SAMPLE WEEKEND SCHEDULE

**Friday**
- Pranayama Techniques: 18:00 - 19:30
- ISHTA Tantra: 19:30 - 21:00

**Saturday**
- Practice Teach: Pranayama (Nadi Shodhana): 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
- Break / Mentor meetings: 16:00 - 17:00
- Introduction to Injury Management: 17:00 - 19:00

**Sunday**
- Asana Practice: Backbends: 10:00 - 11:00
- Posture Lab: Backbends / Salabasana, Setu Bandha, Ustrasana, Dhanurasana, Urdhiha Dhanurasana: 11:00 - 13:00
- Break: 13:00 - 14:00
- Essential Sanskrit: 14:00 - 16:00
- Practice Teach: Lateral Flexion and Backbends: 16:00 - 17:30

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**SAMPLE HOMEWORK ASSIGNMENTS**

### Anatomy II: Hip Joint

**Reading Assignment:**
- *Anatomy of Movement*, p.40-48; Chapter 6 (Hip and Knee) & 7 (Ankle and Foot)
- *Anatomy Coloring Book*, 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?

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### A Tantric Introduction to the Sutras

**Reading Assignment:**
- *The Heart of Yoga*: Chapters. 1-2; pp. 149-215; *Yoga Sutras of Patanjali*
- *Introduction to the Sutras*

**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.ii)
2. What are *abhaya* and *vairagya*? How do they apply to yoga practice? (I.12)
3. What are the 3 components of yoga in practice? (II.1)
4. List and define the 5 *kleshas* (afflictions). (II.3 – II.4)
5. What is *Avidya*? (II.5)
6. List the 8 limbs of Patanjali's *Ashtanga* yoga in Sanskrit with their common English translations.
7. Define the 10 *yamas* and *niyamas* (Sanskrit & their English translations).
8. How many times is the term “asana” mentioned in the sutras?
9. What are the 4 *Padas*? What do they mean?
10. What is the meaning of the word *Sutra*?
11. Sutra II.44: How does this sutra apply to your own practice and evolution?
12. Which sutra resonates most strongly with you? Why?