

DRISHTI  BEATS™

# RYS 200 Syllabus

2024 Edition





Description	Learning Objective
<b>Engage</b>	
	Trainees will understand how this asana series fits into the context and flow of an entire class.
Trainees will participate in a full class that emphasizes the poses taught in this Chapter. The other trainers present will assist trainees where needed.	Trainees will practice and gain confidence in the execution of the asana of this Chapter under the guidance of a master teacher.
Trainees will learn how our school fits into the context of yoga as practiced in the US.	Trainees will understand the history of yoga in the United States. Trainees will understand what OUR yoga is and how it relates to other styles of yoga in the U.S.
	Trainees will practice and learn to cue a student into each pose safely and effectively with special emphasis on OUR Language, OUR Five Pillars and OUR Principles of Alignment.
Trainees will practice performing and cueing the poses in this Chapter.	Trainees will understand of the importance of the sequence of this Chapter's poses and why they are most effectively and safely taught in that order.
	Trainees will identify the major muscles, joints and bandhas used in selected poses from this series.
Using their anatomy text, the trainees will identify the major muscle groups activated and the energy flows of selected poses from the Engage group.	Trainees will develop step-by-step a knowledge of the key muscles and bones used in selected Hatha yoga poses.
A facilitator-led discussion of the important concepts in Chapter 1: Rewire Your Mind. Trainees will break into small groups to choose 5 important concepts to present to the class. Trainees will have read Journey into Power (non-contact hours prior to Chapter 1) and will be prepared to discuss Chapter 1.	Trainees will identify the most important concepts presented and will show understanding by presenting the concepts to the class in small groups.
A facilitator-led small group activity (Jigsaw), which could include pranayama, Patanjali, different aspects of Yoga (8 limbs), big yogi names in US history (Patthahbi Jois, Iyengar, and Krishnamacharya), bandhas, and Chakras.	Trainees will learn key names in the history of Yoga and key terminology that is frequently referred to in Sanskrit.
Presentation of OUR inclusive language. Discussion on the appropriate use of our language and methods of creating a welcoming class to include: tone, greeting, closing, inclusive language throughout)	Trainees will recognize how OUR language empowers the students in our classes.
As a Lead Instructor, each trainee will lead other trainee(s) in a 12-minute flow of the asanas presented in the pose breakdown.	Trainees will develop the skills to become an effective teacher.

Description	Learning Objective
Trainee(s) will observe / participate in the flow of the Chapter's asana presented by a Lead Instructor trainee and provide verbal / written feedback. The Lead Instructor trainee(s) will each receive feedback over 3 minutes.	<p>Trainees will learn to evaluate another teacher's instruction.</p> <p>Trainees will learn how to provide positive written feedback (e.g., Glows and Grows).</p> <p>Trainees as Lead Instructors will evaluate their performance through verbal and written feedback.</p>
Trainers will facilitate a discussion of the information covered in today's Chapter in order to evaluate the trainees' progress.	Trainees will to demonstrate knowledge of the key points covered in this Chapter.
Using poses learned in this Chapter, trainees will prepare a 12-minute Flow to present Day 2, this Chapter that demonstrates good cueing, OUR language, attention to principles of alignment, and breath.	Trainees will gain experience and proficiency in leading a class.
Using multimedia, the trainers will present the Five foundational Pillars of OUR yoga practice and Principles of Alignment. The trainers show examples of the methodology we will use to incorporate them into every pose.	Trainees will demonstrate a working knowledge of our methodology by presenting ways to remember the Pillars and Principles to the class.
Trainees will practice performing and cueing the poses in this Chapter.	<p>Trainees will practice and learn to cue a student into each pose safely and effectively with special emphasis on OUR Language, OUR Five Pillars and OUR Principles of Alignment.</p> <p>Trainees will gain understanding of the importance of the sequence of this Chapter's poses and why they are most effectively and safely taught in that order.</p>
	Trainees will identify the major muscles, joints and bandhas used in selected poses from this series.
Using our anatomy texts, trainees will identify the major muscles, joints, bandhas, and energy flow used in selected poses from this series.	Trainees will develop step-by-step a knowledge of the key muscles and bones used in selected Hatha yoga poses.
Trainees will practice transitions (active).	The trainees will be able to move students from standing to sitting to lying down safely and efficiently by using transition poses.
As a Lead Instructor, each trainee will lead other trainee(s) in a 12-minute flow of the asanas presented in the pose breakdown.	Trainees will develop the skills to become an effective teacher.

Description	Learning Objective
Trainee(s) will observe / participate in the flow of the Chapter's asana presented by a Lead Instructor trainee and provide verbal / written feedback. The Lead Instructor trainee(s) will each receive feedback over 3 minutes.	<p>Trainees will learn to evaluate another teacher's instruction.</p> <p>Trainees will learn how to provide positive written feedback (e.g., Glows and Grows).</p> <p>Trainees as Lead Instructors will evaluate their performance through verbal and written feedback.</p>
Multimedia preview of The Yoga Sutras of Patanjali both from an historical and philosophical perspective to prepare students to begin reading The Yoga Sutras.	Trainees will be prepared to read the Yoga Sutras by gaining a historical and philosophical perspective of this work.
Trainers will facilitate a discussion of the information covered in today's Chapter in order to evaluate the trainees' progress.	Trainees will demonstrate knowledge of the key points covered in this Chapter.
Trainees will select and bring music and playlists to share.	Trainees will select appropriate music to play during a regular class.
Trainees will read Book 1 <u>Yoga Sutras of Patanjali</u> , Sri Swami Satchidananda, selected specific sutras, and complete a study guide.	Trainees will demonstrate understanding of selected basic concepts in Book 1 of <u>The Yoga Sutras of Patanjali</u> .
Trainees will practice the current series.	Trainees will be able to perform the poses focused on in this Chapter independently.
Using poses learned in this Chapter, trainees will prepare a 12-minute Flow to present on Day 1, next Chapter that demonstrates good cueing, OUR language, attention to principles of alignment, and breath.	Trainees will gain experience and proficiency in leading a class.
<b>Heat</b>	
Trainees will participate in a full class that emphasizes the poses taught in this Chapter. The other trainers present will assist trainees where needed.	<p>Trainees will understand how this asana series fits into the context and flow of an entire class.</p> <p>Trainees will practice and gain confidence in the execution of the asanas of this Chapter under the guidance of a master teacher.</p> <p>Trainees will practice and learn to cue a student into each pose safely and effectively with special emphasis on OUR Language, OUR Five Pillars and OUR Principles of Alignment.</p> <p>Trainees will understand of the importance of the sequence of this Chapter's poses and why they are most effectively and safely taught in that order.</p>
Trainees will practice performing and cueing the poses in this Chapter.	

Description	Learning Objective
	Trainees will identify the major muscles, joints and bandhas used in selected poses from this series.
Using our anatomy texts, trainees will identify the major muscles, joints, bandhas, and energy flow used in selected poses from this series.	Trainees will develop step-by-step a knowledge of the key muscles and bones used in selected Hatha yoga poses.
Evaluation of students through written and physical activities.	Trainees will be able to recall the key principles of OUR yoga, the principles of alignment, and the pillars of OUR yoga.
Facilitator-led discussion of Yoga Sutras, of key concepts from Book 1.	Trainees will demonstrate knowledge of Book 1 of The Yoga Sutras
Multimedia presentation of scientific, evidence-based studies that show “why yoga works” (e.g., changes our physical, emotional, mental body).	Trainees will be able to cite and explain several studies, which show the benefits yoga has on the physical, emotional and mental body.
	Trainees will be able to perform and teach Ujjayi breathing, Nadi Shodhana,
Trainees will learn and practice several types of pranayama.	Trainees will be able to explain the benefits of each type of breath.
Presentation of OUR method of sequencing a class.	Trainees will be able to explain the method OUR yoga uses to sequence a class.
As a Lead Instructor, each trainee will lead other trainee(s) in a 12-minute flow of poses from the previous Chapter.	Trainees will develop the skills to become an effective teacher.
	Trainees will learn to evaluate another teacher’s instruction.
	Trainees will learn how to provide positive written feedback (e.g., Glows and Grows).
Trainee(s) will observe / participate in the flow of the Chapter's asana presented by a Lead Instructor trainee and provide verbal / written feedback. The Lead Instructor trainee(s) will each receive feedback over 3 minutes.	Trainees as Lead Instructors will evaluate their performance through verbal and written feedback.
Trainees will listen to different styles of music and discuss where they can be most effectively used in a class.	Trainees will understand the legal implications of using copyrighted music in a class.
Trainees will learn about copyright issues,	Trainees will be able to select appropriate music for different types of classes and create a playlist that matches the tempo to different parts of the class.
Trainers will facilitate a discussion of the information covered in today’s Chapter in order to evaluate the trainees’ progress.	Trainees will to demonstrate knowledge of the key points covered in this Chapter.
Using poses learned in this Chapter, trainees will prepare a 12-minute Flow to present Day 2, this Chapter that demonstrates good cueing, OUR language, attention to principles of alignment, and breath.	Trainees will gain experience and proficiency in leading a class.
Trainees will review sequencing in their manuals.	Trainees will deepen their knowledge of OUR sequencing.

Description	Learning Objective
Trainees will practice performing and cueing the poses in this Chapter.	<p>Trainees will practice and learn to cue a student into each pose safely and effectively with special emphasis on OUR Language, OUR Five Pillars and OUR Principles of Alignment.</p> <p>Trainees will understand of the importance of the sequence of this Chapter's poses and why they are most effectively and safely taught in that order.</p>
Using our anatomy texts, trainees will identify the major muscles, joints, bandhas, and energy flow used in selected poses from this series.	<p>Trainees will identify the major muscles, joints and bandhas used in selected poses from this series.</p> <p>Trainees will develop step-by-step a knowledge of the key muscles and bones used in selected Hatha yoga poses.</p>
Groups of trainees will prepare and present sequences using our methodology.	Trainees will demonstrate an ability to sequence in OUR method safely and effectively.
Presentation of Chakras, energy systems, nadis (e.g., pingala, ida and sushumna).	Trainees will correctly identify the 7 chakras and the sushumna, ida and pingala nadis.
Discuss what methods we as teachers can use in our classes to help strengthen or balance the chakras through yoga.	Trainees will be able to identify poses that can enhance or balance each chakra and to explain why each does.
Small groups will practice by creating a mini-chakra balancing flow.	Trainees will identify each chakra and describe its characteristics .
As a Lead Instructor, each trainee will lead other trainee(s) in a 12-minute flow of the asanas presented in the pose breakdown.	Trainees will develop the skills to become an effective teacher.
Trainee(s) will observe / participate in the flow of the Chapter's asana presented by a Lead Instructor trainee and provide verbal / written feedback. The Lead Instructor trainee(s) will each receive feedback over 3 minutes.	<p>Trainees will learn to evaluate another teacher's instruction.</p> <p>Trainees will learn how to provide positive written feedback (e.g., Glows and Grows).</p> <p>Trainees as Lead Instructors will evaluate their performance through verbal and written feedback.</p>
Practice Kapalabhati, and previously learned breaths as well as a simple energizing breath and cooling breath.	Trainees will be able to perform and teach each of the breaths studied.
Trainers will facilitate a discussion of the information covered in today's Chapter in order to evaluate the trainees' progress.	Trainees will to demonstrate knowledge of the key points covered in this Chapter.
Trainees will read Book 2 <u>Yoga Sutras</u> . Review Book and, be prepared to discuss the Brahmavihara (1:33), Book 2: the Yamas and the Niyamas, the 8 limbs of yoga.	Trainees will be able to discuss the importance of key concepts presented in The Yoga Sutras,

Description	Learning Objective
Trainees will practice the current series.	Trainees will be able to perform the poses focused on in this Chapter independently.
Using poses learned in this Chapter, trainees will prepare a 12-minute Flow to present on Day 1, next Chapter that demonstrates good cueing, OUR language, attention to principles of alignment, and breath.	Trainees will gain experience and proficiency in leading a class.
<b>Extend</b>	
	Trainees will understand how this asana series fits into the context and flow of an entire class.
Trainees will participate in a full class that emphasizes the poses taught in this Chapter. The other trainers present will assist trainees where needed.	Trainees will practice and gain confidence in the execution of the asanas of this Chapter under the guidance of a master teacher.
	Trainees will practice and learn to cue a student into each pose safely and effectively with special emphasis on OUR Language, OUR Five Pillars and OUR Principles of Alignment.
Trainees will practice performing and cueing the poses in this Chapter.	Trainees will gain understanding of the importance of the sequence of this Chapter's poses and why they are most effectively and safely taught in that order.
	Trainees will identify the major muscles, joints and bandhas used in selected poses from this series.
Using our anatomy texts, trainees will identify the major muscles, joints, bandhas, and energy flow used in selected poses from this series.	Trainees will develop step-by-step a knowledge of the key muscles and bones used in selected Hatha yoga poses.
	Trainees will cite the introductory sutras that explain what yoga is (e.g., 1:1, 1:2, 1:33).
Trainees will be introduced to key concepts from the Yoga Sutras of Patanjali.	Trainees will explain Patanjali's 8 limbs of yoga.
In depth discussion of the Yamas, Niyamas, and Brahmaviharas.	Trainees will analyze the implications of living the Yamas, Niyamas and the Brahmaviharas.
Small group activities and presentations.	Trainees then will present ways of incorporating the Yamas and Niyamas into their teaching.
Presentation of Baron Baptiste's Universal Principles for Moving to the Edge, followed by small group activities.	Trainees will analyze and then evaluate Baron Baptiste's Principles for Moving to the Edge as a way of creating a yogic lifestyle.

Description	Learning Objective
As a Lead Instructor, each trainee will lead other trainee(s) in a 12-minute flow of poses from the previous Chapter.	Trainees will develop the skills to become an effective teacher.
Trainee(s) will observe / participate in the flow of the Chapter's asana presented by a Lead Instructor trainee and provide verbal / written feedback. The Lead Instructor trainee(s) will each receive feedback over 3 minutes.	Trainees will learn to evaluate another teacher's instruction.
	Trainees will learn how to provide positive written feedback (e.g., Glows and Grows).
	Trainees as Lead Instructors will evaluate their performance through verbal and written feedback.
Trainers will facilitate a discussion of the information covered in today's Chapter in order to evaluate the trainees' progress.	Trainees will to demonstrate knowledge of the key points covered in this Chapter.
Using poses learned in this Chapter, trainees will prepare a 12-minute Flow to present Day 2, this Chapter that demonstrates good cueing, OUR language, attention to principles of alignment, and breath.	Trainees will gain experience and proficiency in leading a class.
Trainees will review Yamas and Niyamas, chakras, and Brahmaviharas. Complete a quick matching activity or multiple choice. Trainees will choose 2 favorite sutras to share.	Trainees will become more familiar with key concepts from the Sutras. Trainees will continue to develop their knowledge of the chakras.
Trainees will practice performing and cueing the poses in this Chapter.	Trainees will practice and learn to cue a student into each pose safely and effectively with special emphasis on OUR Language, OUR Five Pillars and OUR Principles of Alignment.
	Trainees will understand of the importance of the sequence of this Chapter's poses and why they are most effectively and safely taught in that order.
	Trainees will identify the major muscles, joints and bandhas used in selected poses from this series.
Using our anatomy texts, trainees will identify the major muscles, joints, bandhas, and energy flow used in selected poses from this series.	Trainees will develop step-by-step a knowledge of the key muscles and bones used in selected Hatha yoga poses.
Facilitators will lead a discussion of the Brahmaviharas.	Trainees will evaluate the usefulness of the Brahmaviharas in everyday life.
Facilitators will lead discussion of attachments, self vs. Self, obstacles.	Trainees will recognize their own attachments and analyze how they affect their lives.
	Trainees will clearly distinguish between self and Self.
	Trainees will be able to recognize the obstacles (Kleshas) that influence their behavior.
Individual and group activities reinforcing these concepts.	



Description	Learning Objective
As a Lead Instructor, each trainee will lead other trainee(s) in a 12-minute flow of the asanas presented in the pose breakdown.	Trainees will develop the skills to become an effective teacher.
Trainee(s) will observe / participate in the flow of the Chapter's asana presented by a Lead Instructor trainee and provide verbal / written feedback. The Lead Instructor trainee(s) will each receive feedback over 3 minutes.	Trainees will learn to evaluate another teacher's instruction.
	Trainees will learn how to provide positive written feedback (e.g., Glows and Grows).
	Trainees as Lead Instructors will evaluate their performance through verbal and written feedback.
Facilitators will lead a discussion of mindfulness.	Trainees will describe the key characteristics associated with mindfulness.
Trainers will facilitate a discussion of the information covered in today's Chapter in order to evaluate the trainees' progress.	Trainees will to demonstrate knowledge of the key points covered in this Chapter.
Trainees will review all sutra material learned, try to use one Yama/Niyama consistently in the coming week, write a short essay on that experience to turn in and (share), try practicing the Brahmaviharas, and be prepared to share their experience of it.	
Trainees will practice the current series.	Trainees will be able to perform the poses focused on in this Chapter independently.
Using poses learned in this Chapter, trainees will prepare a 12-minute Flow to present on Day 1, next Chapter that demonstrates good cueing, OUR language, attention to principles of alignment, and breath.	Trainees will gain experience and proficiency in leading a class.
<b>Equilibrium</b>	
	Trainees will understand how this asana series fits into the context and flow of an entire class.
Trainees will participate in a full class that emphasizes the poses taught in this Chapter. The other trainers present will assist trainees where needed.	Trainees will practice and gain confidence in the execution of the asanas of this Chapter under the guidance of a master teacher.
	Trainees will practice and learn to cue a student into each pose safely and effectively with special emphasis on OUR Language, OUR Five Pillars and OUR Principles of Alignment.
Trainees will practice performing and cueing the poses in this Chapter.	Trainees will gain understanding of the importance of the sequence of this Chapter's poses and why they are most effectively and safely taught in that order.

Description	Learning Objective
	Trainees will identify the major muscles, joints and bandhas used in selected poses from this series.
Using our anatomy texts, trainees will identify the major muscles, joints, bandhas, and energy flow used in selected poses from this series.	Trainees will develop step-by-step a knowledge of the key muscles and bones used in selected Hatha yoga poses.
Trainees will be given a specific tool to use for observation in developing their “eye”.	Trainees will learn a method to use to recognize misalignments.
Trainees will use that tool as a reference in developing their “eye”.	Trainees will practice using this method to recognize misalignments.
Trainees will share their experiences in living a Yama or a Niyama and trying to practice the Brahmaviharas.	Trainees will evaluate their experience in living a Yama or Niyama and practicing the brahmaviharas
As a Lead Instructor, each trainee will lead other trainee(s) in a 12-minute flow of poses from the previous Chapter.	Trainees will develop the skills to become an effective teacher.
	Trainees will learn to evaluate another teacher’s instruction.
	Trainees will learn how to provide positive written feedback (e.g., Glows and Grows).
Trainee(s) will observe / participate in the flow of the Chapter's asana presented by a Lead Instructor trainee and provide verbal / written feedback. The Lead Instructor trainee(s) will each receive feedback over 3 minutes.	Trainees as Lead Instructors will evaluate their performance through verbal and written feedback.
Why meditate? How does that facilitate mindfulness in everyday life? Facilitator led discussion	Trainees will analyze how meditation can be a tool for aware (mindful living).
How do we teach meditation? By examining several sources and finding solutions that will resonate with the individual. Students will be provided with a source list as well that is categorized.	Trainees will learn methods of teaching meditation that are personally useful.
Group activity using principles of demonstrating asanas	Trainees will apply the “principles of demonstrating asanas” by presenting examples to the class.
Trainers will facilitate a discussion of the information covered in today’s Chapter in order to evaluate the trainees’ progress.	Trainees will to demonstrate knowledge of the key points covered in this Chapter.
Using poses learned in this Chapter, trainees will prepare a 12-minute Flow to present Day 2, this Chapter that demonstrates good cueing, OUR language, attention to principles of alignment, and breath.	Trainees will gain experience and proficiency in leading a class.
Trainees will review the 8 Limbs of Yoga by completing a matching, fill-in-the-blank or a multiple-choice activity.	Trainees will continue to develop their knowledge of the Yoga Sutras.

Description	Learning Objective
Presentation and discussion of mindful or “clean” eating.	Trainees will learn principles of mindful eating as a personal practice for themselves and for the planet.
Trainees will practice performing and cueing the poses in this Chapter.	Trainees will practice and learn to cue a student into each pose safely and effectively with special emphasis on OUR Language, OUR Five Pillars and OUR Principles of Alignment.  Trainees will understand of the importance of the sequence of this Chapter’s poses and why they are most effectively and safely taught in that order.
Trainers will lead trainees in exercises that help teach balance	Trainees will learn methods for teaching balance.
Using our anatomy texts, trainees will identify the major muscles, joints, bandhas, and energy flow used in selected poses from this series.	Trainees will identify the major muscles, joints and bandhas used in selected poses from this series.  Trainees will develop step-by-step a knowledge of the key muscles and bones used in selected Hatha yoga poses.
Trainers will present koshas, nadis and a review of the chakras.	Trainees will identify the five koshas and explain what each represents. Trainees will understand the relationship of the main nadis to the chakras.
As a Lead Instructor, each trainee will lead other trainee(s) in a 12-minute flow of the asanas presented in the pose breakdown.	Trainees will develop the skills to become an effective teacher.
Trainee(s) will observe / participate in the flow of the Chapter's asana presented by a Lead Instructor trainee and provide verbal / written feedback. The Lead Instructor trainee(s) will each receive feedback over 3 minutes.	Trainees will learn to evaluate another teacher’s instruction.  Trainees will learn how to provide positive written feedback (e.g., Glows and Grows).  Trainees as Lead Instructors will evaluate their performance through verbal and written feedback.
Trainees will view a multimedia presentation of different types of meditation.	Trainees will be able to describe 3 different types of meditation and how to do them.
Trainers will facilitate a discussion of the information covered in today’s Chapter in order to evaluate the trainees’ progress.	Trainees will to demonstrate knowledge of the key points covered in this Chapter.
Trainees will read/review <u>The Living Gita</u> by Sri Swami Satchidananda and bring it to training. Trainees will receive a handout with a brief outline of the Bhagavad Gita and a “points to ponder” questionnaire.	Trainees will explain key concepts from the Bhagavad-Gita.
Using poses learned in this Chapter, trainees will prepare a 12-minute Flow to present on Day 1, next Chapter that demonstrates good cueing, OUR language, attention to principles of alignment, and breath.	Trainees will gain experience and proficiency in leading a class.

Description	Learning Objective
Trainees will practice the current series.	Trainees will be able to perform the poses focused on in this Chapter independently.
Earth	
	Trainees will understand how this asana series fits into the context and flow of an entire class.
Trainees will participate in a full class that emphasizes the poses taught in this Chapter. The other trainers present will assist trainees where needed.	Trainees will practice and gain confidence in the execution of the asanas of this Chapter under the guidance of a master teacher.
	Trainees will practice and learn to cue a student into each pose safely and effectively with special emphasis on OUR Language, OUR Five Pillars and OUR Principles of Alignment.
Trainees will practice performing and cueing the poses in this Chapter.	Trainees will gain understanding of the importance of the sequence of this Chapter's poses and why they are most effectively and safely taught in that order.
	Trainees will identify the major muscles, joints and bandhas used in selected poses from this series.
Using our anatomy texts, trainees will identify the major muscles, joints, bandhas, and energy flow used in selected poses from this series.	Trainees will develop step-by-step a knowledge of the key muscles and bones used in selected Hatha yoga poses.
Students will participate in a walking meditation and journal on that experience.	Trainees will experience a walking meditation. Trainees will reflect on this experience (svadhyaya) in their journals.
	Trainees will analyze the lesson that Arjuna must learn in The Bhagavad Gita.
Discussion of The Bhagavad Gita with focus on Applying Arjuna's Lessons to Our "Inner Warrior.	Trainees will reflect on key concepts such as atma, dharma, and real vs. unreal.
Trainees will receive information on running a yoga business.	Trainees will have a clear understanding of what running a yoga business is.
As a Lead Instructor, each trainee will lead other trainee(s) in a 12-minute flow of poses from the previous Chapter.	Trainees will develop the skills to become an effective teacher.



Description	Learning Objective
Trainee(s) will observe / participate in the flow of the Chapter's asana presented by a Lead Instructor trainee and provide verbal / written feedback. The Lead Instructor trainee(s) will each receive feedback over 3 minutes.	<p>Trainees will learn to evaluate another teacher's instruction.</p> <p>Trainees will learn how to provide positive written feedback (e.g., Glows and Grows).</p> <p>Trainees as Lead Instructors will evaluate their performance through verbal and written feedback.</p>
Trainees will journal on the business of yoga presentation and then discuss their thoughts,	Trainees will evaluate the presentation of business of yoga in terms of previous assumptions. They will reflect on what it means to become a "pro" and what selfless service means to them.
Being Present Activity	Trainees will participate in a "being present" activity.
Trainers will facilitate a discussion of the information covered in today's Chapter in order to evaluate the trainees' progress.	Trainees will to demonstrate knowledge of the key points covered in this Chapter.
Using poses learned in this Chapter, trainees will prepare a 12-minute Flow to present Day 2, this Chapter that demonstrates good cueing, OUR language, attention to principles of alignment, and breath.	Trainees will gain experience and proficiency in leading a class.
© Drishti Beats	
Trainees will practice performing and cueing the poses in this Chapter.	<p>Trainees will practice and learn to cue a student into each pose safely and effectively with special emphasis on OUR Language, OUR Five Pillars and OUR Principles of Alignment.</p> <p>Trainees will understand of the importance of the sequence of this Chapter's poses and why they are most effectively and safely taught in that order.</p>
Using our anatomy texts, trainees will identify the major muscles, joints, bandhas, and energy flow used in selected poses from this series.	<p>Trainees will identify the major muscles, joints and bandhas used in selected poses from this series.</p> <p>Trainees will develop step-by-step a knowledge of the key muscles and bones used in selected Hatha yoga poses.</p>
Trainees will discuss key points in the Bhagavad-Gita. Trainees, in small groups, will present key points to the class.	Trainees will continue to develop their knowledge of important yogic texts.
Trainees will hear a short multimedia presentation of creating efficacy in their students followed by a group discussion.	Trainees will learn methods that they can use to create self-efficacy in their students.
Trainees will hear a presentation on the business of yoga.	Trainees will have a clear understanding of what is involved in teaching yoga in a gym, a studio or privately.

Description	Learning Objective
As a Lead Instructor, each trainee will lead other trainee(s) in a 12-minute flow of the asanas presented in the pose breakdown.	Trainees will develop the skills to become an effective teacher.
Trainee(s) will observe / participate in the flow of the Chapter's asana presented by a Lead Instructor trainee and provide verbal / written feedback. The Lead Instructor trainee(s) will each receive feedback over 3 minutes.	Trainees will learn to evaluate another teacher's instruction.
	Trainees will learn how to provide positive written feedback (e.g., Glows and Grows).
	Trainees as Lead Instructors will evaluate their performance through verbal and written feedback.
Trainers will facilitate a discussion of the information covered in today's Chapter in order to evaluate the trainees' progress.	Trainees will to demonstrate knowledge of the key points covered in this Chapter.
Trainees will review the commentary stories in <u>The Living Gita</u> and choose a favorite.	Trainees will choose a favorite commentary story that they will present to the class.
Trainees will take the learning styles quiz.	Trainees will discover their preferred learning style.
Trainees will practice the current series.	Trainees will be able to perform the poses focused on in this Chapter independently.
Using poses learned in this Chapter, trainees will prepare a 12-minute Flow to present on Day 1, next Chapter that demonstrates good cueing, OUR language, attention to principles of alignment, and breath.	Trainees will gain experience and proficiency in leading a class.
<b>Fire</b>	
Trainees will participate in a full class that emphasizes the poses taught in this Chapter. The other trainers present will assist trainees where needed.	Trainees will understand how this asana series fits into the context and flow of an entire class.
	Trainees will practice and gain confidence in the execution of the asanas of this Chapter under the guidance of a master teacher.
Trainees will practice performing and cueing the poses in this Chapter.	Trainees will practice and learn to cue a student into each pose safely and effectively with special emphasis on OUR Language, OUR Five Pillars and OUR Principles of Alignment.
	Trainees will gain understanding of the importance of the sequence of this Chapter's poses and why they are most effectively and safely taught in that order.

Description	Learning Objective
	Trainees will identify the major muscles, joints and bandhas used in selected poses from this series.
Using our anatomy texts, trainees will identify the major muscles, joints, bandhas, and energy flow used in selected poses from this series.	Trainees will develop step-by-step a knowledge of the key muscles and bones used in selected Hatha yoga poses.
Trainees will divide into groups based on their preferred learning style. They will discuss their most effective ways of receiving information.	Trainees will clarify how they best receive information and discuss how that affects their teaching style.
Trainees will break into small groups with representatives of each learning style and brainstorm how to reach multiple learning styles.	Trainees will develop a methodology they can use to effectively teach to multiple learning styles,.
Trainees will hear a guest lecturer on ethical behavior for instructors.	Trainees will hear from the experts the rules for personal ethical conduct.
As a Lead Instructor, each trainee will lead other trainee(s) in a 12-minute flow of poses from the previous Chapter.	Trainees will develop the skills to become an effective teacher.
	Trainees will learn to evaluate another teacher's instruction.
	Trainees will learn how to provide positive written feedback (e.g., Glows and Grows).
Trainee(s) will observe / participate in the flow of the Chapter's asana presented by a Lead Instructor trainee and provide verbal / written feedback. The Lead Instructor trainee(s) will each receive feedback over 3 minutes.	Trainees as Lead Instructors will evaluate their performance through verbal and written feedback.
Trainees, working in small groups, will choose / present a story that illuminates key concepts from the Bhagavad Gita.	Trainees will use stories from <u>The Living Gita</u> to illuminate key concepts.
Trainers will facilitate a discussion of the information covered in today's Chapter in order to evaluate the trainees' progress.	Trainees will to demonstrate knowledge of the key points covered in this Chapter.
Using poses learned in this Chapter, trainees will prepare a 12-minute Flow to present Day 2, this Chapter that demonstrates good cueing, OUR language, attention to principles of alignment, and breath.	Trainees will gain experience and proficiency in leading a class.
Trainees will review the Yamas and Niyamas and the 8 limbs.	Trainees will demonstrate knowledge of the Yamas and Niyamas and the 8 limbs of yoga.
	Trainees will practice and learn to cue a student into each pose safely and effectively with special emphasis on OUR Language, OUR Five Pillars and OUR Principles of Alignment.
Trainees will practice performing and cueing the poses in this Chapter.	Trainees will understand of the importance of the sequence of this Chapter's poses and why they are most effectively and safely taught in that order.

Description	Learning Objective
	Trainees will identify the major muscles, joints and bandhas used in selected poses from this series.
Using our anatomy texts, trainees will identify the major muscles, joints, bandhas, and energy flow used in selected poses from this series.	Trainees will develop step-by-step a knowledge of the key muscles and bones used in selected Hatha yoga poses.
Discussion of Yamas and Niyamas as a path for ethical behavior in the business of teaching yoga. Small group activity.	Trainees will explain how each of the Yamas and Niyamas can influence our behavior as a teacher and a selfless servant.
Methods of “seeing” who is in front of you. Methods to develop the skill of teaching off the mat	Trainees will learn to assess “who is in front of them”, Trainees will learn methods they can employ to teach “off the mat”.
As a Lead Instructor, each trainee will lead other trainee(s) in a 12-minute flow of the asanas presented in the pose breakdown.	Trainees will develop the skills to become an effective teacher.
	Trainees will learn to evaluate another teacher’s instruction.
	Trainees will learn how to provide positive written feedback (e.g., Glows and Grows).
Trainee(s) will observe / participate in the flow of the Chapter's asana presented by a Lead Instructor trainee and provide verbal / written feedback. The Lead Instructor trainee(s) will each receive feedback over 3 minutes.	Trainees as Lead Instructors will evaluate their performance through verbal and written feedback.
Trainees will brainstorm the qualities that make a good teacher of yoga.	Trainees will be able to quantify the qualities that make a yoga teacher effective.
Trainers will facilitate a discussion of the information covered in today’s Chapter in order to evaluate the trainees’ progress.	Trainees will demonstrate knowledge of the key points covered in this Chapter.
Using our anatomy texts, trainees will identify the major muscles, joints, bandhas, and energy flow used in selected poses from this series.	Trainees will continue to develop their understanding of the key muscles of Hatha Yoga.
Trainees will practice the current series.	Trainees will be able to perform the poses focused on in this Chapter independently.
Using poses learned in this Chapter, trainees will prepare a 12-minute Flow to present on Day 1, next Chapter that demonstrates good cueing, OUR language, attention to principles of alignment, and breath.	Trainees will gain experience and proficiency in leading a class.

Deep Center



Description	Learning Objective
	Trainees will understand how this asana series fits into the context and flow of an entire class.
Trainees will participate in a full class that emphasizes the poses taught in this Chapter. The other trainers present will assist trainees where needed.	Trainees will practice and gain confidence in the execution of the asanas of this Chapter under the guidance of a master teacher.
Trainees will complete a preprinted form immediately following the Master Class, followed by a group discussion of what they did, saw, heard and felt. The intent is piecing together the teaching methodologies used to design the Master Class.	
Trainees will analyze the structure of the class, the language used, the cueing, how the poses were linked together and the feeling tone of the class to develop a sense of the teaching methodologies used to design the Master Class.	Trainees will learn to evaluate the effectiveness of a class: the format, the language used, the feeling tone, and the methodology used to design the class.
	Trainees will practice and learn to cue a student into each pose safely and effectively with special emphasis on OUR Language, OUR Five Pillars and OUR Principles of Alignment.
Trainees will practice performing and cueing the poses in this Chapter.	Trainees will gain understanding of the importance of the sequence of this Chapter's poses and why they are most effectively and safely taught in that order.
	Trainees will identify the major muscles, joints and bandhas used in selected poses from this series.
Using our anatomy texts, trainees will identify the major muscles, joints, bandhas, and energy flow used in selected poses from this series.	Trainees will develop step-by-step a knowledge of the key muscles and bones used in selected Hatha yoga poses.
(Jeremy) Anatomy Part 1: Muscles/Skeleton	
(Jeremy) Anatomy Part 2: CNS, Other Systems, Movement Terminology	
	Trainees will demonstrate knowledge of Sun Salutations.
Trainees will perform Sun Salutations. The trainees will evaluate their personal energy and create a vinyasa that matches their personal energy.	Trainees will demonstrate knowledge of energy flows and how to match the sun salutation to their personal energy.
(Jeremy) Anatomy Part 3 – How yoga affects body systems (lymph, circulatory).	
As a Lead Instructor, each trainee will lead other trainee(s) in a 12-minute flow of poses from the previous Chapter.	Trainees will develop the skills to become an effective teacher.

Description	Learning Objective
Trainee(s) will observe / participate in the flow of the Chapter's asana presented by a Lead Instructor trainee and provide verbal / written feedback. The Lead Instructor trainee(s) will each receive feedback over 3 minutes.	<p>Trainees will learn to evaluate another teacher's instruction.</p> <p>Trainees will learn how to provide positive written feedback (e.g., Glows and Grows).</p> <p>Trainees as Lead Instructors will evaluate their performance through verbal and written feedback.</p>
Trainers will facilitate a discussion of the information covered in today's Chapter in order to evaluate the trainees' progress.	Trainees will to demonstrate knowledge of the key points covered in this Chapter.
Using poses learned in this Chapter, trainees will prepare a 12-minute Flow to present Day 2, this Chapter that demonstrates good cueing, OUR language, attention to principles of alignment, and breath.	Trainees will gain experience and proficiency in leading a class.
Trainees will practice performing and cueing the poses in this Chapter.	<p>Trainees will practice and learn to cue a student into each pose safely and effectively with special emphasis on OUR Language, OUR Five Pillars and OUR Principles of Alignment.</p> <p>Trainees will understand of the importance of the sequence of this Chapter's poses and why they are most effectively and safely taught in that order.</p>
Using our anatomy texts, trainees will identify the major muscles, joints, bandhas, and energy flow used in selected poses from this series.	<p>Trainees will identify the major muscles, joints and bandhas used in selected poses from this series.</p> <p>Trainees will develop step-by-step a knowledge of the key muscles and bones used in selected Hatha yoga poses.</p>
(Jeremy) Anatomy Part 4: Key Muscles / Skeleton, CNS, and Lymphatic and Cardiovascular Systems, Movement Terminology	
As a Lead Instructor, each trainee will lead other trainee(s) in a 12-minute flow of the asanas presented in the pose breakdown.	Trainees will develop the skills to become an effective teacher.
Trainee(s) will observe / participate in the flow of the Chapter's asana presented by a Lead Instructor trainee and provide verbal / written feedback. The Lead Instructor trainee(s) will each receive feedback over 3 minutes.	<p>Trainees will learn to evaluate another teacher's instruction.</p> <p>Trainees will learn how to provide positive written feedback (e.g., Glows and Grows).</p> <p>Trainees as Lead Instructors will evaluate their performance through verbal and written feedback.</p>
Trainers will facilitate a discussion of the information covered in today's Chapter in order to evaluate the trainees' progress.	Trainees will to demonstrate knowledge of the key points covered in this Chapter.

Description	Learning Objective
Reading on teaching prenatal and postnatal students in a regular class.	Trainees will be able to teach a prenatal, postnatal student or student with special conditions in a regular class.
Reading on teaching students with special conditions	
Reading on teaching a multilevel class.	Trainees will be able to teach a multi-level class.
Using poses learned in this Chapter, trainees will prepare a 12-minute Flow to present on Day 1, next Chapter that demonstrates good cueing, OUR language, attention to principles of alignment, and breath.	Trainees will gain experience and proficiency in leading a class.
Trainees will practice the current series.	Trainees will be able to perform the poses focused on in this Chapter independently.

## Expand

	Trainees will understand how this asana series fits into the context and flow of an entire class.
Trainees will participate in a full class that emphasizes the poses taught in this Chapter. The other trainers present will assist trainees where needed.	Trainees will practice and gain confidence in the execution of the asanas of this Chapter under the guidance of a master teacher.
Trainees will complete a preprinted form immediately following the Master Class, followed by a group discussion of what they did, saw, heard and felt. The intent is piecing together the teaching methodologies used to design the Master Class.	
Trainees will analyze the structure of the class, the language used, the cueing, how the poses were linked together and the feeling tone of the class to develop a sense of the teaching methodologies used to design the Master Class.	Trainees will learn to evaluate the effectiveness of a class: the format, the language used, the feeling tone, and the methodology used to design the class.
	Trainees will practice and learn to cue a student into each pose safely and effectively with special emphasis on OUR Language, OUR Five Pillars and OUR Principles of Alignment.
	Trainees will gain understanding of the importance of the sequence of this Chapter's poses and why they are most effectively and safely taught in that order.
Trainees will practice performing and cueing the poses in this Chapter.	Trainees will identify the major muscles, joints and bandhas used in selected poses from this series.
Using our anatomy texts, trainees will identify the major muscles, joints, bandhas, and energy flow used in selected poses from this series.	Trainees will develop step-by-step a knowledge of the key muscles and bones used in selected Hatha yoga poses.

Description	Learning Objective
Review from the homework the basics for teaching prenatal and postnatal students or students with common injuries in a regular class.	Trainees will be able to teach a prenatal, postnatal student or student with special conditions in a regular class.
Review from the homework the basics for teaching a multi-level class.	Trainees will gain the tools to teach a regular class that has different levels of yoga experience.
Small groups will be given specific scenarios to role-play what to do or how to handle.	Trainees will practice and learn problem-solving skills to teach students with special conditions in a regular class.
As a Lead Instructor, each trainee will lead other trainee(s) in a 12-minute flow of poses from the previous Chapter.	Trainees will develop the skills to become an effective teacher.
Trainee(s) will observe / participate in the flow of the Chapter's asana presented by a Lead Instructor trainee and provide verbal / written feedback. The Lead Instructor trainee(s) will each receive feedback over 3 minutes.	Trainees will learn to evaluate another teacher's instruction.
	Trainees will learn how to provide positive written feedback (e.g., Glows and Grows).
	Trainees as Lead Instructors will evaluate their performance through verbal and written feedback.
Trainees will hear a multimedia presentation on the principles of adjustments,	Trainees will develop comprehension of the “when’s, where’s, how’s and why’s” of both physical and non-physical adjustments,
Brainstorm visual, verbal and body language cues that can be used to help students find safe alignment.	Trainees will develop methods to use for making visual, verbal and body language cues to help students find safe alignment.
Trainers will facilitate a discussion of the information covered in today’s Chapter in order to evaluate the trainees’ progress.	Trainees will to demonstrate knowledge of the key points covered in this Chapter.
Trainees will prepare a 12-minute flow to present Day 2, this Chapter, from Expand and any other series so far taking the needs of a woman in any trimester of pregnancy into account. One trainee will role-play the pregnant woman, the others will play regular students.	Trainees will gain experience and proficiency in leading a class.
	Trainees will be able to safely assist a pregnant student who arrives in a regular class.
Trainees will practice performing and cueing the poses in this Chapter.	Trainees will practice and learn to cue a student into each pose safely and effectively with special emphasis on OUR Language, OUR Five Pillars and OUR Principles of Alignment.
	Trainees will understand of the importance of the sequence of this Chapter’s poses and why they are most effectively and safely taught in that order.
	Trainees will identify the major muscles, joints and bandhas used in selected poses from this series.
Using our anatomy texts, trainees will identify the major muscles, joints, bandhas, and energy flow used in selected poses from this series.	Trainees will develop step-by-step a knowledge of the key muscles and bones used in selected Hatha yoga poses.



Description	Learning Objective
Trainees will dissect the muscles used in a “series” to better understand the underlying reasons for the order within that series. With that knowledge that will be able to develop a method to sequence poses safely.	Trainees will develop a method that they can use to safely and effectively sequence a class.
A small group activity, designing a safe flow.	Trainees will use the method for sequencing in designing a class.
Multimedia presentation of an introduction to the classic texts of yoga – the Upanishads, Rig Veda, and the Pradipika.	Trainees will begin to develop a knowledge of the traditional yogic texts.
As a Lead Instructor, each trainee will lead other trainee(s) in a 12-minute flow of the asanas presented in the pose breakdown to include taking the needs of a woman in any trimester of pregnancy into account.	Trainees will develop the skills to become an effective teacher.
Trainee(s) will observe / participate in the flow of the Chapter's asana presented by a Lead Instructor trainee and provide verbal / written feedback. The Lead Instructor trainee(s) will each receive feedback over 3 minutes.	Trainees will learn to evaluate another teacher's instruction.
	Trainees will learn how to provide positive written feedback (e.g., Glows and Grows).
	Trainees as Lead Instructors will evaluate their performance through verbal and written feedback.
Trainers will facilitate a discussion of the information covered in today's Chapter in order to evaluate the trainees' progress.	Trainees will demonstrate knowledge of the key points covered in this Chapter.
Trainees will complete the activity “A misalignment”, giving 5 different ways to help a student correct the misalignment using OUR language.	Trainees will continue to develop the skills for helping students into proper alignment.
Trainees will complete a quick review of Koshas and chakras.	Trainees will strengthen their knowledge of the koshas and the chakras.
Using poses learned in this Chapter, trainees will prepare a 12-minute Flow to present on Day 1, next Chapter that demonstrates good cueing, OUR language, attention to principles of alignment, and breath.	Trainees will gain experience and proficiency in leading a class.
Trainees will practice the current series.	Trainees will be able to perform the poses focused on in this Chapter independently.
<b>Lengthening</b>	
	Trainees will understand how this asana series fits into the context and flow of an entire class.
Trainees will participate in a full class that emphasizes the poses taught in this Chapter. The other trainers present will assist trainees where needed.	Trainees will practice and gain confidence in the execution of the asanas of this Chapter under the guidance of a master teacher.

Description	Learning Objective
<p>Trainees will complete a preprinted form immediately following the Master Class, followed by a group discussion of what they did, saw, heard and felt. The intent is piecing together the teaching methodologies used to design the Master Class.</p> <p>Trainees will analyze the structure of the class, the language used, the cueing, how the poses were linked together and the feeling tone of the class to develop a sense of the teaching methodologies used to design the Master Class.</p>	<p>Trainees will learn to evaluate the effectiveness of a class: the format, the language used, the feeling tone, and the methodology used to design the class.</p>
<p>Trainees will practice performing and cueing the poses in this Chapter.</p>	<p>Trainees will practice and learn to cue a student into each pose safely and effectively with special emphasis on OUR Language, OUR Five Pillars and OUR Principles of Alignment.</p> <p>Trainees will gain understanding of the importance of the sequence of this Chapter's poses and why they are most effectively and safely taught in that order.</p>
<p>Using our anatomy texts, trainees will identify the major muscles, joints, bandhas, and energy flow used in selected poses from this series.</p>	<p>Trainees will identify the major muscles, joints and bandhas used in selected poses from this series.</p> <p>Trainees will develop step-by-step a knowledge of the key muscles and bones used in selected Hatha yoga poses.</p>
<p>A brief introduction to sound yoga.</p>	<p>Trainees will learn and experience the different types of sound yoga.</p>
<p>Trainees will share their homework assignments (e.g., "A Misalignment" activity) and will hear the assignments of the other trainees.</p>	<p>Trainees will learn from each other new methods of making verbal, visual and body language adjustments,</p>
<p>Trainees will divide into groups and come up with creative ways to explain the koshas, nadis and chakras. They will then present them to the class.</p>	<p>Trainees will continue to develop their knowledge of the subtle body.</p>
<p>Trainees will physically demonstrate movements of the major joints (spine, shoulders, hips, knees, ankles).</p>	<p>Trainees will demonstrate knowledge of all of movements of the major joints.</p>
<p>As a Lead Instructor, each trainee will lead other trainee(s) in a 12-minute flow of poses from the previous Chapter.</p>	<p>Trainees will develop the skills to become an effective teacher.</p>
<p>Trainee(s) will observe / participate in the flow of the Chapter's asana presented by a Lead Instructor trainee and provide verbal / written feedback. The Lead Instructor trainee(s) will each receive feedback over 3 minutes.</p>	<p>Trainees will learn to evaluate another teacher's instruction.</p> <p>Trainees will learn how to provide positive written feedback (e.g., Glows and Grows).</p> <p>Trainees as Lead Instructors will evaluate their performance through verbal and written feedback.</p>
<p>Trainees will be taught the basic method to teach a brief laughing yoga Chapter</p>	<p>Trainee will learn the methodology for leading a brief laughing Chapter.</p>

Description	Learning Objective
Trainees will experience a brief laughing yoga Chapter. There will be a very brief presentation on the benefits of laughter,	Trainees will gain an understanding of the health benefits of laughter both emotionally and intellectually,
Trainers will facilitate a discussion of the information covered in today's Chapter in order to evaluate the trainees' progress.	Trainees will to demonstrate knowledge of the key points covered in this Chapter.
Using poses learned in this Chapter, trainees will prepare a 12-minute Flow to present Day 2, this Chapter that demonstrates good cueing, OUR language, attention to principles of alignment, and breath.	Trainees will gain experience and proficiency in leading a class.
Trainees will practice performing and cueing the poses in this Chapter.	Trainees will practice and learn to cue a student into each pose safely and effectively with special emphasis on OUR Language, OUR Five Pillars and OUR Principles of Alignment.
	Trainees will understand of the importance of the sequence of this Chapter's poses and why they are most effectively and safely taught in that order.
	Trainees will identify the major muscles, joints and bandhas used in selected poses from this series.
Using our anatomy texts, trainees will identify the major muscles, joints, bandhas, and energy flow used in selected poses from this series.	Trainees will develop step-by-step a knowledge of the key muscles and bones used in selected Hatha yoga poses.
Trainees will hear a lecture on nutrition. There will be a Q and A Chapter followed by a brief review of key concepts.	Trainees will understand the importance of good nutrition in leading a yogic lifestyle.
Trainees will be introduced to the principles of making physical adjustments.	Trainees will learn a method to use in making physical adjustments.
Trainees will practice making physical adjustments.	Trainees will begin to develop the skills to make physical adjustments.
As a Lead Instructor, each trainee will lead other trainee(s) in a 12-minute flow of the asanas presented in the pose breakdown.	Trainees will develop the skills to become an effective teacher.
Trainee(s) will observe / participate in the flow of the Chapter's asana presented by a Lead Instructor trainee and provide verbal / written feedback. The Lead Instructor trainee(s) will each receive feedback over 3 minutes.	Trainees will learn to evaluate another teacher's instruction.
	Trainees will learn how to provide positive written feedback (e.g., Glows and Grows).
	Trainees as Lead Instructors will evaluate their performance through verbal and written feedback.
An introduction to mudras	Trainees will learn the purpose of mudras.
	Trainees will learn selected common mudras.

Description	Learning Objective
Trainers will facilitate a discussion of the information covered in today's Chapter in order to evaluate the trainees' progress.	Trainees will to demonstrate knowledge of the key points covered in this Chapter.
Trainees will review the principles of making physical adjustments and describe the steps in making selected adjustments.	Trainees will be able to safely adjust their future students.
Using poses learned in this Chapter and others, trainees will prepare a 17-minute Flow to present on Day 1, next Chapter that demonstrates good cueing, OUR language, attention to principles of alignment, and breath.	Trainees will gain experience and proficiency in leading a class.
Trainees will practice the current series.	Trainees will be able to perform the poses focused on in this Chapter independently.

## Enlightening

	Trainees will understand how this asana series fits into the context and flow of an entire class.
Trainees will participate in a full class that emphasizes the poses taught in this Chapter. The other trainers present will assist trainees where needed.	Trainees will practice and gain confidence in the execution of the asanas of this Chapter under the guidance of a master teacher.
Trainees will complete a preprinted form immediately following the Master Class, followed by a group discussion of what they did, saw, heard and felt. The intent is piecing together the teaching methodologies used to design the Master Class.	
Trainees will analyze the structure of the class, the language used, the cueing, how the poses were linked together and the feeling tone of the class to develop a sense of the teaching methodologies used to design the Master Class.	Trainees will learn to evaluate the effectiveness of a class: the format, the language used, the feeling tone, and the methodology used to design the class.
	Trainees will practice and learn to cue a student into each pose safely and effectively with special emphasis on OUR Language, OUR Five Pillars and OUR Principles of Alignment.
Trainees will practice performing and cueing the poses in this Chapter.	Trainees will gain understanding of the importance of the sequence of this Chapter's poses and why they are most effectively and safely taught in that order.
	Trainees will identify the major muscles, joints and bandhas used in selected poses from this series.
Using our anatomy texts, trainees will identify the major muscles, joints, bandhas, and energy flow used in selected poses from this series.	Trainees will develop step-by-step a knowledge of the key muscles and bones used in selected Hatha yoga poses.
Trainees will review some of the ways to learn to teach off the mat.	Trainee will be able to cue Sun Salutations off the mat.

Description	Learning Objective
Trainees will take turn teaching sun salutations off the mat.	Trainee will be able to cue Sun Salutations off the mat.
Trainees will practice cueing selected inversions in pairs.	Trainee will develop the skills to cue inversions.
As a Lead Instructor, each trainee will lead other trainee(s) in a 17-minute flow of poses from the previous Chapter.	Trainees will develop the skills to become an effective teacher.
Trainee(s) will observe / participate in the flow of the Chapter's asana presented by a Lead Instructor trainee and provide verbal / written feedback. The Lead Instructor trainee(s) will each receive feedback over 3 minutes.	Trainees will learn to evaluate another teacher's instruction.
	Trainees will learn how to provide positive written feedback (e.g., Glows and Grows).
	Trainees as Lead Instructors will evaluate their performance through verbal and written feedback.
Trainees will review the anatomy of the shoulder girdle and will understand of the importance of the shoulder in doing inversions.	Trainees will develop an appreciation of importance of the shoulder girdle in doing inversions.
Trainees will review Physical Adjustments 1. Trainees will be introduced to further types of adjustments. Trainees will practice with partners.	Trainees will continue to develop the skills to safely practice hands-on adjustments.
Trainers will facilitate a discussion of the information covered in today's Chapter in order to evaluate the trainees' progress.	Trainees will to demonstrate knowledge of the key points covered in this Chapter.
Trainees will prepare a 17-minute flow to present Day 2, this Chapter, teaching an inversion series with some of the class taught off the mat and demonstrating good cueing, OUR language, attention to principles of alignment, and breath.	Trainees will gain experience and proficiency in leading a class.
Trainees will practice performing and cueing the poses in this Chapter.	Trainees will practice and learn to cue a student into each pose safely and effectively with special emphasis on OUR Language, OUR Five Pillars and OUR Principles of Alignment.
	Trainees will understand of the importance of the sequence of this Chapter's poses and why they are most effectively and safely taught in that order.
	Trainees will identify the major muscles, joints and bandhas used in selected poses from this series.
Using our anatomy texts, trainees will identify the major muscles, joints, bandhas, and energy flow used in selected poses from this series.	Trainees will develop step-by-step a knowledge of the key muscles and bones used in selected Hatha yoga poses.
Discussion of adjustments in inversions.	Trainees will learn the method we will use to cue students into safe alignment in inversions.
Multi media presentation of what mantras are, how they are used . Trainees will then learn some common mantras.	Trainees will gain knowledge of the place and purpose of mantra. Trainees will practice chanting and singing well-known mantra.

Description	Learning Objective
As a Lead Instructor, each trainee will lead other trainee(s) in a 17-minute flow of the asanas presented in the pose breakdown.	Trainees will develop the skills to become an effective teacher.
Trainee(s) will observe / participate in the flow of the Chapter's asana presented by a Lead Instructor trainee and provide verbal / written feedback. The Lead Instructor trainee(s) will each receive feedback over 3 minutes.	Trainees will learn to evaluate another teacher's instruction.
	Trainees will learn how to provide positive written feedback (e.g., Glows and Grows).
	Trainees as Lead Instructors will evaluate their performance through verbal and written feedback.
Trainees will journal on their teaching experience and share findings (Svadhyaya).	Trainees will evaluate their teaching experience today.
Trainers will facilitate a discussion of the information covered in today's Chapter in order to evaluate the trainees' progress.	Trainees will to demonstrate knowledge of the key points covered in this Chapter.
Trainees will complete an honest self-evaluation of their learning experience from guidelines provided to be turned in Day 1, the next Chapter, then self-practice ahimsa and asteya.	Trainees will quantify their strengths and skills as a teacher.
	Trainees will set specific goals for areas of growth.
Using poses learned in this Chapter and others, trainees will prepare a 17-minute Flow to present on Day 1, next Chapter that demonstrates good cueing, OUR language, attention to principles of alignment, and breath.	Trainees will gain experience and proficiency in leading a class.
Trainees will practice the current series.	Trainees will be able to perform the poses focused on in this Chapter independently.

Relation	
	Trainees will understand how this asana series fits into the context and flow of an entire class.
Trainees will participate in a full class that emphasizes the poses taught in this Chapter. The other trainers present will assist trainees where needed.	Trainees will practice and gain confidence in the execution of the asanas of this Chapter under the guidance of a master teacher.
Trainees will complete a preprinted form immediately following the Master Class, followed by a group discussion of what they did, saw, heard and felt. The intent is piecing together the teaching methodologies used to design the Master Class.	
Trainees will analyze the structure of the class, the language used, the cueing, how the poses were linked together and the feeling tone of the class to develop a sense of the teaching methodologies used to design the Master Class.	Trainees will learn to evaluate the effectiveness of a class: the format, the language used, the feeling tone, and the methodology used to design the class.



Description	Learning Objective
	Trainees will practice and learn simple relaxation poses that can easily be incorporated into a regular class.
Trainees will experience several restorative poses and a short yoga nidra.	Trainees will experience a yoga nidra,
Trainees will review common injuries and special conditions	Trainees will have the skills to accommodate students with special conditions in a regular class.
Trainees will review the Central Nervous System. Trainees will be presented with studies that show the brain wave states in different activities and what that means for the participant in a final relaxation / savasana portion of a class.	Trainees will gain knowledge of the benefits that can occur during a period of relaxation during a regular class.
Trainees will review special conditions and common injuries that may show up in a regular class. Trainees will be given a special condition or injury to work with when they practice as Lead (e.g., situational practice).	Trainees will have the skills to accommodate students with special conditions in a regular class.
As a Lead Instructor, each trainee will lead other trainee(s) in a 17-minute flow of poses from the previous Chapter with attention to one person with a specific condition or injury.	Trainees will develop the skills to become an effective teacher.
	Trainees will learn to evaluate another teacher's instruction.
	Trainees will learn how to provide positive written feedback (e.g., Glows and Grows).
Trainee(s) will observe / participate in the flow of the Chapter's asana presented by a Lead Instructor trainee and provide verbal / written feedback. The Lead Instructor trainee(s) will each receive feedback over 3 minutes.	Trainees as Lead Instructors will evaluate their performance through verbal and written feedback.
Trainees will view the <a href="#">This is Water</a> (YouTube 9 min).	
Trainees will participate in a facilitator-led discussion on how it applies to our lives off the mat" and our integrity in living our yoga everyday.	Trainees will evaluate an excerpt of David Foster Wallace's famous commencement speech and how his ideas may apply to our lives off the mat" and our integrity in living our yoga everyday.
Trainers will facilitate a discussion of the information covered in today's Chapter in order to evaluate the trainees' progress.	Trainees will to demonstrate knowledge of the key points covered in this Chapter.
Trainees will prepare a 17-minute flow of choice to present Day 2, this Chapter, addressing special conditions and demonstrates good cueing, OUR language, attention to principles of alignment, and breath.	Trainees will gain experience and proficiency in leading a class.

Description	Learning Objective
Trainees will practice performing and cueing the poses in this Chapter.	<p>Trainees will practice and learn to cue a student into each pose safely and effectively with special emphasis on OUR Language, OUR Five Pillars and OUR Principles of Alignment.</p> <p>Trainees will gain understanding of the importance of the sequence of this Chapter's poses and why they are most effectively and safely taught in that order.</p>
Using our anatomy texts and photographs, trainees will identify the major muscles, joints, bandhas, and energy flow used in selected poses from this series.	<p>Trainees will identify the major muscles, joints and bandhas and be able to see the energy flows in selected relaxation poses.</p> <p>Trainees will be able to apply this knowledge in selecting poses for their clients.</p>
Trainees will be presented with Donna Farhi's method of solving ethical problems (e.g., examples from book or kinds of solutions). They will put that method to use in solving common problems.	Trainees will learn and have a "go-to" method to use to solve ethical problems.
Trainees will review the major safety cues to watch for.	Trainees will review and recall their knowledge of how to spot common misalignments and verbal cues to use for helping students move to alignment.
As a Lead Instructor, each trainee will lead other trainee(s) in a 17-minute flow of the asanas presented in the pose breakdown.	Trainees will develop the skills to become an effective teacher.
Trainee(s) will observe / participate in the flow of the Chapter's asana presented by a Lead Instructor trainee and provide verbal / written feedback. The Lead Instructor trainee(s) will each receive feedback over 3 minutes.	<p>Trainees will learn to evaluate another teacher's instruction.</p> <p>Trainees will learn how to provide positive written feedback (e.g., Glows and Grows).</p> <p>Trainees as Lead Instructors will evaluate their performance through verbal and written feedback.</p>
Trainees will discuss methods to design a class of various lengths and speeds of flow within OUR format. Trainees will the practice making sample formats.	Trainees will be able to design a class of different lengths and different speeds of flow in OUR format.
Trainers will facilitate a discussion of the information covered in today's Chapter in order to evaluate the trainees' progress.	Trainees will to demonstrate knowledge of the key points covered in this Chapter.
Trainees will prepare a 24-minute presentation for Chapter 12 teaching a subject covered in the course that they really LOVE (e.g., asana, anatomy, philosophy or ethics, a meditation, something from the sutras or <u>The Gita</u> .)	Trainees will gain experience and proficiency in leading a class.
Trainees will practice the current series.	Trainees will be able to perform the poses focused on in this Chapter independently.

Description	Learning Objective
<b>Celebrate</b>	
Trainees will participate in a full class that emphasizes the poses chosen for this Chapter. The other trainers present will assist trainees where needed.	Trainees will practice and gain confidence in the execution of the asana of this Chapter under the guidance of a master teacher.
Trainees will complete a preprinted form immediately following the Master Class, followed by a group discussion of what they did, saw, heard and felt. The intent is piecing together the teaching methodologies used to design the Master Class.	
Trainees will analyze the structure of the class, the language used, the cueing, how the poses were linked together and the feeling tone of the class to develop a sense of the teaching methodologies used to design the Master Class.	Trainees will evaluate the effectiveness of a class: the format, the language used, the feeling tone, and the methodology used to design the class.
	Trainees will practice and learn to cue a student into each pose safely and effectively with special emphasis on OUR Language, OUR Five Pillars and OUR Principles of Alignment.
Trainees will practice performing and cueing the poses in a specific series chosen to focus on their needs.	Trainees will understand of the importance of the sequence of this Chapter's poses and why they are most effectively and safely taught in that order.
Using our anatomy texts, trainees will identify and demonstrate mastery of the major muscles, joints, bandhas, and energy flow used in selected poses from this series.	Trainees will identify the major muscles, joints and bandhas used in selected poses from this series. Trainees will develop step-by-step a knowledge of the key muscles and bones used in selected Hatha yoga poses.
Trainees will explain how key concepts will influence them in living a yogic lifestyle, both on and off the mat.	Trainees will demonstrate mastery of key concepts from the Bhagavad-Gita and the Yoga Sutras.
As a Lead Instructor, each trainee will develop and lead other trainee(s) in a 25-minute practice either Day 1 or Day 2 that demonstrates what s/he has learned and loves (asana, philosophy, meditation, etc.).	Trainees will demonstrate that they have the skills to be an effective teacher.
	Trainees will learn to evaluate another teacher's instruction.
	Trainees will learn how to provide positive written feedback (e.g., Glows and Grows).
Trainee(s) will observe / participate in the flow of the Chapter's asana presented by a Lead Instructor trainee and provide verbal/written feedback. The Lead Instructor trainee(s) will receive feedback over 5 minutes	Trainees as Lead Instructors will evaluate their performance through verbal and written feedback.
Discussion and brainstorming of how to set up an ideal classroom and welcoming space regardless of the surrounding environment.	Trainees will know how to set up an ideal classroom. Trainees will be able to adapt the ideal to many diverse environments.

Description	Learning Objective
Trainers will facilitate a discussion of the information covered in today's Chapter in order to evaluate the trainees' progress.	Trainees will to demonstrate knowledge of the key points covered in this Chapter.
Trainees will participate in a full class that emphasizes the poses chosen for this Chapter. The other trainers present will assist trainees where needed.	Trainees will practice and gain confidence in the execution of the asana of this Chapter under the guidance of a master teacher.
	Trainees will practice and learn to cue a student into each pose safely and effectively with special emphasis on OUR Language, OUR Five Pillars and OUR Principles of Alignment.
Trainees will practice performing and cueing the poses in a specific series chosen to focus on their needs.	Trainees will gain understanding of the importance of the sequence of this Chapter's poses and why they are most effectively and safely taught in that order.
	Trainees will identify the major muscles, joints and bandhas used in selected poses from this series.
Using our anatomy texts, trainees will identify and demonstrate mastery of the major muscles, joints, bandhas, and energy flow used in selected poses from this series.	Trainees will develop step-by-step a knowledge of the key muscles and bones used in selected Hatha yoga poses.
An inspiration lecture and discussion on the qualities of a great teacher. (by Lori)	Trainees will be inspired to dig deeper and reach farther.
As a Lead Instructor, each trainee will develop and lead other trainee(s) in a 25-minute practice either Day 1 or Day 2 that demonstrates what s/he has learned and loves (asana, philosophy, meditation, etc.).	Trainees will demonstrate that they have the skills to be an effective teacher.
	Trainees will learn to evaluate another teacher's instruction.
	Trainees will learn how to provide positive written feedback (e.g., Glows and Grows).
Trainee(s) will observe / participate in the flow of the Chapter's asana presented by a Lead Instructor trainee and provide verbal/written feedback. The Lead Instructor trainee(s) will receive feedback over 5 minutes	Trainees as Lead Instructors will evaluate their performance through verbal and written feedback.
Trainees (1/2) will to give an OM 'bath' to ½ of the other trainees, Then they will reverse roles.	Trainees will experience the power of hearing "OM" chanted for 10-15 minutes. Trainees will be able to chant OM for 10-15 minutes
Trainers will facilitate a discussion of the entire course and avenues for future training.	Trainees will reflect on what they learned best and what was hardest to learn. Trainees will discuss areas of interest for future development.

### Recommended reading

- Journey into Power by Baron Baptiste
- Yoga Anatomy by Leslie Kaminoff or The Key Muscles of Hatha Yoga by Ray Long.
- The Living Gita by Sri swami Satchidananda
- The Yoga Sutras of Patanjali (Books 1 & 2 only) by Sri Swami Satchidananda

### You might enjoy now or at a later date

- Teaching Yoga: Exploring the Student-Teacher Relationship by Donna Farhi
- Teaching Yoga by Mark Stephens. A great all around reference book. I get an AHA every time I open it.
- The Heart of Yoga: Developing a Personal Practice by T. K. V. Desikachar
- Hatha Yoga Illustrated by Kirk, Boon and DiTuro. A great handy reference for asanas – has Sanskrit and English name, step by step photos and instructions, counter pose, drishti, physical benefits, mental benefits, contraindications, gentle variation, other variations ALL ON ONE PAGE
- Journeys to the Heart by Melody Beattie
- The Language of Yoga: Complete A to Y Guide to Asana Names, Sanskrit Terms, and Chants by Nicolai Bachman
- Yamas and Niyamas by Deborah Adele

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