

DRISHTI  BEATS™

RYS 300 Syllabus

2024 Edition



Topic Title	Description	Learning Objective
Meditation	Trainees will be in silence from 6:00-6:30 and learn to interact with each other without speaking. Trainees will then be engaged in a 30 min meditation.	Trainees will learn to further their experience with meditation
Master Class 1 - Day 1	Trainees will participate in a full class that emphasizes the poses taught in this Chapter (Child's Pose, Cat/Cow, Downward Facing Dog, Down Dog Twist, Ragdoll, Extended Mountain Pose, Prayer with Om's (optional)). 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 asana of this Chapter under the guidance of a master teacher.
Master Class Analysis	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.
Overview of OUR 300 RYS	Trainees will learn how our 300 hr school fits into the context of yoga as practiced globally with advancement of teaching practicum, methodology, and upskilling	Trainees will learn the history of yoga. Trainees will understand what OUR yoga is and how it relates to other styles of yoga globally
Learning to Retreat	Trainees will learn the concept of truly retreating and allowing themselves to immerse themselves in the learning process	Trainees will learn the concept of truly retreating and allowing themselves to immerse themselves in the learning process
Yamas and Niyamas	Trainees will review the yamas and niyamas and how they apply to the learning experience	
Pose Breakdown – the Engage Poses	Trainees will learn to cue the poses in this Chapter, and will learn assisting, and the advanced exploration of the chakra related to the poses.	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 the importance of the sequence of this Chapter's poses and why they are most effectively and safely taught in that order, how to assist, and how to relate the chakra to the pose.
Pose Anatomy Analysis	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 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.
Practice in Lead	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.
Master Class 2- Day 1	Trainees will participate in an alternative type class, specifically Yin, to gain an understanding and learn the teaching practices of Yin Yoga	Trainees will practice and gain confidence in the execution of the asanas of this Chapter under the guidance of a master teacher.
Learning about Each Other	One Trainee, with a partner, will learn about their partner in order to tell a story to the group about their partner's life to be presented on days 3,4.	Trainees will learn to listen with intent and gather information in order to share with the group about another trainee's story of their life and what brought them to the training.

Recap and Homework	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.
Homework (non-contact hours)	Using poses learned in this Chapter, trainees will prepare a 6-minute Flow with intention, assists, and calls to chakras to present Day 2, this Chapter that demonstrates good cueing, OUR language, attention to principles of alignment, and breath. Trainees prepare to present their partner's story	Trainees will gain experience and proficiency in leading a class.
Meditation	Trainees will be in silence from 6:00-6:30 and learn to interact with each other without speaking. Trainees will then be engaged in a 30 min meditation.	Trainees will learn to further their experience with mediation
Master Class 1 - Day 2	Trainees will participate in a full class, along with Dharma, that emphasizes variations of the poses taught in the Engage Series(Child's Pose, Cat/Cow, Downward Facing Dog, Down Dog Twist, Ragdoll, Extended Mountain Pose, Prayer with Om's (optional)). 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 asana of this Chapter under the guidance of a master teacher.
Master Class Analysis	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.
History of Yoga	Trainees will learn an in-depth history of Yoga	Trainees will learn an in-depth history of yoga. Trainees will understand what OUR yoga is and how it relates to other styles of yoga globally
Dharma	Trainees will learn the art of telling a story an integrating it to a class	Threading philosophy,intention and dharma
Lunch		
Pose Breakdown – the Engage Poses	Trainees will learn to cue the poses in this Chapter, and will learn assisting, and the advanced exploration of the chakra related to the poses.	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 the importance of the sequence of this Chapter's poses and why they are most effectively and safely taught in that order, how to assist, and how to relate the chakra to the pose.
Pose Anatomy Analysis	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 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.

Practice in Lead	As a Lead Instructor, each trainee will lead other trainee(s) in a 12-minute flow of the asanas presented in the pose breakdown, with variations	Trainees will develop the skills to become an effective teacher.
Master Class 2- Day 2	Trainees will participate in an alternative type class, specifically restorative, to gain an understanding and learn the teaching practices of Restorative Yoga	Trainees will practice and gain confidence in the execution of the asanas of this Chapter under the guidance of a master teacher.
Learning about each other Day 2	The partner of the first Trainee, with a partner, will learn about their partner in order to tell a story to the group about their partner's life to be presented on days 3,4.	Trainees will learn to listen with intent and gather information in order to share with the group about another trainee's story of their life and what brought them to the training.
Recap and Homework	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.
Homework (non-contact hours)	Using poses learned in this Chapter, trainees will prepare a 6-minute Flow with intention, variations, assists, and calls to chakras to present Day , that demonstrates good cueing, OUR language, attention to principles of alignment, and breath. Trainees prepare to present their partner's story for both the next day. Work with partner to prepare story to begin presenting on Day 3 and Day 4	Trainees will gain experience and proficiency in leading a class.
Meditation	Trainees will be in silence from 6:00-6:30 and learn to interact with each other without speaking. Trainees will then be engaged in a 30 min meditation.	Trainees will learn to further their experience with meditation
Master Class 1 – Day 3	Trainees will participate in a full class that emphasizes the poses taught in this Chapter (Sun Salutation (any variation using Extended Mountain Pose, Forward Fold, Chair Pose, Forward Fold, Plank/high push up, Low Push Up, Upward Facing Dog, Downward Facing Dog, Jump or walk forward to Forward Fold), Side Plank, Down Dog, Three-Legged Dog, Flip Dog). 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.
Master Class Analysis	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.
Practice as Observer - Lecture	How to provide thoughtful and careful feedback.	

Practice as Observer – Partner Practice and activities	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>
Pose Breakdown – Sun Salutations or Heat Poses	Trainees will practice performing and cueing the poses in this Chapter and will learn assisting, and the advanced exploration of the chakra related to the poses.	<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>
Pose Anatomy Analysis	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>
Practice in Lead	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.
Master Class 2- Day 3	Trainees will participate in an alternative type class, specifically Yin Yoga, to gain an understanding and learn the teaching practices of Yin Yoga	Trainees will practice and gain confidence in the execution of the asanas of this Chapter under the guidance of a master teacher.
Learning about each other presentations	Partner 2 will present Partner 1's story, as if it was their own, with partner 1 being able to suggest any discrepancies in terms of what they actually told partner 2 and to what was related to the rest of the group.	Trainees will learn to listen with intent and gather information of their fellow trainees
Recap and Homework	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.
Homework (non-contact hours)	<p>Using poses learned in this Chapter, trainees will prepare a 12-minute Flow with intention, variations, assists, and calls to chakras to present Day , that demonstrates good cueing, OUR language, attention to principles of alignment, and breath. Trainees prepare to present their partner's story for both the next day.</p> <p>Work with partner to prepare story to be presented on Day 4</p>	Trainees will gain experience and proficiency in leading a class.
Meditation	Trainees will be in silence from 6:00-6:30 and learn to interact with each other without speaking. Trainees will then be engaged in a 30 min mediation.	Trainees will learn to further their experience with mediation

Master Class 1, Day 4	<p>Trainees will participate in a full class that emphasizes the poses taught in this Chapter (Sun Salutation (any variation using Extended Mountain Pose, Forward Fold, Chair Pose, Forward Fold, Plank/high push up, Low Push Up, Upward Facing Dog, Downward Facing Dog, Jump or walk forward to Forward Fold), Side Plank, Down Dog, Three-Legged Dog, Flip Dog).</p> <p>The other trainers present will assist trainees where needed.</p>	<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>
Master Class Analysis	<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>
Meditation History Techniques and Guidance Practice		
Pose Breakdown – Sun Salutations or Heat Poses	<p>Trainees will practice performing and cueing the poses as well as variations in this Chapter and will learn assisting, and the advanced exploration of the chakra related to the poses.</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>
Pose Anatomy Analysis	<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>
Practice in Lead	<p>As a Lead Instructor, each trainee will lead other trainee(s) in a 12-minute flow of the asanas presented in the pose breakdown, with variations</p>	<p>Trainees will develop the skills to become an effective teacher.</p>
Master Class 2- Day 4	<p>Trainees will participate in an alternative type class, specifically Restorative, to gain an understanding and learn the teaching practices of Restorative</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>
Learning about each other presentations	<p>Partner 1 will present Partner 2's story, as if it was their own, with partner 2 being able to suggest any discrepancies in terms of what they actually told partner 1 and to what was related to the rest of the group.</p>	<p>Trainees will learn to listen with intent and gather information of their fellow trainees</p>
Recap and Homework	<p>Trainers will facilitate a discussion of the information covered in today's Chapter in order to evaluate the trainees' progress.</p>	<p>Trainees will to demonstrate knowledge of the key points covered in this Chapter.</p>

Homework (non-contact hours)	Using poses learned in this Chapter, trainees will prepare a 12-minute Flow with intention, variations, assists, and calls to chakras to present Day 1, that demonstrates good cueing, OUR language, attention to principles of alignment, and breath. Trainees prepare to present their partner's story for both the next day, with variations.	Trainees will gain experience and proficiency in leading a class.
Meditation	Trainees will be in silence from 6:00-6:30 and learn to interact with each other without speaking. Trainees will then be engaged in a 30 min meditation.	Trainees will learn to further their experience with meditation
Master Class 1, Day 5	<p>Trainees will participate in a full class that emphasizes the poses taught in this Chapter (Prayer Twist, Prayer Twist, Lunge Twist, Crescent Lunge, Warrior One, Warrior One (arms float behind interlocking hands), Bow forward, Warrior One, Plank, Low Push Up, Upward Facing Dog, Downward Facing Dog, Jump Feet Together, Extended Mountain Pose).</p> <p>The other trainers present will assist trainees where needed.</p>	<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>
Master Class Analysis	<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>	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.
Meditation History Techniques and Guidance Practice	On the second day	
Pose Breakdown – Extend Series	Trainees will practice performing and cueing the poses as well as variations in this Chapter and will learn assisting, and the advanced exploration of the chakra related to the poses.	<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>
Pose Anatomy Analysis	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>
Practice in Lead	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.

Master Class 2 - Day 5	Yoga Nidra Class	
Yoga Nidra Class Analysis		
Writing a Yoga Nidra	Key components to writing a yoga nidra	
Recap and Homework	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.
Homework (non-contact hours)	Using poses learned in this Chapter, trainees will prepare a 12-minute Flow with intention, variations, assists, and calls to chakras to present Day , that demonstrates good cueing, OUR language, attention to principles of alignment, and breath. Trainees prepare to present their partner's story for both the next day, with variations. Begin to write Yoga Nidra	Trainees will gain experience and proficiency in leading a class.
Meditation	Trainees will be in silence from 6:00-6:30 and learn to interact with each other without speaking. Trainees will then be engaged in a 30 min mediation.	Trainees will learn to further their experience with mediation
Master Class 1, Day 6	Trainees will participate in a full class that emphasizes the poses taught in this Chapter (Prayer Twist, Prayer Twist, Lunge Twist, Crescent Lunge, Warrior One, Warrior One (arms float behind interlocking hands), Bow forward, Warrior One, Plank, Low Push Up, Upward Facing Dog, Downward Facing Dog, Jump Feet Together, Extended Mountain Pose). 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.
Master Class Analysis	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.
Yoga Sutras	An in depth look into the Yoga Sutras.	
Yamas and Niyamas	Discovering your own blocks with each of the Yamas and Niyamas	

Pose Breakdown – Extend Series	Trainees will practice performing and cueing the poses as well as variations in this Chapter and will learn assisting, and the advanced exploration of the chakra related to the poses.	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.
Pose Anatomy Analysis	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.
Practice in Lead	As a Lead Instructor, each trainee will lead other trainee(s) in a 12-minute flow of the asanas presented in the pose breakdown, with variations	Trainees will develop the skills to become an effective teacher.
Master Class 2 – Day 6	Sound healing with Stretch	
Sound Healing Class Analysis		
Walking Meditation		
Recap and Homework	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.
Homework (non-contact hours)	Using poses learned in this Chapter, trainees will prepare a 12-minute Flow with intention, variations, assists, and calls to chakras to present Day , that demonstrates good cueing, OUR language, attention to principles of alignment, and breath. Trainees prepare to present their partner's story for both the next day, with variations. Continue to write Yoga Nidra	Trainees will gain experience and proficiency in leading a class.
Meditation	Trainees will be in silence from 6:00-6:30 and learn to interact with each other without speaking. Trainees will then be engaged in a 30 min mediation.	Trainees will learn to further their experience with mediation

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Master Class 1, Day 7	<p>Trainees will participate in a full class that emphasizes the poses taught in this Chapter (Eagle, Tree, Standing Leg Raise Front, Standing Leg Raise Side, Airplane, Dancer's, Assisted Half Moon, Standing Split, Crow).</p> <p>The other trainers present will assist trainees where needed.</p>	<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>
Master Class Analysis	<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>

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Mudras	Learn Mudras and their meanings	
Mudra Class Insertion	Practice inserting Mudras into mini vinyasa flows	
Pose Breakdown – Equilibrium Series	<p>Trainees will practice performing and cueing the poses as well as variations in this Chapter and will learn assisting, and the advanced exploration of the chakra related to the poses.</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>
Pose Anatomy Analysis	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>

DRISHTI  BEATS
Advanced Training

Practice in Lead	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.
Master Class 2 – Day 7	Rocket Yoga	
Rocket Yoga Class Analysis		
Yoga Nidra Presentation	Trainee 1 will present their Yoga Nidra to a fellow trainee, and receive feedback from their partner.	
Recap and Homework	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.
Homework (non-contact hours)	<p>Using poses learned in this Chapter, trainees will prepare a 12-minute Flow with intention, variations, assists, and calls to chakras to present Day 7, that demonstrates good cueing, OUR language, attention to principles of alignment, and breath. Trainees prepare to present their partner's story for both the next day, with variations.</p> <p>Partner 2 continue write Yoga Nidra. Partner refines based upon delivery experience.</p>	Trainees will gain experience and proficiency in leading a class.
Meditation	Trainees will be in silence from 6:00-6:30 and learn to interact with each other without speaking. Trainees will then be engaged in a 30 min meditation.	Trainees will learn to further their experience with meditation
Master Class 1, Day 8	<p>Trainees will participate in a full class that emphasizes the poses taught in this Chapter (Eagle, Tree, Standing Leg Raise Front, Standing Leg Raise Side, Airplane, Dancer's, Assisted Half Moon, Standing Split, Crow).</p> <p>The other trainers present will assist trainees where needed.</p>	<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>
Master Class Analysis	<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>	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.
Yoga Sutras	An in depth look into the Yoga Sutras.	
Yamas and Niyamas	Discovering your own blocks with each of the Yamas and Niyamas	

Pose Breakdown – Equilibrium Series	Trainees will practice performing and cueing the poses as well as variations in this Chapter and will learn assisting, and the advanced exploration of the chakra related to the poses.	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.
Pose Anatomy Analysis	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.
Practice in Lead	As a Lead Instructor, each trainee will lead other trainee(s) in a 12-minute flow of the asanas presented in the pose breakdown, with variations	Trainees will develop the skills to become an effective teacher.
Master Class 2 – Day 6	Class Choice (chosen in the morning)	
Class Choice Class Analysis		
Walking Meditation		
Recap and Homework	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.
Homework (non-contact hours)	Using poses learned in this Chapter, trainees will prepare a 12-minute Flow with intention, variations, assists, and calls to chakras to present Day , that demonstrates good cueing, OUR language, attention to principles of alignment, and breath. Trainees prepare to present their partner's story for both the next day, with variations. Continue to write Yoga Nidra	Trainees will gain experience and proficiency in leading a class.
Meditation	Trainees will be in silence from 6:00-6:30 and learn to interact with each other without speaking. Trainees will then be engaged in a 30 min mediation.	Trainees will learn to further their experience with mediation
Master Class 1, Day 9	Trainees will participate in a full class that emphasizes the poses taught in this Chapter (Warrior One, Warrior Two, Sun Warrior, Extended Side Angle, Extended Side Angle Arms Bound, Triangle, Standing Straddle Bend, Twisting Triangle, Pyramid). 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.

Master Class Analysis	<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>	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.
Ethics of Yoga		
Living a Yogic Lifestyle		
Teaching with Ethics		
Identifying Obstacles		
Pose Breakdown -Earth	Trainees will practice performing and cueing the poses as well as variations in this Chapter and will learn assisting, and the advanced exploration of the chakra related to the poses.	<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>
Pose Anatomy Analysis	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>
Practice in Lead	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.
Master Class 2 – Day 9	Sound Healing	
Sound Healing Class Analysis		
Studio Concept	Trainees will work with their partners on a studio concept unique and differential to set their studio apart from others.	
Recap and Homework	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.
Homework (non-contact hours)	<p>Using poses learned in this Chapter, trainees will prepare a 12-minute Flow with intention, variations, assists, and calls to chakras to present Day , that demonstrates good cueing, OUR language, attention to principles of alignment, and breath. Trainees prepare to present their partner's story for both the next day, with variations.</p> <p>Write in your journal the changes you will make to enhance your yogic lifestyle</p>	Trainees will gain experience and proficiency in leading a class.
Meditation	Trainees will be in silence from 6:00-6:30 and learn to interact with each other without speaking. Trainees will then be engaged in a 30 min meditation.	Trainees will learn to further their experience with mediation

Master Class 1, Day 10	<p>Trainees will participate in a full class that emphasizes the poses taught in this Chapter (Warrior One, Warrior Two, Sun Warrior, Extended Side Angle, Extended Side Angle Arms Bound, Triangle, Standing Straddle Bend, Twisting Triangle, Pyramid).</p> <p>The other trainers present will assist trainees where needed.</p>	<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>
Master Class Analysis	<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>
Business of Yoga		
Writing a Business Plan and Proforma		
Pose Breakdown -Earth	<p>Trainees will practice performing and cueing the poses as well as variations in this Chapter and will learn assisting, and the advanced exploration of the chakra related to the poses.</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>
Pose Anatomy Analysis	<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>
Practice in Lead	<p>As a Lead Instructor, each trainee will lead other trainee(s) in a 12-minute flow of the asanas presented in the pose breakdown, with variations</p>	<p>Trainees will develop the skills to become an effective teacher</p>
Master Class 2 – Day 10	Yin Yoga	
Yin Yoga Class Analysis		
Studio Concept Presentation	<p>Trainees will present with their partners on a studio concept unique and differential to set their studio apart from others.</p>	

Recap and Homework	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.
Homework (non-contact hours)	Using poses learned in this Chapter, trainees will prepare a 12-minute Flow with intention, variations, assists, and calls to chakras to present Day , that demonstrates good cueing, OUR language, attention to principles of alignment, and breath. Trainees prepare to present their partner's story for both the next day, with variations.	Trainees will gain experience and proficiency in leading a class.
Meditation	Trainees will be in silence from 6:00-6:30 and learn to interact with each other without speaking. Trainees will then be engaged in a 30 min mediation.	Trainees will learn to further their experience with mediation
Master Class 1, Day 11	<p>Trainees will participate in a full class that emphasizes the poses taught in this Chapter (Locust, Half Bow, Full Bow, Half Camel, Full Camel, Bridge, Wheel, Butterfly).</p> <p>The other trainers present will assist trainees where needed.</p>	<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>
Master Class Analysis	<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>	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.
Legend of Bagger Vance		
Analysis and relationship to Bhagavad Gita		
Pose Breakdown -Fire Series	Trainees will practice performing and cueing the poses as well as variations in this Chapter and will learn assisting, and the advanced exploration of the chakra related to the poses.	<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>
Pose Anatomy Analysis	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>
Practice in Lead	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

Master Class 2 – Day 11	Restorative Yoga	
Restorative Class Analysis		
Studio Concept Presentation- Day 2	Trainees will present with their partners on a studio concept unique and differential to set their studio apart from others.	
Recap and Homework	Trainers will facilitate a discussion of the information covered in today's Chapter in order to evaluate the trainees' progress. Study guide will be given in preparation for exam on day 14	Trainees will to demonstrate knowledge of the key points covered in this Chapter.
Homework (non-contact hours)	Using poses learned in this Chapter, trainees will prepare a 12-minute Flow with intention, variations, assists, and calls to chakras to present Day , that demonstrates good cueing, OUR language, attention to principles of alignment, and breath. Trainees prepare to present their partner's story for both the next day, with variations.	Trainees will gain experience and proficiency in leading a class.
Meditation	Trainees will be in silence from 6:00-6:30 and learn to interact with each other without speaking. Trainees will then be engaged in a 30 min mediation.	Trainees will learn to further their experience with mediation
Master Class 1, Day 12	<p>Trainees will participate in a full class that emphasizes the poses taught in this Chapter (Locust, Half Bow, Full Bow, Half Camel, Full Camel, Bridge, Wheel, Butterfly).</p> <p>The other trainers present will assist trainees where needed.</p>	<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>
Master Class Analysis	<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>	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.
Teaching off the Mat		Lecture and advanced
Teaching off the Mat Practice		
Pose Breakdown -Fire Series	Trainees will practice performing and cueing the poses as well as variations in this Chapter and will learn assisting, and the advanced exploration of the chakra related to the poses.	<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>

Pose Anatomy Analysis	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.
Practice in Lead	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
Master Class 2 – Day 12	Restorative Yoga	
Restorative Class Analysis		
Studio Concept Presentation- Day 2	Trainees will present with their partners on a studio concept unique and differential to set their studio apart from others.	
Recap and Homework	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.
Homework (non-contact hours)	Using poses learned in this Chapter, trainees will prepare a 12-minute Flow with intention, variations, assists, and calls to chakras to present Day , that demonstrates good cueing, OUR language, attention to principles of alignment, and breath. Trainees prepare to present their partner's story for both the next day, with variations.	Trainees will gain experience and proficiency in leading a class.
Meditation	Trainees will be in silence from 6:00-6:30 and learn to interact with each other without speaking. Trainees will then be engaged in a 30 min meditation.	Trainees will learn to further their experience with mediation
Master Class 1, Day 13	Trainees will participate in a full class that emphasizes the poses taught in this Chapter (Abdominal Twists, Scissor Legs, 30/60/90 Lifts, Boat, Crossed Ankle Lift). 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.
Master Class Analysis	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.
Pranayama Discussion and Practice		Focus of parasympathetic vs sympathetic
Choose Series and demonstrate breath		

Pose Breakdown -Deep Center	Trainees will practice performing and cueing the poses as well as variations in this Chapter and will learn assisting, and the advanced exploration of the chakra related to the poses.	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.
Pose Anatomy Analysis	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.
Practice in Lead	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
Master Class 2 – Day 13	Deep Stretch	
Restorative Class Analysis		
Studio Concept Presentation- Day 2	Trainees will present with their partners on a studio concept unique and differential to set their studio apart from others.	
Recap and Homework	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.
Homework (non-contact hours)	Using poses learned in this Chapter, trainees will prepare a 12-minute Flow with intention, variations, assists, and calls to chakras to present Day , that demonstrates good cueing, OUR language, attention to principles of alignment, and breath. Trainees prepare to present their partner's story for both the next day, with variations.	Trainees will gain experience and proficiency in leading a class.
Meditation	Trainees will be in silence from 6:00-6:30 and learn to interact with each other without speaking. Trainees will then be engaged in a 30 min mediation.	Trainees will learn to further their experience with mediation
Master Class 1, Day 14	Trainees will participate in a full class that emphasizes the poses taught in this Chapter (Abdominal Twists, Scissor Legs, 30/60/90 Lifts, Boat, Crossed Ankle Lift). 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.

Master Class Analysis	<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>	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.
Koshas and Nadis		Lecture and advanced
Mantras		
Write your own mantra anticipating teaching in the future		
Pose Breakdown -Deep Center	Trainees will practice performing and cueing the poses as well as variations in this Chapter and will learn assisting, and the advanced exploration of the chakra related to the poses.	<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>
Pose Anatomy Analysis	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>
Practice in Lead	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
Review for Written Test	Students will review notes for written test	
Written Test	A written test will be given on this day	
Recap and Homework	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.
Homework (non-contact hours)	Using poses learned in this Chapter, trainees will prepare a 12-minute Flow with intention, variations, assists, and calls to chakras to present Day , that demonstrates good cueing, OUR language, attention to principles of alignment, and breath. Trainees prepare to present their partner's story for both the next day, with variations, add your mantra to the flow.	Trainees will gain experience and proficiency in leading a class.
Meditation	Trainees will be in silence from 6:00-6:30 and learn to interact with each other without speaking. Trainees will then be engaged in a 30 min mediation.	Trainees will learn to further their experience with mediation

Master Class 1, Day 15	<p>Trainees will participate in a full class that emphasizes the poses taught in this Chapter (Half Pigeon, Double Pigeon, Seated Supine Twist, Seated Supine Twist with Leg Lift, Frog).</p> <p>The other trainers present will assist trainees where needed.</p>	<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>
Master Class Analysis	<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>
Mandalas		Lecture and advanced
Prepare a flow using a mandala	Prepare and present	
Pose Breakdown -Expand Series	<p>Trainees will practice performing and cueing the poses as well as variations in this Chapter and will learn assisting, and the advanced exploration of the chakra related to the poses.</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>
Pose Anatomy Analysis	<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>
Practice in Lead	<p>As a Lead Instructor, each trainee will lead other trainee(s) in a 12-minute flow of the asanas presented in the pose breakdown.</p>	<p>Trainees will develop the skills to become an effective teacher</p>
Master Class 2 – Day 145	Yin Yoga	
Yin Yoga Analysis		
Prepare Flow for Day 17	Begin writing and practicing for Class to be taught on Day 17	
Recap and Homework	<p>Trainers will facilitate a discussion of the information covered in today's Chapter in order to evaluate the trainees' progress.</p>	<p>Trainees will to demonstrate knowledge of the key points covered in this Chapter.</p>

Homework (non-contact hours)	Prepare and work on semi final class	Trainees will gain experience and proficiency in leading a class.
Meditation	Trainees will be in silence from 6:00-6:30 and learn to interact with each other without speaking. Trainees will then be engaged in a 30 min mediation.	Trainees will learn to further their experience with mediation
Master Class 1, Day 16	<p>Trainees will participate in a full class that emphasizes the poses taught in this Chapter (Half Pigeon, Double Pigeon, Seated Supine Twist, Seated Supine Twist with Leg Lift, Frog).</p> <p>The other trainers present will assist trainees where needed.</p>	<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>
Master Class Analysis	<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>	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.
The truth about Vinyasa	What it means, how it affects your daily life, and your organization	Lecture and advanced
Identify challenges	Prepare a document that identifies challenges in your life with structure and organization and outline steps that you will take to practice vinyasa in your daily life	
Lunch		
Pose Breakdown -Expand Series	Trainees will practice performing and cueing the poses as well as variations in this Chapter and will learn assisting, and the advanced exploration of the chakra related to the poses.	<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>
Pose Anatomy Analysis	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>

Practice in Lead	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
Master Class 2 – Day 16	Deep Stretch	
Prepare for semi final class	Continue preparing for semi final class to be presented on day 17	
Recap and Homework	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.
Homework (non-contact hours)	Continue preparing semi final class	Trainees will gain experience and proficiency in leading a class.
Meditation	Trainees will be in silence from 6:00-6:30 and learn to interact with each other without speaking. Trainees will then be engaged in a 30 min mediation.	Trainees will learn to further their experience with mediation
Teaching all day Exam 1	Trainees will participate in a full class taught by others © Drishti Beats, LLC	Trainees
Teaching all day Exam 1	Trainees will participate in a full class taught by others	Trainees
Teaching all day Exam 1	Trainees will participate in a full class taught by others	Trainees
Recap and Homework	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.
Homework (non-contact hours)		
Meditation	Trainees will be in silence from 6:00-6:30 and learn to interact with each other without speaking. Trainees will then be engaged in a 30 min mediation.	Trainees will learn to further their experience with mediation

Excursion	Excursion to Temple, breakfast, and lunch out	Lecture and discussion
Free Night		
Meditation	Trainees will be in silence from 6:00-6:30 and learn to interact with each other without speaking. Trainees will then be engaged in a 30 min mediation.	Trainees will learn to further their experience with mediation
Master Class 1, Day 19	<p>Trainees will participate in a full class that emphasizes the poses taught in this Chapter (Seated Single Leg Extension, Seated Forward Bend, Seated Forward Bend Wide Legs Side Angle, Seated Forward Bend Wide Legs, Splits, Table Top).</p> <p>The other trainers present will assist trainees where needed.</p>	<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>
Master Class Analysis	<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>	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.
Peak Poses	The structure, set up, breakdown, full expression of the pose, prepare	Lecture
Prepare mini vini leading up to Peak pose		
Pose Breakdown -Lengthening Series	Trainees will practice performing and cueing the poses as well as variations in this Chapter and will learn assisting, and the advanced exploration of the chakra related to the poses.	<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>
Pose Anatomy Analysis	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>
Practice in Lead	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

Master Class 2 – Day 19	Restorative Class	
Restorative Class Analysis		
Prepare for semi final class	Continue preparing for semi final class to be presented on day 17	
Recap and Homework	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.
Homework (non-contact hours)	Using poses learned in this Chapter, trainees will prepare a 12-minute Flow with intention, variations, assists, and calls to chakras to present Day , that demonstrates good cueing, OUR language, attention to principles of alignment, and breath. Trainees prepare to present their partner's story for both the next day, with variations, add your mantra to the flow. Journal	Trainees will gain experience and proficiency in leading a class.
Meditation	Trainees will be in silence from 6:00-6:30 and learn to interact with each other without speaking. Trainees will then be engaged in a 30 min mediation.	Trainees will learn to further their experience with mediation
Master Class 1, Day 20	Trainees will participate in a full class that emphasizes the poses taught in this Chapter (Seated Single Leg Extension, Seated Forward Bend, Seated Forward Bend Wide Legs Side Angle, Seated Forward Bend Wide Legs, Splits, Table Top). 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.
Master Class Analysis	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.
OM	An in depth look into the sound of OM. Its origin, history, and earth's vibrations	Lecture
Styles of Yoga	An in depth look into various styles of yoga	

Pose Breakdown -Lengthening Series	Trainees will practice performing and cueing the poses as well as variations in this Chapter and will learn assisting, and the advanced exploration of the chakra related to the poses.	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.
Pose Anatomy Analysis	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.
Practice in Lead	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
Master Class 2 – Day 20	Sound Healing	
Sound Healing Analysis		
Prepare for final class	Begin structuring the final class with questions and answers in regard to dharma, breath, working with partners, in the contact hour space for feedback	
Recap and Homework	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.
Homework (non-contact hours)	Prepare final class Journal	Trainees will gain experience and proficiency in leading a class.
Meditation	Trainees will be in silence from 6:00-6:30 and learn to interact with each other without speaking. Trainees will then be engaged in a 30 min meditation.	Trainees will learn to further their experience with mediation
Master Class 1, Day 21	Trainees will participate in a full class that emphasizes the poses taught in this Chapter (Shoulder Stand, Plow, Deaf Man's Pose, Head Stand, Hand Stand, Happy Baby, Supine Twists). 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.

Master Class Analysis	<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>	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.
Inversions	An in depth look into the benefits of Inversions, effects on the body, and cueing	Lecture
Inversions	Practice and assisting	
Pose Breakdown -Enlightening	Trainees will practice performing and cueing the poses as well as variations in this Chapter and will learn assisting, and the advanced exploration of the chakra related to the poses.	<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>
Pose Anatomy Analysis	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>
Practice in Lead	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
Master Class 2 – Day 21	Yin Yoga	
Yin Yoga Analysis		
Prepare for final class	Continue structuring the final class with questions and answers in regard to dharma, breath, working with partners, in the contact hour space for feedback	
Recap and Homework	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.
Homework (non-contact hours)	<p>Prepare final class</p> <p>Journal</p>	Trainees will gain experience and proficiency in leading a class.
Meditation	Trainees will be in silence from 6:00-6:30 and learn to interact with each other without speaking. Trainees will then be engaged in a 30 min meditation.	Trainees will learn to further their experience with meditation

Master Class 1, Day 21	<p>Trainees will participate in a full class that emphasizes the poses taught in this Chapter (Shoulder Stand, Plow, Deaf Man's Pose, Head Stand, Hand Stand, Happy Baby, Supine Twists).</p> <p>The other trainers present will assist trainees where needed.</p>	<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>
Master Class Analysis	<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>
The seat of being a teacher		
Integrating Dharma, Theme, Peak Poses, and Silence Reminders	© Drishti Beats, LLC	
Pose Breakdown -Enlightening	<p>Trainees will practice performing and cueing the poses as well as variations in this Chapter and will learn assisting, and the advanced exploration of the chakra related to the poses.</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>
Pose Anatomy Analysis	<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>
Practice in Lead	<p>As a Lead Instructor, each trainee will lead other trainee(s) in a 12-minute flow of the asanas presented in the pose breakdown.</p>	<p>Trainees will develop the skills to become an effective teacher</p>
Master Class 2 – Day 22	Rocket	
Rocket Analysis		
Prepare for final class	<p>Continue structuring the final class with questions and answers in regard to dharma, breath, working with partners, in the contact hour space for feedback</p>	

Recap and Homework	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.
Homework (non-contact hours)	Prepare final class Journal	Trainees will gain experience and proficiency in leading a class.
Meditation	Trainees will be in silence from 6:00-6:30 and learn to interact with each other without speaking. Trainees will then be engaged in a 30 min mediation.	Trainees will learn to further their experience with mediation
Master Class 1, Day 23	Trainees will participate in a full class that emphasizes the poses taught in this Chapter (Savasana variations). 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.
Master Class Analysis	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.
Anatomy of the Shoulder and upper body		
Anatomy of the lower body, ankle, knee, hip emphasis		
Lunch		
Pose Breakdown -Surrender	Trainees will practice performing and cueing the poses as well as variations in this Chapter and will learn assisting, and the advanced exploration of the chakra related to the poses.	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.
Pose Anatomy Analysis	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.
Practice in Lead	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
Master Class 2 – Day 23	Guided Savasana and Sound Healing	

Savasana Analysis		
Sanskrit	Learning to speak Sanskrit- Day 1	
Recap and Homework	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.
Homework (non-contact hours)	<p>Prepare final class</p> <p>Journal</p> <p>© Drishti Beats, LLC</p>	Trainees will gain experience and proficiency in leading a class.
Meditation	Trainees will be in silence from 6:00-6:30 and learn to interact with each other without speaking. Trainees will then be engaged in a 30 min mediation.	Trainees will learn to further their experience with mediation
Master Class 1, Day 24	<p>Trainees will participate in a full class that emphasizes the poses taught in this Chapter (Savasana variations).</p> <p>The other trainers present will assist trainees where needed.</p>	<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>
Master Class Analysis	<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>	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.
Learning Sanskrit-Day 2		

Include 2 sanskrit words per sequence for final exam.		
Study and Prepare for Both Written and Practical Final Exams	In the contact space for feedback and assistance.	
Recap and Homework	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.
Homework (non-contact hours)	Prepare final class Journal	Trainees will gain experience and proficiency in leading a class.
Meditation	Trainees will be in silence from 6:00-6:30 and learn to interact with each other without speaking. Trainees will then be engaged in a 30 min mediation.	Trainees will learn to further their experience with mediation
Master Class 1, Day 25	Teacher's choice	
Master Class Analysis	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.
The self	Where you were when you arrived, where you are now, what has changed and what what are you taking with you.	
Study and Prepare for Both Written and Practical Final Exams	In the contact space for feedback and assistance.	

Recap and Homework	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.
Homework (non-contact hours)	Prepare final class Journal	Trainees will gain experience and proficiency in leading a class.
Meditation	Trainees will be in silence from 6:00-6:30 and learn to interact with each other without speaking. Trainees will then be engaged in a 30 min mediation.	Trainees will learn to further their experience with mediation
Final Exam and Feedback		
Final Exam and Feedback	© Drishti Beats, LLC	
Final Exam and Feedback	Trainee Teaching and Feedback	
Recap and Homework	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.
Homework (non-contact hours)	Prepare final class Journal	Trainees will gain experience and proficiency in leading a class.
Meditation	Trainees will be in silence from 6:00-6:30 and learn to interact with each other without speaking. Trainees will then be engaged in a 30 min mediation.	Trainees will learn to further their experience with mediation
Final Exam and Feedback		
Final Exam and Feedback		
Final Exam and Feedback	Trainee Teaching and Feedback	
Recap and Homework	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.