



# SMC 2023 Level 1 Yoga Therapist Program



		<b>Program Director: Robin Gueth 415-377-7729</b>	
		General Schedule (some exceptions): Every Wed 6p – 9p on Zoom Immersion Weekends: Sat 10a-1p & 2p-6p, Sun 10a–1p & 2p-5p Address for Immersion Weekends (some exceptions): American Legion POST 313, 500 Magnolia Ave, Larkspur	
<b>Weekend 1</b>			
<b>11-12 March</b>	<b>COURSE NAME</b>	<b>CLASS NAME / THEME Introduction</b>	<b>Homework and Preparation</b>
<b>Sat am:</b>	#100 Intro to Yoga Therapy	Intro to Yoga Therapy	<b>Homework:</b> Define Yoga Therapy. We will reflect on changing definition as course progresses. <u>Due Weekend 2.</u>
<b>Sat pm:</b>	#110 Anatomy of Asana #130 Introductory Pranayama	Intro to Viniyoga- Intro to sequencing Ujjayi pranayama, and the 4 part breath.	<b>Homework:</b> Read pp 3-25 in Kraftsow. <u>Yoga for Wellness</u> ; read ch. 3 (p. 63-75), skim pp. 105-118 in Mohan. <u>Yoga Therapy</u> <b>Homework:</b> Start journaling practice. Students will practice the pranayama learned and journal about their experience. Session to session the students will change their practice per pranayama learned. <b>Pranayama practice this week:</b> Ujjayi for Viniyoga and 4 part breath from Viniyoga
<b>Sun am &amp; pm</b>	#110 Anatomy of Asana	Viniyoga Practice Q and A sequencing Becoming a Yoga Practitioner (Share Circle)	<b>Homework:</b> Review ch 3 in <u>Yoga for Transformation</u>
<b>Wed, Mar 15</b>	#100 Intro to Yoga Therapy	Assignments/Mentoring/Practicum	<b>Homework:</b> Read p. viii-ix, “Author’s Preface” and p. 10-11, “Message to Yoga Teachers” in Rama’s <u>Yoga, The Practice of Myth and Sacred Geometry</u> . Read pp 129-134 in <u>Yoga for Wellness</u> . Begin preparing 1 asana to teach & describe during class <b>Due Weekend 2</b>
<b>Wed, Mar 22</b>	#100 Intro to Yoga Therapy	History of Yogic Texts/Branches of Yoga	<b>Homework:</b> Read Introduction and Part 1 of Desikachar’s <u>The Heart of Yoga</u> . Read Sutras I. 1-3; II. 28-32. <b>AND:</b> Write a reflection on the sutra of your choice. <b>Due Weekend 5</b>

<b>Wed, Mar 29</b>	#120 Yoga Sutras of Patanjali	Sutras and the four parts of mind	
<b>Weekend 2</b>			
<b>1 – 2 April</b>	<b>COURSE NAME</b>	<b>CLASS NAME / THEME: Anatomy of Asana</b>	
<b>Sat am:</b>	#110 Anatomy of Asana	Table/Cat/Cow/child's Pose <b>Student teaching demo</b>	
	#130 Introductory Pranayama	Pranayama: Full Body Breath	
<b>Sat pm:</b>	#110 Anatomy of Asana	Tadasana/Tree/Chair Sequencing in Yoga	
	#130 Introductory Pranayama	Pranayama: Anulom vilom	
<b>Sun am:</b>	#110 Anatomy of Asana	Warrior I-III/Side Angle/Triangle	
<b>Sun pm:</b>	#110 Anatomy of Asana	Backbends	
	#120 Introductory Pranayama	Pranayama: Nadi shodhana	
<b>Wed, Apr 5</b>	#120 Introductory Pranayama #160 Teaching and Therapeutic Skills	Review and practice of breathing techniques taught in W2  Techniques and practice	
<b>Wed, Apr 12</b>	#120 Yoga Sutras of Patanjali #160 Teaching and Therapeutic Skills	Yoga Sutras: 8 fold Path: Yamas and Niyamas  Techniques and practice	
<b>Wed, Apr 19</b>	#110 Anatomy of Asana	Viniyoga Movement Review/Sequencing	
<b>Weekend 3</b>			
<b>22-23 April</b>	<b>COURSE NAME</b>	<b>CLASS NAME / Anatomy of Asana</b>	
<b>Sat am:</b>	#110 Anatomy of Asana	Inversions	
<b>Sat pm:</b>	#110 Anatomy of Asana #120 Introductory Pranayama	Forward Bends Pranayama: Introduction to Breath Ratios	

<b>Sun am:</b>	#110 Anatomy of Asana	Twists	
<b>Sun pm:</b>	#110 Anatomy of Asana	Anatomy & Physiology Overview Share Circle	
<b>Wed, Apr 26</b>	#120 Sutras of Pantanjali #160 Teaching and Therapeutic Skills	Sutras Techniques and practice	
<b>Wed, May 3</b>	#120 Sutras of Pantanjali #160 Teaching an Therapeutic Skills	Sutras Techniques and practice	
<b>Wed, May 10</b>	#120 Sutras of Pantanjali #160 Teaching an Therapeutic Skills	Sutras Techniques and practice	
<b>Weekend 4</b>			
<b>20-21 May</b>	<b>COURSE NAME</b>	<b>CLASS NAME / THEME Art of Using Props</b>	
<b>Sat am</b>	#110 Anatomy of Asana #130 Introductory Pranayama	Anatomy and Physiology 2: <b>Feet, Ankles, Knees, Hips</b> Pranayama: Kapalabhati and Bastrika	
<b>Sat pm:</b>	#110 Anatomy of Asana	Anatomy & Physiology 3 <b>Sacrum Pelvis Hips</b>	
<b>Sun am:</b>	#110 Anatomy of Asana	Anatomy and Physiology 4 <b>Lower Back, Spine</b>	
<b>Sun pm:</b>	#110 Anatomy of Asana	Anatomy & Physiology 5 <b>Neck, Shoulders, Head</b>	
<b>Wed, May 24</b>	#120 Sutras of Pantanjali #160 Teaching and Therapeutic Skills	Sutras Techniques and practice	
<b>Wed, May 31</b>	#120 Sutras of Pantanjali #160 Teaching an Therapeutic Skills	Sutras Techniques and practice	
<b>Weekend 5</b>			
<b>3-4 June</b>	<b>COURSE NAME</b>	<b>CLASS NAME / THEME A&amp;P / Presentations</b>	
<b>Sat am</b>	#110 Anatomy of Asana	Anatomy and Physiology 6 <b>Students present</b>	

<b>Sat pm</b>	#110 Anatomy of Asana	Anatomy and Physiology 7 <b>Students present</b>	
<b>Sun am</b>	#110 Anatomy of Asana	Anatomy & Physiology 8 <b>Students present</b>	
<b>Sun pm</b>	#110 Anatomy of Asana	Anatomy & Physiology Wrap-up	
<b>Wed, Jun 7</b>	#120 Sutras of Pantanjali #160 Teaching and Therapeutic Skills	Sutras Techniques and practice	
<b>Wed, Jun 14</b>	#120 Sutras of Pantanjali #160 Teaching an Therapeutic Skills	Sutras Techniques and practice	
<b>Wed, Jun 21</b>	#120 Sutras of Pantanjali #160 Teaching an Therapeutic Skills	Sutras Techniques and practice	
<b>Sun am and pm:</b>	#190 Professional Practice	Preventing Burn Out	
<b>Weekend 7</b>			
<b>12-14 June</b>	<b>COURSE NAME</b>	<b>CLASS / Art of Using Props</b>	
<b>Fri:</b>	#110 Anatomy of Asana	The Art of Using Props : Stability or Stretch?	
<b>Sat am</b>	#110 Anatomy of Asana	The Art of Using Props I: Practice with Stability	
<b>Sat pm</b>	#110 Anatomy of Asana #130 Introductory Pranayama	The Art of Using Props II: Practice with Stretch Pranayama: Soft Ujjayi	
<b>Sun am:</b>	#110 Anatomy of Asana	The Art of Using Props III: Experiencing Release techniques	
<b>Sun pm:</b>	#110 Anatomy of Asana	The Art of Using Props IV: Examining Release techniques Share Circle	