



200 Hour Yoga Teacher Certification (9 months)

31 Thursday evenings: 6:00 pm to 9:00 pm

5 Weekends In Classroom: 9:00 am to 4:30 pm

3 Saturday Only In Classroom: 9:00 am to 4:30 pm

Week 1 Thursday November 2 Orientation 6-9 pm ET

yogaspirit® Orientation (2-3 hours)

Meet and Greet, Intention Setting, Books and Materials, Administrative Review

Week 2 Thursday November 9 Biomechanics 6-9 pm ET

yogaspirit® Biomechanics

Compensation vs Homeostasis

Appendicular Skeleton

Foundation: Feet, Legs, Pelvis, Hands, Arms, Shoulders Axial Skeleton

Core: Sacrum, Spine, Ribs, Skull

Weekend 1 Saturday & Sunday November 11-12 Anatomy & Physiology 9-4:30pm

Week 3 Thursday November 30 Biomechanics 6-9 pm

yogaspirit® Biomechanics

Understanding the spine and nervous system

Dermatomes and Keystone concepts

Week 4 Thursday December 7 Biomechanics 6-9 pm

yogaspirit® Methodology

Understanding the beginner body

Characteristics of the Beginner Body

Symmetric and Asymmetric/Tadasana

Saturday December 9 Sacred Life I

Weekends In Classroom: 9:00 am to 4:30 pm

yogaspirit® Inner Practices: Opening Puja, Intention Setting & Healing

Circle **yogaspirit®** as an Astanga Raja Path

Margas & Limbs

yogaspirit® as a Tantra Path

Consciousness & Realization, Surat Shabda Yoga-Light and Sound Paths

yogaspirit® Ethics

Qualities of a Teacher

Week 5 Thursday December 14 Methodology 6-9 pm

yogaspirit® Methodology: Correction-Principles of Touch

Tadasana cont'd, Virabhadrasana I

Week 6 Thursday December 21 Beginner Basics Asana 6-9 pm

yogaspirit® Technique Uttanasana, Utkatasana

Week 7 Thursday December 28 Beginner Basics Asana 6-9 pm yogaspirit® Technique

Virabhadrasana III, Parsvottanasana

Week 8 Thursday December January 4 Beginner Basics Asana 6-9 pm yogaspirit®

Technique Parivritta Trikonasana

Week 9 Thursday January 11 Beginner Basics Asana 6-9 pm Yogaspirit® Technique

Virabhadrasana II, Utthita Trikonasana

Week 10 Thursday January 18 Sacred Life I 6-9 pm

Beginner Basics Asana 6-9 pm

yogaspirit® Technique Utthita Parsvakonasana, Vrksasana

Weekend 2 Saturday January 20 Sacred Life I

Weekends In Classroom: 9:00 am to 4:30 pm

yogaspirit® Philosophy

History: Styles and Traditions today

yogaspirit® Philosophy: Introduction to Bhagavad Gita

yogaspirit® Philosophy: Bhiranga Sadhana

Yamas (Ahimsa, Satya, Asteya)

Weekend 2 Sunday January 21 Sacred Life II

Weekends In Classroom: 9:00 am to 4:30 pm

yogaspirit® Technique

Antaranga Sadhana (Pranayama Part I, Mudras)

yogaspirit® Philosophy

Bahiranga Sadhana: Yamas (Brahmacharya, Appariagraha)

yogaspirit® Philosophy

Bahiranga Sadhana: Niyamas (Saucha)

yogaspirit® Ayurveda Concepts

Week 11 Thursday January 25 Beginner Basics Asana 6-9 pm

yogaspirit® Technique Prasarita Padottanasana, Adho Mukha Svanasana

Week 12 Thursday February 1 Beginner Basics Asana 6-9 pm yogaspirit®

Technique Sukhasana, Parvantasana in Sukhasana, Marichiasana III

Saturday February 3 Sacred Life II

Weekends In Classroom: 9:00 am to 4:30 p

yogaspirit® Philosophy

Bahiranga Sadhana: Niyamas (Tapas, Santosha)

Asana

Biography Exercise

yogaspirit® Technique

Antaranga Sadhana: Pranayama – Part 2, Bandhas

Week 13 Thursday February 8 Beginner Basics Asana 6-9 pm

yogaspirit® Technique Dandasana, Paschimottanasana, Janu Sirsasana

Week 14 Thursday February 15 Beginner Basics Asana 6-9 pm

yogaspirit® Technique Baddha Konasana, Upavishta Konasana

Week 15 Thursday March 2 Beginner Basics Asana 6-9 pm

yogaspirit® Technique Supta Padangusthasana A B C

Week 16 Thursday February 29 Beginner Basics Asana 6-9 pm

yogaspirit® Technique Backbend Intensive: Eka Pada Rajakapotasana, Bhujangasana, Garbasana

Weekend 3 Saturday March 9 Sacred Life III

Weekends In Classroom: 9:00 am to 4:30 p

yogaspirit® Philosopy

yogaspirit® Philosophy

Antaranga Sadhana: (Pratyahara, Svadhyaya)

Antaratma Sadhana: (Dharana, Samadhi)

Stages of Samadhi – Isvara Panidhana

Introduction to Sutras: (Samadhi Sutras 1.1-1.3)

Weekend 3 Sunday March 10 Sacred Life III

Weekends In Classroom: 9:00 am to 4:30 pm

yogaspirit® Anatomy – Eastern Multidimensional Anatomy: (Nadis, Shyunia, Koshas, Chakras)

yogaspirit® Philosophy: (Samadhi Sutras 1.4-1.6)

yogaspirit® Technique:Kundalini Concepts (Kriyas, Mantras)

Week 17 Thursday March 14 Beginner Basics Asana 6-9 pm

yogaspirit® Technique Backbend Intensive Continued: Ustrasana, Setu Bandasana, Parvana Muktasana

Week 18 Thursday March 21 Beginner Basics Asana 6-9 pm

Yogaspirit® Methodology Principles of Teaching: Language & Voice

Yogaspirit® Methodology Principles of Teaching:Observation

Week 19 Thursday March 28 Beginner Basics Asana 6-9 pm

yogaspirit® Technique Inversion Intensive: Salamba Sarvangasana, Viparita Karani

Week 20 Thursday April 4 Beginner Basics Asana 6-9 pm

yogaspirit® Technique Inversion Intensive Continued: Sirsasana, Savasana

Saturday April 6 Beginner Basics Asana

yogaspirit® Technique Adjustments and Modifications Review

yogaspirit® Methodology Principles of Teaching: Demonstration, Instruction

Week 21 Thursday April 11 6-9 pm

yogaspirit® Business of Yoga Part 1

Week 22 Thursday April 25 Beginner Basics Asana 6-9 pm

yogaspirit® Sequencing and Formatting: FORM Classes

Week 23 Thursday May 2 Beginner Basics Asana 6-9 pm

yogaspirit® Sequencing and Formatting: FLOW Classes

Week 24 Thursday May 9 Beginner Basics Asana 6-9 pm

yogaspirit® Sequencing and Formatting: Kripalu Style, Bikrum/Hot Yoga

Week 25 Thursday May 16 Beginner Basics Asana 6-9 pm

yogaspirit® Sequencing and Formatting: Power Classes: Ashtanga Styles (Vinyasa), Primary Series Homework, Modify Primary Series Beginner Basics, Chaturanga, Surya Namaskar (Salutations to the Sun), Urdva Mukha Svanasana

Weekend 4 Saturday May 18 Sacred Life IV

Weekends In Classroom: 9:00 am to 4:30 pm

yogaspirit® Philosophy: Samadhi Sutras 1.17-1.51

yogaspirit® Philosophy: Padas 3 & 4

yogaspirit® Anatomy Physiological Effects, Brain Waves, Mind/Body Concepts

yogaspirit® Sequencing and Formatting: Home Practice

Weekend 4 Sunday May 19 Sacred Life IV

Weekends In Classroom: 9:00 am to 4:30 pm

yogaspirit® Philosophy: Antaratma Sadhana (Dharana, Dhyana, Surat Shabda Yoga)

yogaspirit® Technique: (Guided Imagery, Vipassana, Mindfulness)

yogaspirit® Yoga for Women Menopause, Restorative Yoga

Week 26 Thursday May 23 Beginner Basics Asana 6-9 pm

yogaspirit® Teaching Practice Week 1

Week 27 Thursday May 30 Beginner Basics Asana 6-9 pm

yogaspirit® Teaching Practice Week 2

Week 28 Thursday June 6 Beginner Basics Asana 6-9 pm

yogaspirit® Technique Week 3

Week 29 Thursday June 13 Beginner Basics Asana 6-9 pm

yogaspirit® Teaching Practice Week 4

Weekend 5 Saturday June 15

Weekends In Classroom: 9:00 am to 4:30 pm

yogaspirt® Sequencing and Formatting: Children's Yoga, Partner Yoga Practice

yogaspirt® Yoga for Women: Menstruation, Natal Year

Weekend 5 Sunday June 16

Weekends In Classroom: 9:00 am to 4:30 pm

yogaspirt® Business of Yoga Part 2

yogaspirt® Teaching Practice Week 5 & 6

Week 30 Thursday June 20 Finals 6-9pm

Week 31 Thursday June 27 Graduation 6-9pm

