

SAMPLE WEEKEND SCHEDULE

Friday

Pranayama Techniques	18:00	19:30
ISHTA Tantra	19:30	21:00

Saturday

Practice Teach: Pranayama (<i>Nadi Shodhana</i>)	13:00	13:30
Asana Practice: Lateral Flexion Poses	13:30	14:30
Posture Lab: Lateral Flexion Poses / Mermaid, Blown Palm, Parighasana, Pariv. Janu Sirsasana	14:30	16:00
<i>Break / Mentor meetings</i>	16:00	17:00
Introduction to Injury Management	17:00	19:00

Sunday

Asana Practice: Backbends	10:00	11:00
Posture Lab: Backbends / Salabhasana, Setu Bandha, Ustrasana, Dhanurasana, Urdhva Dhanurasana	11:00	13:00
<i>Break</i>	13:00	14:00
Essential Sanskrit	14:00	16:00
Practice Teach: Lateral Flexion and Backbends	16:00	17:30

SAMPLE HOMEWORK ASSIGNMENTS

Anatomy II: Hip Joint

Reading Assignment:	<i>Anatomy of Movement</i> , p.40-48; Chapter 6 (Hip and Knee) & 7 (Ankle and Foot) <i>Anatomy Coloring Book</i> , read (coloring strongly suggested): p. 61 (Gluteal Muscles); p. 62 (Muscles of Posterior Thigh) p. 63 (Muscles of Medial Thigh); p. 64 (Muscles of Anterior Thigh) p. 68 (REV. OF MUSCLES: Legs); p. 69 (Skel.-Musc. Sys.: Functional Overview)
From Manual:	“Anatomy and Asana” (Hips, Legs and Feet); “Take A Stand” (Gudmestad) (Reference section); “Stand and Deliver” (Gudmestad) (Reference section) “The Gripping Truth” (Gudmestad) (Reference section); “Free Your Pelvis” (Gudmestad) (Reference section)
Writing Assignment:	1. What muscles are the major hip extensors? Name 2 asanas that stretch these muscles and 2 that strengthen them. 2. Which muscle is the prime mover in hip flexion? 3. How do the hip adductors help when doing inversions and in arm balances?

A Tantric Introduction to the Sutras

Reading Assignment:	<i>The Heart of Yoga</i> : Chapters. 1-2; pp. 149-215; <i>Yoga Sutras of Patanjali</i>
From Manual:	“Introduction to the Sutras”
Writing Assignment:.....	1. Explain the meaning and significance of the first two sutras in Pada I (<i>I.i, I.ii</i>) 2. What are <i>abhyasa</i> and <i>vairagya</i> ? How do they apply to yoga practice? (<i>I.12</i>) 3. What are the 3 components of yoga in practice? (<i>II.1</i>) 4. List and define the 5 <i>kleshas</i> (afflictions). (<i>II.3 – II.4</i>) 5. What is <i>Avidya</i> ? (<i>II.5</i>) 6. List the 8 limbs of Pantanjali’s <i>Ashtanga</i> yoga in Sanskrit with their common English translations. 7. Define the 10 <i>yamas</i> and <i>niyamas</i> (Sanskrit & their English translations). 8. How many times is the term “ <i>asana</i> ” mentioned in the sutras? 9. What are the 4 <i>Padas</i> ? What do they mean? 10. What is the meaning of the word <i>Sutra</i> ? 11. Sutra <i>II.44</i> : How does this sutra apply to your own practice and evolution? 12. Which sutra resonates most strongly with you? Why?