

Week One:	Time	Subject	Detail	Teacher(s)	Required text / reading
Sunday, Sept. 14th	3:30-4:30PM	Orientation	Four Directions history, teachers, and philosophy of teaching	Phoenix, Mataji	
	4:30-5:45PM	Welcome home asana class		Phoenix	
Monday-Friday	6:15-7AM	Pranayama & Meditation	Yogic breath, Antara Kumbhaka, Kapala Bhati, Kapala Bhati variations, Nadi Shodana, Agnisara Dhauti, Ashvini Mudra, Brahmari & Shanmukhi mudra, hasta mudras (T)	Phoenix	
Sept. 15-Sept. 19	7AM-8:30AM	Surya Namaskaram w/ mantras, advanced asana practice	Daily guided practice focussing on study topics of Sun salutes and forward bends: standing, seated, and inverted (T)	Phoenix	
	Breakfast		on-campus, served after 8:30AM for one hour		
	10AM-11AM	Yogic and Vedic Philosophy	Eight Limbs of Yoga: Yoga Sutras (selected excerpts from Sadhana Pada), (P,E,L)	Mataji	Yoga Sutras (Parmarth copy)
	11AM-11:30AM	Vedic Chanting	(T)	Mataji	Pamarth chant booklet
	11:30-12:15PM	Anatomy	Skeletal system. Muscular system overview- types and function. Joints, tissues, and muscle intensive-shoulders (A&P)	Phoenix	Coulter, & Anatomy coloring book
	12:15-1PM	Applied Anatomy in Asana practice	(T, TM)	Phoenix	
Tuesday and Thursday only:	11:30-1PM	T-Samkhya philosophy / TH- Ayurvedic Foundations	T -Introduction to Samkhya Philosophy. History and treatise of Samkhya leading to the development of Ayurvedic science of self-knowledge and health. TH- Ayurvedic foundation I- Doshic self-test, Intro to Doshas (T, A&P)	Phoenix, Dr. Anuradha	Intro to Anatomy, Dr. Vasant Lad
	Lunch		on-campus, served after 1PM for one hour		
	2:30-3:30pm	Yoga Therapy	Interventions for working with injuries I- back-care, shoulder opening (T, TM)	Phoenix	Hand-outs given
	3:30-4:30pm	Asana	Sun Salutations as complete practice, break-down of variations (T, TM)	Mark	
	4:30-5PM	Yoga Nidra	(T)	Mataji	
	5:30-7PM	Puja & Aarti	(P,E,L)	Swami Chidanand Saraswati	
	Dinner		on-campus, served after 7:30PM for one hour		
Wednesday only	8:30-9:30PM	Hasta Mudras	pre-meditation	Phoenix	handouts given
independent reading/writing assignments		Shambhala: the Sacred Path of the Warrior: Preface to Chapter 4	Written assignment #1 - 2 page minimum, self-reflection/response to themes: concept of a warrior, basic goodness, the wisdom of the genuine heart of sadness. Fear and fearlessness.	to be submitted to Phoenix on Sat., Sept. 20	Shambhala
Saturday only:	6:15-7AM	Pranayama & Meditation	Yogic breath, Antara Kumbhaka, Kapala Bhati, Kapala Bhati variations, Nadi Shodana, Agnisara Dhauti, Ashvini Mudra, Brahmari & Shanmukhi mudra, hasta mudras (T)	Phoenix	
	7AM-8:30AM	Surya Namaskaram w/ mantras, advanced asana practice	Daily guided practice and instruction in second set of hasta mudras (post-meditation) (T)	Phoenix	
	10AM-11AM	Clinic- hands-on adjustments (theory and types)	Asanas reviewed from the week's practice: forward bends-standing, seated, inverted (T, TM)	Phoenix	
	11AM-12PM	Supervised practice in groups	Pairs of students work with techniques for assisting, under direct supervision w/ instructor feedback (P)	Phoenix and Mark	

Week Two:	Time	Subject	Detail	Teacher(s)	Required text / reading
Monday-Friday	6:15-7AM	Pranayama & Meditation	Yogic breath, Antara Kumbhaka, Kapala Bhati, Kapala Bhati variations, Nadi Shodana, Agnisara Dhauti, Ashvini Mudra, Brahmari & Shanmukhi mudra, variations w/ bandhas after Tuesday. Hasta mudras (T)	Phoenix	
Sept. 22-26	7AM-8:30AM	Surya Namaskaram w/ mantras, advanced asana practice	Daily guided practice focussing on foundational standing postures and standing balance postures (T)	Phoenix	
	Breakfast		on-campus, served after 8:30AM for one hour		
	10AM-11AM	Yogic and Vedic Philosophy	Bhagavad Gita and Yoga Sutras (P,E,L)	Mataji	Gita and Yoga Sutras (Parmarth copy)
	11AM-11:30AM	Vedic Chanting	(T)	Mataji	Parmarth chant booklet
	11:30-12:15PM	Anatomy	Respiratory, cardiovascular system. Joints, tissues, and muscle intensive-hips (A&P)	Phoenix	Coulter, & Anatomy coloring book
	12:15-1PM	Applied Anatomy in Asana practice	(T, TM)	Phoenix	
Monday only:	11:30AM-1PM	Subtle Anatomy-Sariras, Koshas, Chakras	Theory of subtle body and relation to psychology, anatomy, and Yogic techniques-bandhas	Phoenix	Hand-outs given
Tuesday and Thursday only: 11:30-1PM		T-Pranayama Teaching Clinic / TH-Ayurvedic Foundations	How to teach Yogic breathing, antara and bahya kumbhaka, nadi shodana. TH- Ayurvedic foundation II- Doshas in Pranayama and Asana therapy (Tm, A&P)	Phoenix, Dr. Anuradha	Intro to Anatomy, Dr. Vasant Lad
	Lunch		on-campus, served after 1PM for one hour		
	2:30-3:30pm	Yoga Therapy	Respiratory disorders, cardiovascular health and contraindications (T, TM)	Phoenix	Hand-outs given
	3:30-4:30pm	Asana	shoulder and hip-opening. Student adjust/assist begins after Wed (P)(T, TM)	Mark	
	4:30-5PM	Yoga Nidra	(T)	Mataji	
	5:30-7PM	Puja & Aarti	(P,E,L)	Swamiji & Mataji	
	Dinner		on-campus, served after 7:30PM		
Wednesday only	8:30-9:30PM	Hasta Mudras	post-meditation	Phoenix	handouts given
independent reading/writing assignments		Shambhala: the Sacred Path of the Warrior: Chapters 5-11	Written assignment #2. 3 page minimum. Self-reflection and response to themes: body-mind synchronization, philosophy of the Great Eastern Sun, the Cocoon. Renunciation. Celebrating the journey, letting go, Nowness.	To be submitted to Phoenix on Sat., Sept. 27	Shambhala: the Sacred Path of the Warrior, by Chogyam Trungpa Rinpoche
Saturday only:	6:15-7AM	Pranayama & Meditation	Yogic breath, Antara Kumbhaka, Kapala Bhati, Kapala Bhati variations, Nadi Shodana, Agnisara Dhauti, Ashvini Mudra, Brahmari & Shanmukhi mudra (T)	Phoenix	
	7AM-8:30AM	Surya Namaskaram w/ mantras, advanced asana practice	Daily guided practice (T)	Phoenix	
	10AM-11AM	Clinic- hands-on adjustments (theory and types)	Asanas reviewed from the week's practice: Standing poses, stabilization and opening of shoulders/hips	Phoenix	
	11AM-12PM	Supervised practice in groups	Pairs of students work with techniques for assisting, under direct supervision w/ instructor feedback (P)	Phoenix and Mark	

Week Three:	Time	Subject	Detail	Teacher(s)	Required text / reading
Monday-Friday	6:15-7AM	Pranayama & Meditation	Yogic breath, Antara Kumbhaka, Kapala Bhati, Kapala Bhati variations, Nadi Shodana, Agnisara Dhauti, Ashvini Mudra, Brahmari & Shanmukhi mudra. Variations w/ bandhas. Hasta mudras (T)	Phoenix	
Sept. 29-Oct.3	7AM-8:30AM	Surya Namaskaram w/ mantras, advanced asana practice	Daily guided practice focussing on spinal twists, inversions (T)	Phoenix	
	Breakfast		on-campus, served after 8:30AM for one hour		
	10AM-11AM	Yogic and Vedic Philosophy	Bhagavad Gita and Yoga Sutras (P,E,L)	Mataji	Gita and Yoga Sutras (Parmarth copy)
	11AM-11:30AM	Vedic Chanting	(T)	Mataji	Parmarth chant booklet
	11:30-12:15PM	Anatomy	immune and digestive system. Joints, tissues, and muscle intensive-knees and low back (A&P)	Phoenix	Coulter, & Anatomy coloring book
	12:15-1PM	Applied Anatomy in Asana practice	(T, TM)	Phoenix	
Monday only:	11:30-1PM	Nadis and Chakras	(T,A&P)	Phoenix	
Tuesday and Thursday only:	11:30-1PM	T-Pranayama Teaching clinic / TH-Ayurvedic Foundations	T- Teaching Pranayama: Kapala Bhati, Agnisara Dhauti, Shitali/Sitkari. TH- Ayurvedic foundation II- Doshas in Pranayama and Asana therapy (T, A&P)	Phoenix, Dr. Anuradha	Intro to Anatomy, Dr. Vasant Lad
	Lunch		on-campus, served after 1PM for one hour		
	2:30-3:30pm	Yoga Therapy	digestive (Mon.,Tues.) and hormonal (Wed., Th.) issues, menstrual cycle poses (Fri.) (T, TM)	Phoenix	Hand-outs given
	3:30-4:30pm	Asana	Spinal twists and inversions for digestive/elim. Health. Student adjust/assist in pairs(P) (T, TM)	Mark	
	4:30-5PM	Yoga Nidra	(T)	Mataji	
	5:30-7PM	Puja & Aarti	(P,E,L)	Swami Chidanand Sarasvati and Mataji,	
	Dinner		on-campus, served after 7:30PM		
independent reading/writing assignments		Shambhala: the Sacred Path of the Warrior: Chapter 12-17	Written assignment #3. 3 page minimum. Self-reflection and response to themes: discovering Magic, invoking Magic, overcoming arrogance, overcoming habitual patterns, the sacred world,the natural hierarchy	To be submitted to Mark on Oct. 4	Shambhala
Saturday only:	6:15-7AM	Pranayama & Meditation	Yogic breath, Antara Kumbhaka, Kapala Bhati, Kapala Bhati variations, Nadi Shodana, Agnisara Dhauti, Ashvini Mudra, Brahmari & Shanmukhi mudra, hasta mudras (T)	Mataji	
	7AM-8:30AM	Surya Namaskaram w/ mantras, advanced asana practice	Guided self-practice with asana review from the week's study (T)	Mataji and Mark	
	10AM-11AM	Clinic- hands-on adjustments (theory and types)	Asanas reviewed from the week's practice: modifications for seated and standing twists, inversions at wall	Mark	
	11AM-12PM	Supervised practice in groups	Pairs of students work with techniques for assisting, under direct supervision w/ instructor feedback (P)	Mark	

Week Four:	Time	Subject	Detail	Teacher(s)	Required text / reading
Monday-Friday	6:15-7AM	Pranayama & Meditation	Yogic breath, Antara Kumbhaka, Kapala Bhati, Kapala Bhati variations, Nadi Shodana, Agnisara Dhauti, Ashvini Mudra, Brahmari & Shanmukhi mudra, hasta mudras (T)	Phoenix	
Oct. 6-10	7AM-8:30AM	Surya Namaskaram w/ mantras, advanced asana practice	Daily guided practice focussing on backbends and hand-balances (T)	Phoenix	
	Breakfast		on-campus, served after 8:30AM for one hour		
	10AM-11AM	Yogic and Vedic Philosophy	Bhagavad Gita and Yoga Sutras (P,E,L)	Mataji	Gita and Yoga Sutras (Parmarth copy)
	11AM-11:30AM	Vedic Chanting	(T)	Mataji	Pamarth chant booklet
	11:30-12:15PM	Anatomy	Reproductive and endocrine system. Restorative and fertility asanas (A&P)	Phoenix	Coulter, & Anatomy coloring book
	12:15-1PM	Applied Anatomy in Asana practice	(T, TM)	Phoenix	
Monday only:	11:30-1PM	Nadis and Chakras	(T,A&P)	Phoenix	
Tuesday and Thursday only:	11:30-1PM	T- Pranayama Teaching clinic. TH- Final written examination	T- Teaching Pranayama: Kapala Bhati, variations, nadi shodan variations, Ashvini mudra, Brahmari. TH- Final Exam given (T, A&P)	Phoenix, Dr. Anuradha	Intro to Anatomy, Dr. Vasant Lad
	Lunch		on-campus, served after 1PM for one hour		
	2:30-3:30pm	Yoga Therapy	digestive (Mon.,Tues.) and hormonal (Wed., Th.) issues, menstrual cycle poses (Fri.) (T, TM)	Phoenix	Hand-outs given
	3:30-4:30pm	Asana	Student teaching in teams (supervised)	Phoenix	
	4:30-5PM	Yoga Nidra	(T)	Mataji	
	5:30-7PM	Puja & Aarti	(P,E,L)	Swami Chidanand Sarasvati and Mataji.	
	Dinner		on-campus, served after 7:30PM		
independent reading/writing assignments		Shambhala: the Sacred Path of the Warrior: Chapter 18-21	Written assignment #4. 3 page minimum. Self-reflection and response to themes: "how to rule", authentic presence, 4 animals/archetypal powers of Shambhala, "lungta" and "drala".	To be submitted to Phoenix on TH	Shambhala
Final Exams returned	Graduation	Ceremony	given at the riverside.....time TBA		