

ART OF YOGA: Therapeutic Essentials – 300-hour Yoga Teacher Training

Reading: American Veda, The Autobiography of a Yogi, The Holy Book of the Vedas, The Upanishads, The Ramayana, The Hatha Yoga Pradipika and The Mahabharata

Films: Ramakrishna: A Documentary, Vivekananda: As We Saw Him, Radha's Story: Biography of Swami Sivananda Radha, The First Tribute in America (Krishnamacharya), Siddhartha, Titans of Yoga, Yoga of the Heart A Tantric Festival Hosted by Swami Satyananda Saraswati, and Ashtanga New York.

Practicum: 15 Hours of Supervised Practice Teaching per Student

- 1/5 Introductions
 - Overview of Syllabus
 - Posture, Postural Assessments and other Assessment Tools
 - The Panchakoshas
- 1/6 8 Limb Rounding Day – 8 Limbs of Yoga, Sanskrit, Yamas and Niyamas
- 1/19 1st Chakra: Yoga for the Feet, Ankles, Knees, Legs and their Neighbors
- 2/2 2nd Chakra: Yoga for Healthy Hips
 - Pelvic Floor Immersion
 - Yoga for Fertility and Creativity
- 2/3 Yoga for Scoliosis, guest instructor Katelyn Qualey
- 2/16 3rd Chakra: Core Immersion
 - Yoga for Resilience, Confidence and Self-Esteem
- 2/17 4th Chakra: Yoga for a Healthy Back, Back Bends, Heart Openers
 - Yoga for Depression
 - Yoga for Arms, Hands, and Fingers
 - Yoga for Heart Disease
- 3/2 5th Chakra: Yoga for Neck and Shoulders
 - Sankalpa
 - Life Purpose, Karma and Dharma
- 3/3 6th Chakra: Intuition and the Siddhis
 - Face Yoga
 - Eye Exercises

- Yoga for Headaches and Migraines
- Yoga for Anxiety
- Kleshas
- 3/16 Yoga Nidra, Bhavana and Guided Imagery
- 3/17 Yoga Nidra, Bhavana and Guided Imagery
- 3/30 Yin and Facilitated Stretch, guest instructor Bill Ko
- 3/31 History of Yoga, guest instructor Bill Ko
- Hatha Yoga Pradipika, guest instructor Bill Ko
- 4/6 Five Element Theory, guest Bill Ko
- Ayurveda, guest instructor Bill Ko
- Sequencing for Sattva, guest instructor Bill Ko
- 4/7 The Yoga Marketplace, guest instructor Bill Ko
- Conscious Communication, guest instructor Bill Ko
- Yoga for Multiple Sclerosis, guest instructor Bill Ko
- 5/4 7th Chakra: Meditative and Relaxation Asanas
- Mantras for Transformation
- 5/5 Pawanmuktasana 1,2 and 3 and the Joint Freeing Series
- 5/11 Emotional Anatomy and the 9 Rasas
- 5/12 Trauma Informed Yoga, guest instructor Freidel Kushman
- 5/18 Therapeutic Vinyasa
- 5/19 Yoga for Cancer
- 6/1 Mudras and Bandhas
- 6/2 Lunar Hatha and the Moon Goddesses
- 6/22 Meditation Techniques: Mandalas and Yantras
- 6/23 The Hero/Heroine's Journey, The Vajrasana Group, Quadruped Asanas
- 6/29 Accessible Yoga
- 6/30 Review, Graduation