



## Checklist for 300 Hour Teacher Training

### Yin Module- 50 hours

#### Live Sessions

- May 1st Zoom- 4 hrs
- May 2nd Zoom- 4 hr
- May 3rd Zoom- 4 hrs
- May 8th Zoom- 4 hrs
- May 9th Zoom- 4 hrs
- June 18th Zoom- 5 hrs
- June 19th Zoom- 5 hrs
- June 20th Zoom-5 hrs
- June 21st Zoom- 5 hrs
- June 25th Zoom- 5 hrs
- June 26th Zoom-5 hrs
- June 27th Zoom-5 hrs
- June 28th Zoom-5 hrs

#### Teachable Content

- Yin Class 1- 1.5 hrs
- Yin Class 2- 1 hr
- Yin Class 3- 1 hr
- Yin Class 4- 1 hr
- Yin Class 5- 1.5 hrs
- Yin Class 6- .25 hrs
- Yin Class 7- 1.5 hrs
- Asana Lab 1- .5 hrs
- Asana Lab 2- .25 hrs
- Asana Lab 3- .25 hrs
- Meditation- .5 hrs

## Assignments

- Read the manual- keep track of hours
- What is yin yoga journal entry
- Cueing script
- Rewrite affirmations
- Favorite yin pose & meridians journal entry
- Anatomy HW
- Supervised Practice Teaching- 1 hr
- Practice teach a meditation
- Practice teach 2 poses
- Practice teach a short sequence
- Teaching Demo Video- 1 hr

## Vinyasa Module- 50 hours

### Teachable Vinyasa Classes

- Class 1- 1 hr
- Class 2- 1 hr
- Class 3- 1 hr
- Class 4- 1 hr
- Class 5- 1 hr
- Class 6- 1 hr

### Zoom Vinyasa Classes

- Class 1
- Class 2
- Class 3
- Class 4
- Class 5

### Workshops

- Backbending 1- 1 hr
- Backbending 2- 1 hr
- Backbending 3- 1.5 hrs
- Splits 1- .5 hrs
- Splits 2- 1.5 hrs
- Handstands 1- .75 hrs
- Handstands 2 1.25 hrs
- July 11th:** Intro to Headstand- 1.5 hrs

- July 12th:** Intro to Wheel Pose- 1.5 hrs
- July 18th:** Arm Balances- 1.5 hrs
- July 19th:** Dropback to Wheel Pose- 1.5hrs
- August: Pincha & Scorpion Workshop- 1.5 hrs
- August: Arm Balances 2 1.5 hrs

### **Adjustment Videos**

- David Keil Videos 2 hours

### **Live Zoom Sessions**

- July 23rd
- July 24th
- July 25th
- July 26th

### **Assignments**

- Demonstrate key asana
- Demonstrate key adjustments
- Read the articles- track your hours
- Sun Salute cueing script
- Practice Teaching Videos- 1 hr
- Sequence assignment
- Theme written assignment
- Sanskrit pose name assignment
- Read the manual- keep track of hours
- Reading articles on Teachable- track hours
- Supervised Practice Teaching- 1 hr
- Teaching Demo- 1 hr

## **Aerial Yoga Module- 25 hours**

### **Practices**

- Posture Guide Videos- 2 hrs
- Meditation & Breathing Videos
- Foundations Class- 1hr 15min

- Backbending Class- 20 min
- Flips Class- 30 min
- Class 4- 1hr
- Class 5- 1hr
- Restorative- 1hr
- Inversions- 1hr
- Flips 2- 1 hr
- Zoom 1- 5hrs
- Zoom 2- 5 hrs
- Zoom 3- 5 hrs

### **Meditation & Pranayama**

- All practices 1.5 hrs

### **Assignments**

- How to Tie a Hammock Knot Video
- 5 Poses
- 1 Pose Practice Teaching
- Cueing Script
- Teaching Demo- 1 hr
- Read the Manual- keep track of hours

### **Meditation & Pranayama Module- 25 hours**

- All guided practices 3 hrs
- Self-pace meditation & journaling log- track your hours
- Read the articles- track your hours

### **Anatomy- 20 hours**

- David Keil Videos- 4 hrs
- Paul Grilley- The Big Picture Video- 1.5 hrs
- Fascia Video- .75 hrs
- David Keil Online Course- 15 hours

## **Philosophy- 10 hours**

- Yamas & Niyamas Videos- 2hrs
- Yoga Sutras
- Bhagavad Gita
- Traditional Nondual Tantrik Philosophy

## **Electives**

- Who Owns Yoga Movie- 1 hr
- The Titans of Yoga Movie- 1 hr

## **Self Pace Hours**

- Required Reading
- Other reading from recommended books (yin yoga, etc.)
- All Assignments
- Meditation & Self Inquiry Hours- 20 hours

## **Yoga Nidra Module in September- 25 Hours**

## **Business Module in September- 15 Hours**