

# 2010 Course Syllabus

## Studio One Yoga Instructor Training Program

**Required Texts & Materials:** *Light on Yoga* by B.K.S. Iyengar and *Yoga Anatomy* by Leslie Kaminoff. One additional book of your choice will be selected and purchased by Workshop #3. Both required texts can be purchased through Amazon for as little as \$12 each. You will also need a 1½” to 2” three-ring binder with dividers in which to keep all your material for class. Please have the first two texts before the start of class and **review the introduction to *Light on Yoga* (What is Yoga? pages 19-53) PRIOR to the first day of class.**

### Workshop #1

Introduction to Materials  
Workshop and Homestudy Expectations  
Pranayama (Intro and Practicum)  
The Tri-Chamber Diaphragm  
Six Different Types of Asanas  
Branches and Styles of Yoga  
Warm-Ups Introduction  
One Asana to Master  
6-7 On-Site Classes (Yoga, Meditation, Yogates)  
*Homework: Practice Pranayama (in LOY), Read/Study Breathing/Diaphragm (in YA), Master Asana, Journaling, Work on Warm-Up, Sanskrit Term Memorization, 12 Classes as Participants throughout the month*

### Workshop #2

Testing on Diaphragm and Pranayama  
Begin The Spine  
Journal Sharing  
Yoga Lifestyle  
Meditation and the Five Senses  
Religion and it's Affects on Your Practice and Your Class  
Kundalini Class  
Student-Taught Asanas  
Student-Taught Warm-Ups  
Learn Two New Asanas & Modifications  
6-7 On-Site Classes (Yoga, Meditation, Yogates)  
*Homework: Practice Meditation, Read/Study Spine (inYA), Paper on Religion, Master 2 Asanas, Journaling, Sanskrit Term Memorization, Choose/Purchase Third Text, 12 Classes as Participants throughout the month*

### Workshop #3

Testing on The Spine  
Meditation 2, Guided Imagery & Visualization  
Massage  
Discussion of Religion Paper  
Discussion of Third Text Choices  
Chakras, Bandhas, and Mudras  
Group Fitness Certifications  
CPR Certifications  
Assisting Teaching  
Personal Liability Insurance  
Cool Downs Introduction  
Student Taught Asanas  
Learn Two New Asanas & Modifications  
6-7 On-Site Classes (Yoga, Meditation, Yogates)  
One Live Class with non-Program Participants – Assisting Demonstrations

*Homework: Practice Cool Downs & Meditation, Read/Study Meditation, Chakras, Bandhas, and Mudras Handouts, Master 2 Asanas (incorporating Third Text), Journaling, Sanskrit Term Memorization, 12 Classes as Participants or Assistants throughout the month*

### Workshop #4

Testing on Chakras, Bandhas, Mudras  
2-3 Off-site Classes in other styles of Yoga  
Discussions of Various Styles of Yoga  
Utilizing Music and Technology to Create Your Own Class  
Learn Two New Asanas & Modifications  
Team Teaching & Start to Finish Handout  
Student-Taught Cool Downs  
Student-Taught Asanas, Compare with Third Text  
3-4 On-Site Classes (Yoga, Meditation, Yogates)  
*Homework: Work with a Partner to Create a Complete Class (Team Teaching) Utilizing Music, Master 2 Asanas (incorporating Third Text), Journaling, Sanskrit Term Memorization, 12 Classes as Participants or Assistants throughout the month*

### Workshop #5

Testing on Sanskrit Terms & Class Elements  
3-4 Instructor Led On-Site Classes (Yoga, Meditation, Yogates)  
Student-Led Team-Taught Classes with non-Class Participants  
Learn Two New Asanas and Modifications  
*Homework: Create a Complete Class Utilizing Music (Practical Final Exam), Master 2 Asanas (incorporating Third Text), Journaling, Sanskrit Term Memorization, Study for Final Exam (Written), 12 Classes as Assistants or Team Teachers throughout the month*

### Workshop #6

*Saturday* - Review for Written Final Exam, Show Mastery of Last Two Asanas, Half of Students Teach Complete Class  
*Sunday* – Remainder of Students Teach Complete Class with non-Class Participants, Written Final Exam  
Graduation Certificates Awarded

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