

| Dates  | Topics   |
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| <b>Intensive Weekend</b><br>Saturday, September 26<br>8 am – 12 pm<br>1:30 pm – 5:30 pm<br>Sunday, September 27<br>8 am – 12 pm<br>1:30 pm – 5:30 pm | Intro to Yoga Anatomy: The Spine, Breath<br>Introduction to the Yoga Sutras Lecture, Discussion and Experiential Learning<br>Anatomy of Rootedness – Feet, Ankles, Legs, Base of Pelvis<br>Intro to the Subtle Body: Prana, Nadis, Vayus, Koshas, Chakras  |
| Saturdays: October 3, 10,17, 24<br>8 am – 12 pm  | What is Vinyasa? Learning and Teaching Warm-ups<br>The Importance of Surya Namaskar to Vinyasa Yoga; Learning and Teaching Step Backs<br>The History of Modern Yoga and Yogananda Movie<br>Learning and Teaching Surya Namaskar A<br>Learning and Teaching Surya Namaskar B  |
| Saturdays, November 1, 7,14,21<br>8 am – 12 pm   | Anatomy of the Pelvis, Hip, Lumbar Spine, Psoas<br>Yoga, Mind/Body Connection and Impact on Health and Wellbeing<br>Disconnection, Kleshas and the Seeds of Karma<br>Introduction to Meditation and Mindfulness  |
| <b>Intensive Weekend</b><br>Saturday, December 5<br>8 am – 12 pm<br>1:30 pm – 5:30 pm<br>Sunday, December 6<br>8 am – 12 pm<br>1:30 pm – 5:30 pm     | Asana Analysis: Standing and Balance Poses<br>Teaching Standing and Balance Poses to Each Other, Questions and Answers, Refinement of Cueing for Virtual Environments<br>Asana Analysis: Forward Folding, Hip Openers<br>Teaching Forward Folding, Hip Openers to Each Other, Questions and Answers, Refinement of Cueing for Virtual Environments |
| Saturdays, January 2,9,16, 18, 23, 30, 2021<br>8 am – 12 pm  | Anatomy of the Breath and Core Strength<br>Introduction to Pranayama<br>How to Teach Yourself: Developing a Regular Home Practice<br>The Chakras and the Divine Dance of Grace<br>Asana Analysis: Standing and Seated Twists<br>Teaching Twists to Each Other, Questions and Answers, Refining Cueing for Virtual Environments                     |
| Saturdays, February 6, 13, 20, 27<br>8 am – 12 pm  | Warm ups, Surya, Asana Learned So Far Review<br>Introduction to Sequencing: Lecture, Discussion and Experiential Learning<br>Teaching of Mini-Sequences to Each Other<br>Group Practice, “Pop-Up” Practice, Review and Discussion  |
| Saturdays, March 6, 13, 20, 27<br>8 am – 12 pm   | Anatomy of the Thoracic and Cervical Spine, Shoulders<br>Intro to the Bhagavad Gita<br>“As Above, so Too Below” Service to Self and Other<br>Radical Compassion: Dealing with our Implicit Biases to Open the Practice to All<br>On demand video and independent study on Fascia   |
| Saturdays, April 10, 17, 24<br>8 am – 12 pm  | Asana Analysis: Backbending, Heart-Opening<br>Asana Analysis: Arm Balances and Inversions<br>Asana Analysis: Finishing Poses, Yin and Restorative Practice   |