

## Curriculum

### I. Techniques, Trainings, & Practice

1. History of yoga
2. Eight Limb Path of Yoga
3. Asanas
4. Breathing
  1. Pranayama
  2. Breathe of Fire
  3. Ujjayi Breathing
  4. Abdominal Breathing
  5. Alternate Nostril Breathing
5. Drishti
6. Bandhas
  1. Mula
  2. Uddiana
  3. Jalandhara
7. Physical Benefits
8. Mental Benefits
9. Contraindications
10. Meditation – how to embrace the present
  1. Still vs Moving
11. Various Yoga Styles discussed
  1. Ashtanga
  2. Iyengar
  3. Hatha
  4. Anusara
  5. Vinyasa

### II. Teaching Methodology

1. Discuss qualities of a good teacher and individual goals of students
2. Asanas – Finding the Balance of Power and Grace
  1. Students will learn Sanskrit names of Asanas
  2. Standing Poses
  3. Seated Poses

4. Supine Poses
5. Balancing Poses- Standing, Supine, & Arm Balances
6. Hip Openers
7. Twists
8. Inversions
9. Counter poses
10. Back Bends
11. Forward Folds

### 3. Principles of Alignment

4. Correction & adjustments of poses- Students will learn & participate with hands on corrections and adjustments

## III. Anatomy & Physiology

### I. Roles of the Body Systems & Organs

1. Skeletal - The main role of the skeletal system is to provide support for the body, to protect delicate internal organs and to provide attachment sites for the organs. Bones, cartilage, tendons and ligaments.
2. Muscular - The main role of the muscular system is to provide movement. Muscles work in pairs to move limbs and provide the organism with mobility. Muscles also control the movement of materials through some organs, such as the stomach and intestine, and the heart and circulatory system. Skeletal muscles and smooth muscles throughout the body.
3. Digestive - The main role of the digestive system is to breakdown and absorb nutrients that are necessary for growth and maintenance. Mouth, esophagus, stomach, small and large intestines.
4. Reproductive - The main role of the reproductive system is to manufacture cells that allow reproduction. In the male, sperm are created to inseminate egg cells produced in the female. Female (top): ovaries, oviducts, uterus, vagina and mammary glands. Male (bottom): testes, seminal vesicles and penis.
5. Excretory - The main role of the excretory system is to filter out cellular wastes, toxins and excess water or nutrients from the circulatory system. Kidneys, ureters, bladder and urethra.
6. Nervous System - The main role of the nervous system is to relay electrical signals through the body. The nervous system directs behavior and movement and, along with the endocrine system, controls physiological processes such as digestion, circulation, etc. Brain, spinal cord and peripheral nerves.
7. Circulatory - The main role of the circulatory system is to transport nutrients, gases (such as oxygen and CO<sub>2</sub>), hormones and wastes through the body. Heart, blood vessels and blood.
8. Respiratory - The main role of the respiratory system is to provide gas exchange between the blood and the environment. Primarily, oxygen is absorbed from the atmosphere into the body and carbon dioxide is expelled from the body. Nose, trachea and lungs.

10. Endocrine - The main role of the endocrine system is to relay chemical messages through the body. In conjunction with the nervous system, these chemical messages help control physiological processes such as nutrient absorption, growth, etc. Many glands exist in the body that secrete endocrine hormones. Among these are the hypothalamus, pituitary, thyroid, pancreas and adrenal glands.

11. Lymphatic / Immune System - The main role of the immune system is to destroy and remove invading microbes and viruses from the body. The lymphatic system also removes fat and excess fluids from the blood. Lymph, lymph nodes and vessels, white blood cells, T- and B- cells.

12. Skin- The largest organ.

#### IV. Philosophy, Lifestyle & Ethics

1. Diet & Nutrition
2. Injuries, Health Conditions
3. Pregnancy & Yoga
4. Lifestyle
5. Student/ Teacher Relationship
6. Code of Ethics
7. The Ego
8. Confidence – my goal is to build the student's confidence in their teaching skills
9. Religion and Respect
10. Compassion

#### 5. Practicum

Students will take turns teaching and criticizing one another with construction criticism verbally and by hands on, from instructor and fellow students

There will be an Practical and Written Exam upon the completion of this course.

6. Electives A. Journaling
2. Readings from Pantajali's Sutras
3. Chakras
4. Meridians
5. How Yoga detox's the mind and Body
6. Karma Yoga