



Teacher Training
Summer 2017

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 (June 4)

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

June 4

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 Fundamentals 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

June 11

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)

June 18

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

June 25

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

July 2 or 9

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

July 16

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.

July 23

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

July 30

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

August 6

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

August 13

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

August 20

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