



# Teacher Training Sample

syllabus

## **READING LIST**

**(These books are included in your tuition)**

**The Science of Breath (pdf) by Yogi Ramacharaka**

**Key Muscles of Yoga by Ray Long and Chris Macivor**

**The Yoga Bible by Christina Brown**

**The Heart of Yoga by TKV Desikachar**

**Bringing Yoga to Life by Donna Farhi**

**The Seven Spiritual Laws of Yoga by Deepak Chopra**

**Myths of the Asanas by Alanna Kaivalya and Arjuna van der Kooij**

**The Science of Yoga by William Broad**

**The World's Religions by Huston Smith**

**The Tao of Pooh by Benjamin Hoff**

**The Yoga Sutras (pdf) by Patanjali**

**Your Fat (pdf) by Jay Co**

**The Little Me & The Great Me (pdf) by Lou Austin**

**It's Not How Good You Are, It's How Good You Want to Be by Paul Arden**

## **Suggested Additional Reading**

**The Dancing Wu Li Masters by Gary Zukov**

**Hagakure by Yamamoto Tsunetomo**

**Walden by Henry David Thoreau**

**Zen & The Art of Archery by Eugen Herrigel**

**Mindfulness in Plain English by Bhante Henepola Gunaratana**

**Moving Into Stillness by Erich Schiffman**

**Light on Yoga by BKS Iyengar**

**Light on Life by BKS Iyengar**

**Loving What Is by Byron Katie**

## **Homework due for Week 1**

The Science of Breath (entire book)

Respiration Anatomy/Physiology Supplement (pdf)

The Heart of Yoga - Intro & Chapter 1

Bringing Yoga to Life - Chapters 1-4

The Seven Spiritual Laws of Yoga - Intro & Chapters 1, 2, 6

# Week 1 - Orientation and Respiration

## Lab

Book Distribution

Overview

Anatomy & Physiology of Respiration

A&P of Respiration in Basic Pranayama

Techniques of Basic Pranayama and Meditation

Practice of Basic Pranayama and Meditation

Teaching Basic Pranayama and Meditation

Practicum - Basic Pranayama and Meditation

Administrative Necessities

## Discussion

Overview of yoga history, basic philosophy and evolution from the classical period to the present

## Homework due for Week 2

KMY Fundamentas 10,22,26 & Ch.25 (Skeletal System, Spine, Deep Core Muscles)

YB 336-341, 106, 104, 110, 112, 120, 272 (Seated poses)

The Heart of Yoga - Ch. 3-7, 11

Bringing Yoga to Life - Ch. 5-9

Seven Spiritual Laws - Ch. 3 (first half) & 7

# Week 2 - Bandhas

## Lab

Skeletal System Overview, Internal Core Muscles (with quiz on assigned reading)

Internal Core Muscles in the application of Bandhas (Spinal Stability)

Techniques of applying Bandhas to Seated and Supine poses (with quiz on assigned reading)

Practice of Seated and Supine poses

Teaching Seated and Supine Poses

Practicum - Seated and Supine Poses

## Discussion

The First 4 Limbs of Yoga

## Homework due for Week 3

KMY Fundamentals 9, 35, 44 & Ch. 9, 10 (Anatomy Terminology, External Core Muscles)

YB 32, 176, 126, 178, 262, 210, 238, 108, 118, 122, 124, 130, 132, 170, 172, 164, 166, 128, 188 (Core Strength, Folds)

The Heart of Yoga - Ch. 12

Bringing Yoga to Life - Ch. 10-14

Seven Spiritual Laws - Ch. 3 (second half)

# Week 3 - Abs, Bends, Folds

## Lab

External Core Muscles (with quiz on assigned reading)

External Core Muscles in movement of the spine

Techniques of Abdominal Postures, Forward and Side Bends (with quiz on assigned reading)

Practice of Abdominal Postures, Forward and Side Bends

Teaching Abdominal Postures, Forward and Side Bends

Practicum - Abdominal Postures, Forward and Side Bends

## Discussion

The Second 4 Limbs of Yoga

## Homework due for Week 4

KMY Part One, Part Two, Part Three (Circulation, Major Muscle Groupings)

YB 46, 68, 70, 66, 158, 160, 242, 162, 282 (Poses of Surya A)

Sutras (pdf)

The Heart of Yoga - Select sutras w/ commentary

The World's Religions - Ch. 1 & 2

# Week 4 - Surya A

## Lab

Circulation and Major Muscle Groups (with quiz on assigned reading)

Effect of Vinyasa on Circulation and Muscular Activity

Techniques of Surya A (with quiz on assigned reading)

Practice of Surya A

Teaching Surya A

Practicum - Surya A

## Discussion

Understanding the Sutras

## Homework due for Week 5

KMY Ch. 1,2,3,4,5a,5b,6,7,8 (Hip and Knee)

YB 46, 50, 52, 54, 58, 248, 60, 68, 74, 80 (Standing, Squatting, Lunges)

The Heart of Yoga - Ch. 2, select sutras

Bringing Yoga to Life - Ch. 15

Seven Spiritual Laws - Ch. 5

The World's Religions - Ch. 3

The Tao of Pooh

# Week 5 - Standing, Squatting, Lunging

## Lab

Hip and Knee (with quiz on assigned reading)

Action of Leg Muscles in Standing, Squatting, and Lunge Postures

Techniques of Standing, Squatting, and Lunge Postures (with quiz on assigned reading)

Practice of Standing, Squatting, and Lunge Postures

Teaching Standing, Squatting, and Lunge Postures

Practicum - Standing, Squatting, and Lunge Postures

## Discussion

Avidya & Samskara

## Homework due for Week 6

KMY Ch. 21 (Ankle)

YB 46, 48, 92, 62, 72, 76, 56, 84, 86, 88, (Single-Leg Standing)

The Heart of Yoga - Ch. 8-10, select sutras

Bringing Yoga to Life - Ch. 16

The World's Religions - Ch. 4, 5 & 6

Your Fat



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# Week 6 - Single Leg Standing

## Lab

Ankle Anatomy (with quiz on assigned reading)

Ankle in Standing Postures

Techniques of Single-Leg Standing Postures (with quiz on assigned reading)

Practice of Single-Leg Standing Postures

Teaching Single-Leg Standing Postures

Practicum - Single-Leg Standing Postures

## Discussion

Nutrition

## Homework due for Week 7

KMY Ch. 12,20 (Spine Details, Neck)

YB 190, 180, 182, 198, 184, 186, 192, 82, 78, 64, 202 (Twists)

The Heart of Yoga - Ch. 13-15

Bringing Yoga to Life - Ch. 17

The World's Religions - Ch. 7 & 8

Mid-term exam next week.

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# Week 7 - Twists

## Lab

Neck and Spine (with quiz on assigned reading)

Neck and Spine in Twists

Techniques of Twists (with quiz on assigned reading)

Practice of Twists

Teaching Twists

Practicum - Twists

**No Discussion. Mid Term Testing.**

**Homework due for Week 8**

K MY Ch. 11,13,14,15 (Shoulders)

YB 242, 240, 244, 238, 252, 270, 250, 254, 94, 96, 246, 256, 248, 276, 262, 210,  
258, 260, 264, 266, 268, 274, 272,(Back Bends)

Bringing Yoga to Life - Ch. 18

Seven Spiritual Laws - Ch. 4, 8 & Conclusion

The World's Religions - Ch. 9-10

The Little Me and the Great Me

# Week 8 - Backbends

## Lab

Shoulders (with quiz on assigned reading)

Shoulders in Back Bends

Techniques of Back Bends (with quiz on assigned reading)

Practice of Back Bends

Teaching Back Bends

Practicum - Back Bends

## Discussion

Ethics

## Homework due for Week 9

KMY Ch. 16,17,18,19, 22 (Elbows and Wrists)

YB 158, 160, 218, 220, 32, 216, 230, 232, 224, 222, 214, 226, 234, 204, 206, 228 (Arm Balances & Inversions)

Bringing Yoga to Life - Ch. 19

The Science of Yoga - Intro & Ch. 1 & 2

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# Week 9 - Arm Balances and Inversions

## Lab

Elbows and Wrists (with quiz on assigned reading)

Arms & Hands in Arm Balances & Inversions

Techniques of Arm Balances & Inversions (with quiz on assigned reading)

Practice of Arm Balances & inversions

Teaching Arm Balances & Inversions

Practicum - Arm Balances & Inversions

## Discussion

Subtle Body, Koshas & Gunas

## Homework due for Week 10

Handout: Nervous System

YB 106, 108, 134, 136, 114, 116, 150, 276, 228, 138, 144, 140, 142, 80, 152, 154,

Bringing Yoga to Life - Ch. 20 & Afterword

The Science of Yoga - Ch. 3-5

Myths of the Asanas - Chapters TBD

Your Fat

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# Week 10 - Hips

## Lab

Nervous System (with quiz on assigned reading)

Nervous System in Hip Openers

Techniques of Hip Openers (with quiz on assigned reading)

Practice of Hip Openers

Teaching Hip Openers

Practicum - Hip Openers

Intro to Sequencing

## Discussion

Discussion of Purusha vs. Prakriti, Samyama

## Homework due for Week 11

The Science of Yoga - Ch. 6, 7, Epilogue & Outcry

Introduction to Personal Branding: Ten Steps Toward a New Professional You

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# Week 11 - Sequencing

## Lab

Exercise Physiology (with quiz on assigned reading)

Exercise Physiology in Sequencing

Techniques of Transitions in Sequencing (with quiz on assigned reading)

Practice of Transitions in Sequencing

Practicum - Sequencing

## Discussion

The Business of Yoga