

## **Intermediate Yoga Teacher Training Syllabus: Fall 2011**

Class 1:

Alignment refinement of fundamental standing poses

Teaching skills: Clear cueing

Pranayama

Class 2:

Sequencing for apex poses and to create energetic effects

Alignment refinement of intermediate level standing poses

Teaching skills: Reading students needs

Pranayama

Yoga Sutras Pada 1

Class 3:

Intermediate level forward bends

The heron, the monkey and the turtle: krounchasana, hanumanasana, kurmasana

Sequencing for forward bends

Teaching skills: Manually adjusting students safely and appropriately

Pranayama

Class 4:

Honoring the Queen: sarvangasana variations

Sequencing for sarvangasana

Pranayama

Teaching skills: Effective visual demonstrations

Yoga Sutras Pada 2

Class 5:

The King of asana: sirsasana variations

Sequencing for sirsasana

Teaching skills: Key actions

Pranayama

Class 6:

Teaching skills: Linking

Pranayama

Class 7:

Parivrtta: Let's do the twist

The lotus that blooms: padmasana

Guidelines for Yoga Teachers

Class 8:

Restorative

Sequencing for Restorative

Pranayama

Yoga Sutras Pada 3

Class 9:

Learning to fly: arm balances

Pranayama

Yoga Sutras Pada 4

Class 10:

Face-up, the big back bends: urdhva dhanurasana, dwi pada viparita dandasana

Sequencing for back bends

Pranayama

*\*We reserve the right to change the syllabus as needed.*