

2019 RY TEACH TRAINING CURRICULUM

- EACH SESSION IS 3 TO 3.5 HOURS. TWO SESSIONS ON SATURDAY AND ONE SESSION ON SUNDAY.
- ORIENTATION IS ON FRIDAY AND IS ABOUT 2 HOURS.

ORIENTATION, FRIDAY MARCH 15TH, 7:00 PM

- LESSON: OPENING CIRCLE, GAYATRIS, PROCESS (HOW WE MEET AND PRACTICE, MAUNA, CHANTING), LUNG MEASUREMENTS
- PRACTICE: SLOW FLOW, AN INTRO TO TEACHER TRAINING

WEEK 1, SESSION 1, SATURDAY MARCH 16TH, 11:00 AM

- LESSON: OM AND ITS DEFINITION, ANATOMY OF LUNGS, DEFINITION OF THE 8 LIMBS
- LESSON: THE PANCHA KOSHA
- PRACTICE: HATHENAS, EXPANDING THE LUNGS

WEEK 1, SESSION 2, SATURDAY MARCH 16TH, 2:30 PM

- LESSON: YAMA/NIYAMA, EMOTIONAL REBALANCING
- LESSON: INTRODUCTION TO THE KLESHAS
- PRACTICE: VINYASA FLOW, CORE, THE ROAD TO THE 5 MINUTE PLANKS

WEEK 1, SESSION 3, SUNDAY MARCH 17TH, 11:00 AM

- LESSON: THE YOGA SUTRAS OF PATANJALI, THE PHILOSOPHICAL FOUNDATION OF YOGA
- LESSON: SEQUENCING AND CUES, A BEGINNING
- PRACTICE: HATHA, THE ESSENTIAL ASANAS & HATHENAS

WEEK 2, SESSION 1, SATURDAY MARCH 23RD, 11:00 AM

- LESSON: BASIC SANSKRIT, THE LANGUAGE OF YOGA
- MANTRA: PRACTICING THE GAYATRIS
- PRACTICE: HATHA, KATHA SHAITILIAS, PELVIC LOOSENING AND ABDOMINAL STRENGTHENING

WEEK 2, SESSION 2, SATURDAY MARCH 23RD, 2:30 PM

- LESSON: YAMA/NIYAMA, EMOTIONAL REBALANCING
- LESSON: FIGHTING THE SIX ENEMIES OF THE SPIRIT, THE SHAT RIPUS
- PRACTICE: HATHA, ASANA ABHYASA VIDYA AND HATHENAS

WEEK 2, SESSION 3, SUNDAY MARCH 24TH, 11:00 AM

- LESSON: THE YOGA SUTRAS OF PATANJALI, THE PHILOSOPHICAL FOUNDATION OF YOGA
- PRACTICE: HATHA, ESSENTIAL ASANA & HATHENAS, EXPANDING THE LUNGS

WEEK 3, SESSION 1, SATURDAY MARCH 30TH, 11:00 AM

- LESSON: MANTRA, THE POWER OF VOICE
- ANATOMY: THE DIGESTIVE SYSTEM AND YOGA
- PRACTICE: POWER VINYASA, SEQUENCING, CUES AND TRANSITIONS

WEEK 3, SESSION 2, SATURDAY MARCH 30TH, 2:30 PM

- LESSON: YAMA/NIYAMA, EMOTIONAL REBALANCING
- SANSKRIT CONTINUED
- PRACTICE: PRANAYAMA, AN EXPLORATION OF BREATH TECHNIQUES

WEEK 3, SESSION 3, SUNDAY MARCH 31ST, 11:00 AM

- LESSON: THE YOGA SUTRAS OF PATANJALI, THE PHILOSOPHICAL FOUNDATION OF YOGA
- LESSON: HOW TO CUE THE CUE, TEACHING PHILOSOPHY
- PRACTICE: HIP LOOSENING & HATHENAS



WEEK 4, SESSION 1, SATURDAY APRIL 6TH, 11:00 AM

- LESSON: SHANKA PRAKSHALANA, SHAT KARMAS
- PRACTICE: SHANKA PRAKSHALANA, FASTING BEGINS

WEEK 4, SESSION 2, SATURDAY APRIL 6TH, 2:30 PM

- LESSON: YAMA/NIYAMA, EMOTIONAL REBALANCING
- SANSKRIT CONTINUED
- PRACTICE: LOMA/VILOMA, FIND YOUR ENERGY BALANCE

WEEK 4, SESSION 3, SUNDAY APRIL 7TH, 11:00 AM

- LESSON: THE YOGA SUTRAS OF PATANJALI, THE PHILOSOPHICAL FOUNDATION OF YOGA
- PRACTICE: PRANAYAMA, BUILDING ENERGY

WEEK 5, SESSION 1, SATURDAY APRIL 12TH, 11:00 AM

- LESSON: SURYA NAMASKAR (SUN SALUTATIONS), MANTRA AND GRATITUDE FOR LIFE
- TEACHER TRAINEE LED CLASS, VINYASA
- PRACTICE: POWER VINYASA, EXPLORATION OF THE SUN

WEEK 5, SESSION 2, SATURDAY APRIL 12TH, 2:30 PM

- LESSON: TEACHING HATHA, THEORY AND SEQUENCING
- TEACHER TRAINEE LED CLASS, HATHA
- PRACTICE: HATHA, FREE FORM HATHA

WEEK 5, SESSION 3, SUNDAY APRIL 13TH, 11:00 AM

- LESSON: THE YOGA SUTRAS OF PATANJALI, THE PHILOSOPHICAL FOUNDATION OF YOGA
- LUNG MEASUREMENT #2
- PRACTICE: HATHENAS



WEEK 6, SESSION 1, SATURDAY APRIL 27TH, 11:00 AM

- LESSON: TEACHING VINYASA, THEORY AND SEQUENCING
- TEACHER TRAINEE LED CLASS, VINYASA
- PRACTICE: POWER VINYASA, TRANSITIONS AND SEQUENCING

WEEK 6, SESSION 2, SATURDAY APRIL 27TH, 2:30 PM

- LESSON: YANTRA, KARMA AND DHARMA IN A MODERN WORLD
- PRACTICE: LLOMA/VLOMA AND HATHENAS

WEEK 6, SESSION 3, SUNDAY APRIL 28TH, 11:00 AM

- LESSON: WHO ARE YOU? THE DASA SLOKI
- THE YOGA SUTRAS, A PHILOSOPHICAL FOUNDATION
- INTRODUCTION TO EKA DASI, THE NERVOUS SYSTEM CLEANSE
- PRACTICE: PADA ASANAS, THE FOOT

WEEK 7, SESSION 1, SATURDAY MAY 11TH, 11:00 AM

- LESSON: TEACHING YIN AND RESTORATIVE, THEORY AND SEQUENCING
- EKA DASI, DAY 2
- TEACHER TRAINEE LED CLASS, HATHA

WEEK 7, SESSION 2, SATURDAY MAY 11TH, 2:30 PM

- LESSON: YANTRA, THE BIRTH PATH AND THE POWER OF NUMBER
- PRACTICE: YIN, A JOURNEY TO STILLNESS

WEEK 7, SESSION 3, SUNDAY MAY 12TH, 11:00 AM

- LESSON: THE YOGA SUTRAS OF PATANJALI, THE PHILOSOPHICAL FOUNDATION OF YOGA
- EKA DASI, DAY 3
- TEACHER TRAINEE LED PRACTICE, VINYASA
- PRACTICE: VINYASA, LET'S FLOW, LET'S FLY

OFFSITE – MAY 14TH THROUGH MAY 20TH – WHIDBEY ISLAND

- OUR BEAUTIFUL OFFSITE WHERE WE RECREATE THE ASHRAM EXPERIENCE AND LIVE YOGA TOGETHER

WEEK 8, SESSION 1, SATURDAY JUNE 1ST, 11:00 AM

- LESSON: THE BUSINESS OF YOGA
- ADVANCED SEQUENCING AND CUES
- PRACTICE: VINYASA, A BUILDING BLOCK APPROACH

WEEK 8, SESSION 2, SATURDAY JUNE 1ST, 2:30 PM

- LESSON: YANTRA, THE POWER OF NAME
- PRACTICE: HATHA, TO CUE OR NOT TO CUE

WEEK 8, SESSION 3, SUNDAY JUNE 2ND, 11:00 AM

- LESSON: PRANAYAMA AND THE NERVOUS SYSTEM
- PRACTICE: RESTORATIVE PRANAYAMA & PRANAVA OM

WEEK 9, SESSION 1, SATURDAY JUNE 8TH, 11:00 AM

- LESSON: ANATOMY AND YOGA, THE SYSTEMS OF THE BODY
- PRACTICE: TEACHER TRAINEE LED HATHA
- PRACTICE: TEACHER TRAINEE LED VINYASA

WEEK 9, SESSION 2, SATURDAY JUNE 8TH, 2:30 PM

- LESSON: THE YOGA SUTRAS OF PATANJALI, THE PHILOSOPHICAL FOUNDATION OF YOGA
- PRACTICE: TEACHER TRAINEE LED VINYASA
- PRACTICE: TEACHER TRAINEE LED HATHA

WEEK 9, SESSION 3, SUNDAY JUNE 9TH, 11:00 AM

- LESSON: PRATYAHARA, MAKE SENSE OF THE SENSES
- PRACTICE: YOGA NIDRA, THE AWAKE SLEEP

WEEK 10, SESSION 1, SATURDAY JUNE 22ND, 11:00 AM

- LESSON: DHARANA, DYANA AND SAMADHI, FOCUS THE INNER SELF
- PRACTICE: PRATYAHARA ASANA
- PRACTICE: PRATYAHARA TECHNIQUES

WEEK 10, SESSION 2, SATURDAY JUNE 22ND, 2:30 PM

- LESSON: THE YOGA SUTRAS OF PATANJALI, THE PHILOSOPHICAL FOUNDATION OF YOGA
- PRACTICE: MANDALA DHARANA, MANDALA PRANAYAMA, HANG SA KRIYA

WEEK 10, SESSION 3, SUNDAY JUNE 23RD, 11:00 AM

- LESSON: CHAKRA MANTRA & LAYA YOGA
- PRACTICE: CHAKRA MANTA, FEEL YOUR POWER

WEEK 11, SESSION 1, SATURDAY JUNE 29TH, 11:00 AM

- GRADUATION CEREMONY

