

2011 Course Syllabus

Studio One Yoga Instructor Training Program

Required Texts & Materials: *Teaching Yoga: Essential Foundations and Techniques* (TY) by Mark Stephens (\$16) and *Yoga Anatomy* (YA) by Leslie Kaminoff (\$12). One additional book of your choice will be selected and purchased by Workshop #3. Both required texts can be purchased through Amazon. You will also need a 1½" to 2" three-ring binder with dividers in which to keep all your material for class and 100 small index cards. (Optional: You may purchase a separate journal book for the Discovery portion of the course.)

Required reading PRIOR to the first day of class: Introduction, Chapter 1-2 of *Teaching Yoga* by Mark Stephens.

Workshop #1

Introduction to Materials
Workshop and Homestudy Expectations
Pranayama (Intro and Practicum)
The Tri-Chamber Diaphragm
Different Types of Asanas (TY Ch. 7)
Branches and Styles of Yoga
Warm-Ups Introduction
Three Asanas to Master
6-7 On-Site Classes (Yoga, Meditation, Yogates)
Homework: Chapter 8 (TY), Chapter 1 (YA), Master Asanas Assigned, Discovery (Journaling/Current Events in Yoga), Prepare Warm-Up, Sanskrit Term Memorization, 12 Classes as Participants throughout the month

Workshop #2

Quiz - Diaphragm and Pranayama
Asana Evaluations
Warm-Up Evaluation
Introduction to The Spine
Discovery: Sharing Journal/Current Event
Yoga Lifestyle
Body Structure (TY Ch 4)
Religion, Your Practice, and Your Class
Kundalini Class
Three New Asanas & Modifications
6-7 On-Site Classes
Homework: Chapter 4 (TY), Chapter 2 (YA), Paper on Religion, Master 3 Asanas, Discovery, Sanskrit Term Memorization, Choose/Purchase Third Text, 12 Classes as Participants throughout the month

Workshop #3

Quiz - The Spine
Asana Evaluations
Meditation – 5 Senses/Guided Imagery/Visualization
Cool Downs/Relaxation Introduction
Discussion of Religion Paper, 3rd Text Choice, & Discovery
Chakras, Bandhas, and Mudras
Assisting & Methodology
Three New Asanas & Modifications
6-7 On-Site Classes
One Live Class with non-Program Participants – Assisting Demonstrations
Homework: Prepare Cool Downs & Meditation, Chapter 3 & 9 (TY), Chakras, Bandhas, and Mudras Handouts, Master 3 Asanas (incorporating Third Text), Discovery, Sanskrit Term Memorization, 12 Classes as Participants or Assistants throughout the month

Workshop #4

Quiz – Energies (Chakras, Bandhas, Mudras)
Asana & Cool Down Evaluations
2-3 Off-site Classes in other styles of Yoga
Discussions of Various Styles of Yoga & Discovery
Utilizing Music/Technology to Create Your Own Class
Three New Asanas & Modifications
Team Teaching & Start to Finish Handout
Creating Space (TY, Ch. 5)
3-4 On-Site Classes
Homework: Chapter 10 (TY), Work with a Partner to Create a Complete Class (Team Teaching) Utilizing Music, Master 3 Asanas (incorporating Third Text), Discovery, Sanskrit Term Memorization, 12 Classes as Participants or Assistants throughout the month

Workshop #5

Quiz - Sanskrit Terms & Class Elements
Tools and Techniques (TY, Ch 6)
Asana & Team-Teaching Evaluations
3-4 Instructor Led On-Site Classes
"The Real World" – Discussions with Former Students
Discovery
Three New Asanas and Modifications
Homework: Chapter 11 (TA), Prepare a Complete Class Utilizing Music for Practical Final Exam, Master 3 Asanas (incorporating Third Text), Discovery, Sanskrit Term Memorization, Study for Written Final Exam, 12 Classes as Assistants or Team Teachers throughout the month

Workshop #6 – Saturday Only

3-4 Instructor Led On-Site Classes
Group Fitness, CPR Certifications/Liability Insurance
The Yoga Profession (TA, Ch 12)
Discovery
Review for Final Exams

Exam Weekend

Written Final Exam
Practical Exam (Teach Complete Beginner Yoga Class)
Graduation Certificates Awarded