Huntington Beach-Costa Mesa, 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: Friday, September 23rd

* Lecture: Introduction & Orientation, What is Yoga?
  + Payment #1 Due: $649.75 (make check payable to: Linda Crossley)
  + Purchase 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: Friday, September 30th

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

Week 3: Friday, October 7th

* 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: Saturday, October 15th

* Asana Intensive #1:
  + 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
  + Check out web site [www.ammachi.org](http://www.ammachi.org)

Week 5: Friday, October 21st

* 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: Saturday, October 29th

* Asana Intensive #2
  + Anatomy: Vertebral Column and Diaphragm
  + Focus: Basic 20 vinyasa flow poses

Week 7: November 4th - 6th: Fall Break **(No Class)**

* Catch Your Breath and Catch up Reading
* Homework:
  + Read: Iyengar p. 431-461
  + Practice yoga and Sanskrit
  + Journal
  + Study for quiz

Week 8: Friday, November 11th

* 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

Week 9: Saturday, November 19th

* Asana Intensive #3:
  + Anatomy: Anatomy for Yoga (Paul Grilley DVD) – The Femur; leg, ankle & foot
  + Focus: Standing and Balancing, Peer Teaching

Week 10: November 25th – 28th: Thanksgiving Holiday **(No Class)**

* Seva
  + Homework:
    - Read: Iyengar p. 57-60
    - Practice yoga, pranayama and Sanskrit
    - Journal
    - Study for quiz

Week 11: Friday, December 2nd

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

Week 12: Friday, December 9th

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

Week 13: Friday, December 19th

* Quiz: Four Types of Yoga
* Lecture: The Chakra System
* Homework:
  + Practice yoga, pranayama, meditation and Sanskrit
  + Journal
  + Study for quiz

Week 14: Friday, December 23rd

* + - Quiz: Pranayama and Bandhas
    - Lecture: Ayurveda
    - Homework:
  + Practice yoga, pranayama, meditation and Sanskrit
  + Journal
  + Catch up on reading

Week 15: December 24th – January 1st – Holiday Season **(NO CLASS)**

* 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 16: Saturday, January 7th

* 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 17: Friday, January 13th

* + - 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: Friday, January 20th

* Quiz: Chakras
* Lecture: Mantras
* Homework:
  + Pick a mantra that resonates with you and consider starting a 40-day practice
  + Read: YogaBody p. 135 – 142, supplemental article (Forget Six-Pack Abs)
  + Complete: Anatomy worksheet (Abdominals)
  + Practice yoga, pranayama, meditation and Sanskrit
  + Journal
  + Begin planning your project!

Week 19: Saturday, January 28th

* 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 20: Friday, February 3rd

* Lecture: Ethics of Teaching, Sacred Space and Classroom Safety, Professional Information

Week 21: February 10th - 11th: Winter Break (**NO CLASS**)

* 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: Saturday, February 18th

* 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
  + Study for quiz

Week 23: Friday, February 24th

* 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: Saturday, March 4th

* 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

Week 25: Friday, March 10th

* 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: Saturday, March 18th

* 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)

Week 27: Friday, March 24th

* 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: Saturday, April 1st

* Asana Intensive #9:
  + Anatomy: Anatomy for Yoga (Paul Grilley DVD) – Proportion; elbow, wrist and hand
  + Focus: Blissful Inversions, Arm Balancing, Peer teaching

Week 29: April 7th – 16th: Spring Break (**NO CLASS**)

* Seva
* Homework:
  + Reading: Catch up!
  + Practice yoga, pranayama, meditation and Sanskrit
  + Journal
  + Update Hours Log
  + Finish Project/Presentation
  + Study

Week 30: Friday, April 21st

* Lecture: Review for test
* Homework:
  + Study
  + Practice project presentation

Week 31: Friday, April 28th

* Lecture: Written Test (Weekly Topics and Farhi Fill In, Posture and Sanskrit Identification, and Anatomy Fill In)
  + Submit Final Written Project
* Homework:
  + Practice project presentation

Week 32: May 6th

* Asana Intensive #10:
  + Present Project
* Homework
  + Update Hours Log
  + Complete Program Evaluation
  + Plan for retreat

Week 33: May 13th?

* 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.

**Final Exam**

A comprehensive “fill-in” test on the accumulative information presented throughout the 30-week period will be given during the final lecture 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.

**Project/Presentation (Your Dream Class)**

Each student must design a specialized yoga class. You will be choosing a specific age (seniors, etc.) or orientation group (beginner, 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 and turn it in one-week prior to the last asana intensive. Prepare an “in-class” presentation, approx. 20 minutes, sharing a section of your class with the group to be presented during the last asana intensive.