

## SMC 300hr Level 1 Yoga Therapist Program (sample schedule)

### Welcome Weekend Weekend 1

<b>Friday</b>	SMC	1-5 pm	Staff
<b>Saturday</b>	SMC SMC	9-12 pm 1:30-4:30pm	Robin Lynn
<b>Sunday</b>	SMC SMC SMC	9-12 pm 1:30-3:30pm 3:30-5:30	Kaya Kaya Robin

### Introduction

Welcome Evening and Dinner with the Teachers

Intro to Yoga Therapy and Assignment Overview  
Intro to ViniYoga and mentoring overview

Becoming a Practitioner  
Intro to Sutras + Sanskrit  
Intro to Anatomy of Asana (start drawing life-size bodies)

### Weekend 2

<b>Friday</b>	SMC SMC	6-6:30 pm 6:30-9 pm	Robin Robin
<b>Saturday</b>	SMC/Andrade SMC SMC	9-12 pm 1-4 pm 4-5 pm	Harvey Harvey Harvey
<b>Sunday</b>	BINBA BINBA SMC	9-10:30 10:30-1 pm 2-5 pm	Harvey Harvey Harvey

### Anatomy of Asana

Introductory Pranayama  
Intro to History/Philosophy

Anatomy of Asana: Tadasana/Tree/Chair/  
Anatomy of Asana: Warrior I-III/Side Angle/Triangle  
Share Circle

Introductory Pranayama  
Anatomy of Asana: Table/Chair/ ½ Tortoise/ Cat Cow  
Anatomy of Asana: Forward bends

### Weekend 3

<b>Friday</b>	SMC	6-9 pm	Rama
<b>Saturday</b>	POST313 “ “	9-9:30 am 9:30-12 pm 1:30-5 pm	Rama Rama Rama
<b>Sunday</b>	POST313 “ “	9-9:30 am 9:30-12 pm 1:30-5 pm	Rama Rama Rama

### Rama Jyoti Vernon: Yoga Sutras and Sacred Geometry

Yoga Sutras

Pranayama: 6 Parts of Breath  
*Yoga, The Practice of Myth and Sacred Geometry* Pt. 1. The Spine  
Practicing Svadharma in Asana

Parasympathetic Nervous System in relationship to Subtle Anatomy  
Nadi Shodhana in Asana—Exploration of right body/left body activation  
*Yoga, The Practice of Myth and Sacred Geometry* Pt. 2.  
Hidden Meanings of Hatha Yoga: purusha/prakriti in asana

**Weekend 4**

<b>Friday</b>	SMC	6-9 pm	Robin	<b>Anatomy of Asana</b> Yoga Sutras
<b>Saturday</b>	BINBA	9-5pm	Mirka	Annamayakosha
<b>Sunday</b>	POST	9-5pm	Mirka	Pranamayakosha

**Weekend 5**

<b>Friday</b>	SMC	6-9pm	Robin	<b>Anatomy of Asana</b> Yoga Sutras
<b>Saturday</b>	SMC	9-12	Harvey	Introductory Pranayama
	BINBA	9:30-12 pm	Harvey	Anatomy of Asana: Twists
	SMC	1-6 pm	Harvey	Ayurveda: Vata and Pitta
<b>Sunday</b>	BINBA	9-12 pm	Harvey	Ayurveda: Kapha
	SMC	1-5 pm	Harvey	Share Circle

**Weekend 4**

<b>Friday</b>	SMC	6-9 pm	Simone	<b>Art of Using Props</b> Intro to Ayurveda
<b>Saturday</b>	BINBA	9-9:30 am	Robin	Introductory Pranayama: ujjayi—"victorious breath" throat breathing
	BINBA	9:30-12 pm	Robin	The 5 Pranas (prana vayu); Art of Using Props Overview I-IV
	SMC	1-4 pm	Robin	Art of Using Props I: Props for Strengthening and Stability
	SMC	4-5 pm	Robin	Practice with Props
<b>Sunday</b>	BINBA	9-9:30 am	Kaya	Pranayama: Nadi Shodana—alternate nostril breathing; purification or cleansing of the nadis
	BINBA	9:00-10:30	Kaya	Art of Using Props II: Ayurvedic considerations with Propping
	BINBA	10:30-12:30	Kaya	Art of Using Props III: Props for facilitating stretch
	SMC	1:30-2 pm	Kaya	Pranayama—Ujjayi, another viewpoint
	SMC	2-4 pm	Kaya	Art of Using Props IV: Props for Deep Joint Release
	SMC	4-5 pm	Kaya	Share Circle

**Weekend 5**

<b>Friday</b>	SMC	6-9 pm	Robin
<b>Saturday</b>	BINBA	9-12 pm	Harvey
	SMC	1-1:30 pm	Harvey
	SMC	1:30-4 pm	Harvey
	SMC	4-5pm	Harvey
<b>Sunday</b>	BINBA	10-1 pm	Harvey
	BINBA	2-5 pm	Harvey

**Anatomy of Asana**

Yoga Sutras Feedback on Art of Using Props

Anatomy of Asana: Classic Inversions--Head stand  
Pranayama as a tool of awareness

Anatomy of Asana: Inversions—Shoulder stands  
Share Circle

Anatomy of Asana: Backbends  
Student Anatomy Presentations (20 mins each)

**Weekend 6**

<b>Friday</b>	SMC	6-9 pm	Robin
<b>Saturday</b>	SMC/Andrade	9-12 pm	Simone
	SMC	1-4 pm	Lynn
<b>Sunday</b>	SMC/Andrade	9-10:30 am	Kaya
	SMC	1-1:30 pm	Kaya
	SMC	1:30-4 pm	Kaya
	SMC	4-5 pm	Kaya

**Meditation Weekend**

Yoga Sutras

Meditation Methods: Ayurvedic considerations  
Meditation Methods: Buddhism in a non-sectarian environment

Meditation Methods for the Classroom  
Pranayama: Introduction to Deep Relaxation: The breath  
Meditation Methods: Yoga Nidra, Shavasana and the Art of  
Guided Awareness  
Share Circle and Q & A on Intake Interview Assignment

**Weekend 7**

<b>Friday</b>	SMC	6-9pm	Simone
<b>Saturday</b>	SMC	9-12pm	Simone
	SMC	1:30-4:30	Simone
<b>Sunday</b>	SMC	9 – 5pm	Harvey

**Ayurveda and Anatomy**

Vata

Pitta

Kapha

Anatomy Wrap Up

