



In-depth Yoga Study & Basic Teacher Certification Training Curriculum Huntington Beach-Irvine, CA School

All Lectures are Friday evenings from 7:00 pm to 9:00 pm
All Asana Intensives are Saturdays from 12:00 pm to 5:00 pm

Week 0

- To Do:
 - Complete and submit application with deposit
 - \$400 deposit (make check payable to: Erika Faith Calig)
 - Purchase books and supplies
- Read: Farhi p. xiii – 7, Iyengar p. 19-31

Week 1: September 28th

- Lecture: Introduction & Orientation, What is Yoga?
 - Payment #1 Due: \$649.75 (make check payable to: Linda Crossley)
 - Purchase and download Cloud Nine Yoga's on-line program
- Homework:
 - Read: Farhi p. 7 – 20, Iyengar p. 31 – 53
 - Practice yoga (to Cloud Nine Yoga's on-line program)
 - Journal (Essay: Compare the Farhi and Iyengar approaches to the Yamas and Niyamas. Which take resonates with you?)

Week 2: October 5th

- Lecture: 8 Limbed Path of Ashtanga, Yamas and Niyamas
- Homework:
 - Read: Supplemental article (Why Teach Sanskrit Names?)
 - Practice yoga
 - Journal

Week 3: October 12th

- Lecture: Posture/Sanskrit
- Homework:
 - Read: Farhi p. 21 – 80; YogaBody p. 5 – 30; Iyengar p. 57 – 60; 4 supplemental articles (refer to Anatomy worksheets)
 - Complete: Anatomy worksheets (Understanding Basic Terms)
 - Review: Anatomy worksheets (Compression, Tension & Proportion)
 - Practice Sanskrit
 - Practice yoga
 - Journal

Week 4: October 20th

- Asana Intensive #1:



In-depth Yoga Study & Basic Teacher Certification Training Curriculum

- Anatomy: Anatomy for Yoga (Paul Grilley DVD) – The Big Picture; basic terms, compression, tension & proportion
- Focus: Seven Moving Principles
- Homework:
 - Practice yoga and Sanskrit
 - Journal (Essay: What yoga style do you enjoy most? How would you teach? Why?)
 - Update Hours Log
 - Study for quiz

Week 5: October 26th

- Quiz: 8 limbs, Yamas and Niyamas
- Lecture: Four Types of Yoga, The Schools and Styles of Yoga
- Homework:
 - Read: YogaBody p. 33-89 and 143-149, 2 supplemental articles (refer to Anatomy worksheets)
 - Complete: Anatomy worksheets (Vertebral Column and Diaphragm)
 - Practice yoga and Sanskrit

Week 6: November 3rd

- Asana Intensive #2
 - Anatomy: Vertebral Column and Diaphragm
 - Focus: Basic 20 vinyasa flow poses
- Homework:
 - Read: Iyengar p. 431-461
 - Practice yoga and Sanskrit
 - Journal
 - Study for quiz

Week 7: November 9th

- Quiz: Seven Moving Principles
- Lecture: Pranayama and Bandhas
 - Payment #2 Due: \$649.75 (make check payable to: Linda Crossley)
 - Journal and Hours Log Review (bring to class or email prior to class)
- Homework:
 - Read: Farhi p. 84 – 130; YogaBody p. 109 – 132, 6 supplemental articles (Focus on Your Feet; Ground Control; Hip Adductor Need-to-Know; The Long and Short of Legs; Thigh Master; Thighs Matter)
 - Complete: Anatomy worksheets (Leg, Ankle, Foot)
 - Practice yoga and Sanskrit
 - Journal



In-depth Yoga Study & Basic Teacher Certification Training Curriculum

Week 8: November 17th

- Asana Intensive #3:
 - Anatomy: Anatomy for Yoga (Paul Grilley DVD) – The Femur; leg, ankle & foot
 - Focus: Standing and Balancing, Peer Teaching
 - Homework:
 - Practice yoga, pranayama and Sanskrit
 - Journal
 - Update Hours Log

Week 9: November 23rd – 24th – Thanksgiving Holiday (**No Class**)

- Seva
- Homework:
 - Read: Iyengar p. 57-60
 - Study for quiz

Week 10: November 30th

- Quiz: Anatomy – Basic terms, Compression, tension & proportion, Vertebral column and Diaphragm
- Lecture: Meditation
- Homework:
 - Practice yoga, pranayama, meditation and Sanskrit
 - Journal
 - Study for quiz

Week 11: December 7th

- Quiz: Posture/Sanskrit
- Lecture: Yoga Sutras of Patanjali
- Homework:
 - Practice yoga, pranayama, meditation and Sanskrit
 - Journal
 - Study for quiz

Week 12: December 14th

- Quiz: Four Types of Yoga
- Lecture: The Chakra System
- Homework:
 - Practice yoga, pranayama, meditation and Sanskrit
 - Journal

Weeks 13/14: December 21st – 29th – Holiday Season (**NO CLASS**)



In-depth Yoga Study & Basic Teacher Certification Training Curriculum

- Seva
- Homework:
 - Read: Farhi p. 131 – 170, YogaBody p. 93 – 108, 3 supplemental articles (Bust Stress; Get Hip About Flexors; Great Glutes)
 - Complete: Anatomy worksheet (Pelvis)

Week 15: January 5th

- Asana Intensive #4
 - Anatomy: Anatomy for Yoga (Paul Grilley DVD) – The Pelvis and Orientation
 - Focus: Forward Bending, Twisting and Hip-openers, Peer teaching
- Homework:
 - Read: Supplemental article (Power Up Your Immune System)
 - Practice yoga, pranayama, meditation and Sanskrit
 - Journal
 - Update Hours Log
 - Study for quiz

Week 16: January 11th

- Quiz: Pranayama and Bandhas
- Lecture: Ayurveda
- Homework:
 - Practice yoga, pranayama, meditation and Sanskrit
 - Journal
 - Study for quiz

Week 17: January 18th

- Quiz: Anatomy – Foot, Ankle, Leg, Pelvis
- Lecture: Kriyas and Mudras
 - Payment #3 Due: \$649.75 (make check payable to: Linda Crossley)
 - Journal and Hours Log review (bring to class or email prior to class)
- Homework:
 - Practice yoga, pranayama, meditation and Sanskrit
 - Consider trying a kriya
 - Consider integrating a mudra that resonates with you into your yoga practice
 - Journal about your kriya and/or mudra practice
 - Study for quiz

Week 18: January 25th

- Quiz: Chakras
- Lecture: Mantras



In-depth Yoga Study & Basic Teacher Certification Training Curriculum

- Homework:
 - Pick a mantra that resonates with you and consider starting a 40-day practice
 - Practice yoga, pranayama, meditation and Sanskrit
 - Journal
 - Begin planning your project!

Week 19: February 1st – 2nd – Winter Break (**NO CLASS**)

- Seva
- Homework:
 - Read: YogaBody p. 135 – 142, supplemental article (Forget Six-Pack Abs)
 - Complete: Anatomy worksheet (Abdominals)
 - Practice yoga, pranayama, meditation and Sanskrit

Week 20: February 9th

- Asana Intensive #5
 - Anatomy: Abdominals
 - Focus: Sun Salutations, Abdominals, Peer Teaching
- Homework:
 - Read: Supplemental articles (Accounting Tips for Yoga; Glen Ivy Articles)
 - Practice yoga, pranayama, meditation and Sanskrit
 - Journal (Essay: Explain a situation that felt “unsafe” in a yoga class you attended. How would you have made it better?)

Week 21: February 15th

- Lecture: Ethics of Teaching, Sacred Space and Classroom Safety, Professional Information
- Homework:
 - Read: Farhi p. 172 – 204, Yoga Body p. 153 – 170, 2 supplemental articles (refer to Anatomy worksheets)
 - Complete: Anatomy worksheets (Shoulder Girdle)
 - Practice yoga, pranayama, meditation and Sanskrit

Week 22: February 23rd

- Asana Intensive #6
 - Anatomy: Anatomy of Yoga (Paul Grilley DVD) – Shoulder vs. Spine, shoulder girdle
 - Focus: Opening the back and chest, Peer teaching
- Homework:
 - Practice yoga, pranayama, meditation and Sanskrit
 - Journal (Essay: What are your current concerns about teaching?)
 - Update Hours Log



In-depth Yoga Study & Basic Teacher Certification Training Curriculum

- Study for quiz

Week 23: March 1st

- Quiz: Anatomy – Abdomen and Shoulder Girdle
- Lecture: Boundaries; Discussion: Concerns about teaching
- Homework:
 - Read: Farhi p. 254 – 269, Iyengar p. 462 – 486, 3 supplemental articles (Identify & Heal Your Students' Soft-Tissue Injuries; Synovial Fluid and Inflamed Joints; Energize Your Day)
 - Complete: Anatomy worksheet (Injuries and modifications)
 - Practice yoga, pranayama, meditation and Sanskrit
 - Journal
 - Consider setting your healthy boundary!

Week 24: March 9th

- Asana Intensive #7:
 - Anatomy: Injuries and modifications
 - Focus: Modifications/cueing for safety/injury prevention, sequencing, transitions, adjustments versus assists, Peer teaching
- Homework:
 - Read: Iyengar p. 487 – 506
 - Practice yoga, pranayama, meditation and Sanskrit
 - Journal
 - Check out web site www.ammachi.org

Week 25: March 15th

- Lecture: Yoga Therapy/Body Energetics
- Homework:
 - Read: Farhi p. 232 – 250
 - Practice yoga, pranayama, meditation and Sanskrit
 - Journal (Essay: Think about your favorite experience of Savasana . . . what made it special?)
 - Update Hours Log

Week 26: March 23rd

- Asana Intensive #8:
 - Focus: Prenatal, kids, multi-level, yin, seniors, restorative, and savasana (assists/adjustments), Peer teaching
- Homework:
 - Practice project presentation
 - Journal (Essay – Identify a deity that speaks to you and research it)



In-depth Yoga Study & Basic Teacher Certification Training Curriculum

Week 27: March 29th

- Lecture: Bhagavad Gita, Hinduism, Deities & Avatars
 - Final Payment Due: \$649.75 (make check payable to: Linda Crossley)
- Homework:
 - Read: Farhi p. 206 – 230, YogaBody p. 171-191, 2 supplemental articles (refer to Anatomy worksheets)
 - Complete: Anatomy worksheets (Elbow, Wrist and Hand)
 - Practice yoga, pranayama, meditation and Sanskrit
 - Journal

Week 28: April 6th

- Asana Intensive #9:
 - Anatomy: Anatomy for Yoga (Paul Grilley DVD) – Proportion; elbow, wrist and hand
 - Focus: Blissful Inversions, Arm Balancing, Peer teaching
- Homework:
 - Reading: Catch up!
 - Journal
 - Update Hours Log
 - Finish Project/Presentation
 - Study

Week 29: April 12th

- Lecture: Review for test
 - Submit Final Written Project

Week 30: April 19th – 20th (Spring Break) – **NO CLASS**

- Seva
- Homework:
 - Study!!
 - Practice project presentation

Week 31: April 26th

- Lecture: Written Test (Weekly Topics and Farhi Fill In, Posture and Sanskrit Identification, and Anatomy Fill In)

Week 32: May 4th

- Asana Intensive #10:
 - Present Project
- Homework



In-depth Yoga Study & Basic Teacher Certification Training Curriculum

- Update Hours Log
- Complete Program Evaluation
- Plan for retreat

Week 33: May 10th – May 12th?

- Retreat, Graduation and Certification Ceremony: Dates/Location TBD
- Homework
 - Email final completed Hours Log

Peer Teaching

You will be “practice” teaching at each Asana Intensive.

Project/Presentation

Each student must design a specialized yoga class. You will be choosing a specific age (seniors, etc.) or orientation group (beginning, intermediate, etc.) in which to gear your class. Write a two-page outline of exactly what, how and why you would teach the given poses. Prepare an “in-class” presentation, approx. 20 minutes, sharing a section of your class with the group.

Final Exam

A comprehensive “fill-in” test on the accumulative information presented throughout the 28-week period will be given during the final week of meeting. This will include: postures names written in English for you to translate to Sanskrit, basic Anatomy fill-in terms and questions about the weekly topic presentations.