



Curriculum Overview

- ✦ **Breathwalking - Gratefulness - Affirmations or Connection**
- ✦ **Stretching and Strengthening Techniques to Prepare your Body**
- ✦ **The Art and Science of Beginning Hatha Yoga Asanas and Pranayama**
- ✦ **Deep Relaxation - Five Bodies and Five Stages of Relaxation - *Maya Koshas***
- ✦ **Imagery**
- ✦ **Meditation**
- ✦ **Nutrition for Imbalances**
- ✦ **Yoga for Every Body - Ten Weeks of Lesson Plans**
- ✦ **Intro to Yoga Therapy for Back Problems, Arthritis and MS**
- ✦ **Restorative Yoga**
- ✦ **Elder Yoga - Yoga in a Chair**
- ✦ **Yoga for Children**
- ✦ **Prenatal Yoga**
- ✦ **Intro to Yoga for Cardiac/Cancer Patients**
- ✦ **The Effects of Hatha Yoga on Perceived Stress and Body Image**
- ✦ **Thai Yoga**
- ✦ **Vinyasa/Ashtanga**
- ✦ **Chakras and Subtle Energies**
- ✦ **Anatomy/Physiology and Kinesiology/Internal systems**
- ✦ **Yoga Philosophy and History**
- ✦ **Teaching Methods and Practice**
- ✦ **Observation, Assisting, Adjusting**
- ✦ **Reading, Homework, Writing Assignments, Practical and Written Exam/Feedback sheet**
- ✦ **Like a Labyrinth - Enter from Outside, Wind Way to Center - Where Peace is Felt**



Breakdown of Curriculum Hours

Techniques

100 Hours: Asanas, pranayamas, kriyas, chanting and meditation.

Teaching Methodology

25 Hours

Anatomy, Subtle Energy

Body/Astral/Energy/Chakras/Nadis

Muscles/Bones, Physiology and

Kinesiology

20 Hours; physical and subtle

Philosophy, Ethics and Lifestyle

30 Hours

Practicum~10+ hours; student teaching and observation

Remaining Hours: 15 (to be distributed among the categories above)