lunges and Wide-Leg Standing Postures	A&P
Techniques of External Lunges and Wide-Leg Standing Postures (with quiz on assigned reading)	T
Practice of External Lunges and Wide-Leg Standing Postures	T
Teaching External Lunges and Wide-Leg Standing Postures	TM
Practicum - External Lunges and Wide-Leg Standing Postures	PR
Discussion Session Feb 23	
Prathyahara and You, Alone (discussion & assessment of assigned reading)	PLE
Homework	
KMY Ch. 21 (Feet)	A&P
LOY 9-11, 21, 199 (Single-Leg Standing)	T
YOG pgs. 80 on	T
Read "Dharana" in LOY intro, YOG intro, and Yoga Sutras	PLE
Book: Zen in the Art of Archery by Eugen Herrigel	

Topics Covered	Topic Category
Week 8	
Lecture Session Feb 26	
Foot Anatomy (with quiz on assigned reading)	A&P
Foot Activity in Standing Postures	A&P
Techniques of Single-Leg Standing Postures (with quiz on assigned reading)	T
Practice of Single-Leg Standing Postures	T
Teaching Single-Leg Standing Postures	TM
Practicum - Single-Leg Standing Postures	PR
Discussion Session March 2	
Dharana and The Evloution of Awareness (discussion & assessment of assigned reading)	PLE
Homework	
KMY Ch. 12,20 (Spine Details, Head & Neck)	A&P
LOY 4,6,60,68,105,112-116,119,120-122 (Twists)	T
YOG pgs. 80 on, 266 on, 428 on	T
Read "Dhayana" in LOY intro, YOG intro, and Yoga Sutras	PLE
Book: Mindfulness in Plain English by Bhante Henepola Gunaratana	
Topics Covered	Topic Category
Week 9	
Lecture Session March 5	
Anatomy of Head, Neck, and Spine (with quiz on assigned reading)	A&P
Head, Neck, and Spine in Twists	A&P
Techniques of Twists (with quiz on assigned reading)	T
Practice of Twists	T
Teaching Twists	TM
Practicum - Twists	PR
Discussion Session March 9	
Dhayana and The Ultimate Expression of Yoga (discussion & assessment of assigned reading)	PLE
Homework	
KMY Ch. 11,13,14,15 (Chest, Shoulders, and Back)	A&P
LOY 16,25-28,51,111,164,172-181,184-193,196-198 (Back Bends)	T
YOG pgs. 202 on	T
Read "Samadhi" in LOY intro, YOG intro, and Yoga Sutras	PLE
Book: Dancing Wu Li Masters by Gary Zukav	

Topics Covered	Topic Category
Week 10 Lecture Session March 12	
Anatomy of Chest, Shoulders, and Back (with quiz on assigned reading)	A&P
Chest, Shoulders, and Back in Back Bends	A&P
Techniques of Back Bends (with quiz on assigned reading)	T
Practice of Back Bends	T
Teaching Back Bends	TM
Practicum - Back Bends	PR
 Discussion Session March 16	
Samadhi and the Physics of Enlightenment (discussion & assessment of assigned reading)	PLE
 Homework	
KMY Ch. 16,17,18,19 (Arms)	A&P
LOY 38,123-132,148-162,194 (Arm Balances)	T
YOG pgs. 128 on	T
Handout: The Oxherding Series	
Book: The Seven Spiritual Laws of Yoga by Deepak Chopra	

Topics Covered	Topic Category
Week 11 Lecture Session March 19	
Anatomy of Arms (with quiz on assigned reading)	A&P
Arms in Arm Balances	A&P
Techniques of Arm Balances (with quiz on assigned reading)	T
Practice of Arm Balances	T
Teaching Arm Balances	TM
Practicum - Arm Balances	PR
 Discussion Session March 23	
Samadhi and "Real" Life (discussion & assessment of assigned reading)	PLE
 Homework	
KMY Ch. 22 (Hands)	A&P
LOY 74-104,107,182,183,195 (Inversions)	T
YOG pgs. 364 on	T
 Book: Your Fat by Jay Co	

Topics Covered	Topic Category
Week 12 Lecture Session March 26	
Anatomy of the Hands (with quiz on assigned reading)	A&P
Hands in Arm Balances & Inversions	A&P
Techniques of Inversions (with quiz on assigned reading)	T
Practice of Inversions	T
Teaching Inversions	TM
Practicum - Inversions	PR
Discussion Session March 30	
Practical Nutrition 1 (discussion & assessment of assigned reading)	PLE
Homework	
KMY TBD	A&P
LOY 22-24,37,43-47,49,50,52-57,64,65,73,117,118,134-147,163,167-171 (Hip Openers)	T
YOG pgs. All sections - Identify 10 hip opening postures	T
Independent Research: Popular Diets	

Topics Covered	Topic Category
Week 13 Lecture Session April 2	
Anatomy & Physiology of Nervous System (with quiz on assigned reading)	A&P
Nervous System in Hip Openers	A&P
Techniques of Hip Openers (with quiz on assigned reading)	T
Practice of Hip Openers	T
Teaching Hip Openers	TM
Practicum - Hip Openers	PR
Discussion Session April 6	
Practical Nutrition 2 (discussion & assessment of assigned research)	PLE
Homework	
KMY TBD (Exercise Physiology)	A&P
LOY TBD (Sun Salutations)	T
YOG pgs. 64-79	T
Book: The Little Me and the Great Me by Lou Austin	

Topics Covered	Topic Category
Week 14 Lecture Session April 9	
Cardiovascular System (with quiz on assigned reading)	A&P
Cardiovascular System in Sun Salutations	A&P
Techniques of Sun Salutations (with quiz on assigned reading)	T
Practice of Sun Salutations	T
Teaching Sun Salutations	TM
Practicum - Sun Salutations	PR
Discussion Session April 13	
Yoga Ethics (discussion & assessment of assigned reading)	PLE
Homework	
KMY TBD (Exercise Physiology)	A&P
LOY TBD (Sequencing)	T
YOG pgs. Review All Sections	T
Book: It's Not How Good You Are, It's How Good You Want to Be by Paul Arden	

Topics Covered	Topic Category
Week 15 Lecture Session April 16	
Exercise Physiology (with quiz on assigned reading)	A&P
Exercise Physiology in Sequencing	A&P
Techniques of Transitions in Sequencing (with quiz on assigned reading)	T
Practice of Transitions in Sequencing	T
Sequencing	TM
Practicum - Sequencing	PR
Discussion Session April 20	
Business/Marketing of Yoga (discussion & assessment of assigned reading)	PLE
Additional Requirements for Graduation	
2 classes assisting (adjusting students)	PR
Final Exam	
Teach a class with instructor attending (may be required to do this more than once until instruction is deemed satisfactory)	PR