



Puerto Rico Schedule :: November 2017

Cloud Nine Yoga – Main Campus

CNY Senior Trainers: Crystal Rios, April Matulich, Stella Tryon

CNY Intern/Student Advisor: Yancy

PRE-TRAINING PREPARATION

- To Do:
 - Complete and submit application with deposit or full payment
 - Purchase books and supplies:
<http://cloudnineyoga.com/train/curriculum/required-reading-material/>
 - Purchase Cloud Nine Yoga digital download at www.BelInYoga.com
- ***Read: Farhi p. xiii – 80***
- **SET TO ARRIVE ON SITE BY Friday November 17, 2017**

Day 1 – Saturday Nov 18th

- 7:30 am Morning Yoga Practice: Setting Intentions (Crystal)
- 9:30 am Blissful Breakfast
- 11:00 am Opening Ceremony, Introductions, Site Tour, Orientation (Yancy)
- 1:00 pm Light Lunch
- 2:00 pm Lecture: What is Yoga? 8 Limbs, Yamas & Niyamas (April)
- 4:00 pm Asana Intensive: Experience the 7 Moving Principles (Stella)
- 6:00 pm Divine Dinner
- Homework:
 - Read: Farhi p. 81 – 105

LOCATIONS for classes:

Morning Practice, Anatomy, Asana Intensives, Peer Teaching: ON BEACH or ON ROOF

Most Quizzes, Lectures, Videos: MEETING ROOM

Day 2 – Sunday, Nov 19th

- 7:30 am Morning Yoga Practice: Opening The Heart (Stella)
- 9:30 am Blissful breakfast
- 11:00 am Lecture: How To Teach Yoga, Sequencing Basics, Intro to Sanskrit (Crystal)
- 1:00 pm Light Lunch
- 2:00 pm Anatomy: The Big Picture. Understand the difference between Compression & Tension - complete coordinating Anatomy Worksheet in class (April)
- 3:30 pm Asana Intensive: Breath Instruction for Sun Salutes, Intro to Sun Salutations (1/2, Classical, A series) (Crystal)
- 5:30 pm Peer Teaching: Pair Up and teach a couple Surya Namaskars (Yancy)
- 6:00 pm Divine Dinner
- Homework:
 - Read: Farhi p. 106 – 130
 - Anatomy: Complete Anatomy Worksheets: Vertebral Column and Diaphragm using *Yoga Body* p. 33 – 79 as a reference + *Save Your Neck & Breathing Room* Yoga Journal articles by Julie Gudmestad

Day 3 – Monday, Nov 20th GET IN THE WATER TODAY

- 7:30 am Morning Yoga Practice: Yin/Yang Flow (Crystal)
- 9:30 am Blissful Breakfast
- 11:00 am **offsite** VIEQUES, Mosquito Bay
- 1:00 pm Snacks & Lecture: Pranayama and Bandhas (Stella)
- 3:30 pm Anatomy: Vertebral Column & Diaphragm (April)
- 4:30 pm Asana Intensive: Foundations in Standing & Balancing Poses: The Stances (Mountain, Forward, Side, Wide) (Crystal)
- 5:30 pm Peer Teaching: Cuing, Voice & Pace focus teaching a 3-pose Standing Flow (Yancy)
- 6:00 pm Divine Dinner
- Homework:
 - Read: Farhi p. 231 – 250
 - Complete Anatomy Worksheet: Understanding Basic Terms. Use *Yoga Body* p. 5 – 30 as a reference + *Basic Anatomy for Teachers 1, 2 & 3 and What's In A Stretch* Yoga Journal articles by Julie Gudmestad

Day 4 – Tuesday Nov 21 (Meals Offsite)

- 7:30 am Morning Yoga Practice: Abs & Arms Power Yoga with Meditation Cards, Poems, Reiki & Inspirations (Stella)
- 9:30 am Blissful Breakfast
- 11:00 am Lecture: Four Types of Yoga, The Schools and Styles of Yoga, Meditation Practices and Philosophies, Sitting vs. Moving Meditations (Crystal)
- 1:00 pm LOVE Lunch
- 2:00 pm Anatomy: Understanding Basic Terms, Grilley: Proportion & Orientation (April)
- 3:00 pm Asana Intensive: Review Basic 20 Vinyasa Flow Poses, Standing & Balancing Poses, All About Savasana & Adjustments (Crystal)
- 5:00 pm Peer Teaching: Create a sequence with a partner for Quadrant 1 & 2, then teach it! (Yancy)
- 8:00 pm Dinner
- Homework:
 - Read: Farhi p. 131 – 153
 - Complete Anatomy Worksheet “Shoulder Girdle” using *YogaBody* p. 153 – 170 + *Dump The Slump & Break Out of Your Slump* Yoga Journal articles by Julie Gudmestad

Day 5 – Wednesday Nov 22nd (Stella Teaching Break)

- 7:30 am Morning Yoga: Pranayama Practice, Healthy Hips, Knees, & Feet – Opening Your Lotus (Crystal)
- 9:30 am Blissful Breakfast
- 11:00 am Lecture: Yoga Sutras of Patanjali, Hinduism (April)
- 1:00 pm: Anatomy: Shoulder Girdle (April)
- 3:00 pm Asana Intensive: Seated Postures, Forward Bends & Twists. (Crystal)
- 5:00 pm Peer Teaching: Group Practice teaching a C series Salutation without doing (only speaking). (Yancy)
- 6:00 pm Divine Dinner
- Homework:
 - Review: Farhi p. 70 – 80 (chakra anatomy)
 - Read: Farhi p. 171 - 204 (back bends)

Day 6 – Thursday, Nov 23 HAPPY THANKSGIVING

- 7:30 am Morning Yoga Practice: Intro to Inversions & Restorative Yoga (April)
- 9:30 am Offsite Yoga Adventure (El Yunque, Lunch to go)

- Excursion to Rainforest (Waterfalls)
- 6:00 pm Divine Dinner
- Homework
 - Read: Farhi p. 154 – 170

Day 7 – Friday Nov 24th (April Teaching Break)

- 7:30 am Morning Yoga Practice: Safe Back Bending Download & Practice. Listen to Nicolai Bachman CD ~ Reviewing Sanskrit Terms (Crystal)
- 9:30 am Blissful Breakfast
- 11:00 am Lecture: Chakras East & West, Chakra Affirmations, The Psychology of Yoga – Yoga Is Therapy (Stella)
- 1:00 pm Light Lunch
- 1:30 pm **Depart OFFSITE Caves**
- 5:00 pm Anatomy Review: Clarifications, Prep for Anatomy Quiz on Basic Terms, Compression & Tension, Vertebral Column, Diaphragm (Crystal)
- 6:00 pm (Dinner OFFSITE)

Day 8 – Saturday Nov 25th **MIDTERM REVIEW** (Crystal Teaching Break)

- 7:30 am Morning Yoga Practice: Inspired Flow (April)
- 9:30 am Blissful Breakfast
- 11:00 pm Lecture: Kriyas, Ayurveda & Yogi Nutrition at the BEACH (Stella)
- 1:00 pm Light Lunch **Study for Anatomy Quiz**
- 2:00 pm **Anatomy Quiz** (Yancy)
- 3:00 pm Asana Intensive: Review Topics for Quiz on 8 Limbs, Yamas & Niyamas, 7 Moving Principles, Pranayama, Bandhas, Posture/Sanskrit ID, Four Types of Yoga, Chakras. (April)
- 4:00 pm In-class Anatomy Lesson: Complete Worksheet for The Pelvis, Leg, Ankle & Foot using *YogaBody* p. 119 – 132 as a reference + *Feet First, Thighs Matter, The Long & Short of Legs, Get Hip About Flexors, and Great Gluts* Yoga Journal articles by Julie Gudmestad (April)
- 5:00 pm Peer Teaching: Sequence Quadrant 3 & 4 with a Team and practice teach. (Yancy)
- 6:00 pm Divine Dinner
- **Homework: Study for Topics Quiz**

Day 9 – Sunday Nov 26th GET IN THE WATER!

- 7:30 am Morning Yoga Practice: Slow Flow, Deep Stretch + Design a 60-min sequence for beginners (Stella)
- 9:30 am Blissful Breakfast
- 11:00 am **Topics Quiz** (Crystal)
- Depart Offsite for the afternoon – Post Midterm Celebration!

RAINFOREST MUD BATH

- 6:00 pm Divine Dinner
- Homework:
 - Read: Farhi p. 205 - 229
 - Complete Anatomy Worksheet for Elbow, Wrist and Hand using *YogaBody* p. 171 – 191 + Yoga Journal articles *Arms Control & Bearing Up Under Pressure* by Julie Gudmestad

Day 10 – Monday Nov 27th

- 7:30 am Morning Yoga Practice: Yin Yoga (Crystal)
- 9:30 am Blissful Breakfast
- 11:00 am Professional Info for the Yoga Teacher, Creating a Safe & Sacred Space for Yoga (Stella)
- 1:00 pm Light Lunch
- 2:00 pm Anatomy: Elbow, Wrist, & Hand (April)
- 3:00 pm Asana Intensive: All About Inversions (April)
- 5:00 pm Peer Teaching: Practice Teaching at least one of your 15-min Quadrants. (Yancy)
- 6:00 pm *Divine Dinner*
- Homework:
 - Complete Abdomen Worksheets using *YogaBody* p. 135-142 and *Forget Six Pack Abs* Yoga Journal article by Fernando Pages Ruiz
 - Read Farhi p. 205 – 230

Day 11 – Tuesday Nov 28th

- 7:30 am Morning Yoga Practice: Surya Namaskars & Chandra Namaskars (Crystal)
- 9:30 am *Depart to Citadel (breakfast & lunch offsite)*
- **FREE TIME**
- 2:00 pm Anatomy: Abdominals (April)
- 3:00 pm Asana Intensive: Abdominal & Arm Balances (April)
- 5:00 pm Peer Teaching: Final Presentation Team Assignment (Stella)
- 6:00 pm Divine Dinner
 - Homework: Read: Farhi p. 251 – 269
 - **Study for Pelvis, Legs, Ankles & Foot + Abs & Shoulder Girdle Quiz**
 - Complete Anatomy Sheet on Injury & Modifications using *YogaBody* and *Sprained, Strained or Pained & Synovial Fluid and Inflamed Joints* Yoga Journal articles by Julie Gudmestad

Day 12 – Wednesday Nov 29th (Stella Teaching Break)

- 7:30 am Morning Yoga Practice: Partner Yoga (Crystal and April)
- 9:30 am Blissful Breakfast

- 11:00 am Lecture: Ethics & Boundaries, NVC (Compassionate Communication Model) (Yancy)
- 1:00 pm LOVE Lunch
- 2:00 pm Anatomy: **Quiz** + Review Injury & Modifications (April)
- 3:00 pm Teaching Yoga to Kids, Seniors, Prenatal (Crystal)
- 5:00 pm Peer Teaching: Get into your Final Presentation Teams & Practice (Yancy)
- 6 pm Divine Dinner

Day 13 – Thursday Nov 30th

- **6:00 am Depart for Offsite adventure. All Meals Offsite.**

Day 14 – Friday Dec 1st **REVIEWS** (Crystal teaching break)

- 7:30 am Morning Yoga Practice: Yoga Poets Society (Stella)
- 9:30 am Blissful Breakfast
- 11:00 am Final Exam Topic/Sanskrit Reviews (April)
- 12:00 pm Asana Intensive: Assists & Adjusts (April and Stella)
- 1:00 pm Light Lunch
- 2:00 pm Review Anatomy for Final Exam & Comment Sheet for Teaching Presentation (April)
- 3:00 Teaching Presentation Run Through (Stella)
- 6:00 pm Divine Dinner
- Homework:
 - Continue fine-tuning final presentation, Be Ready to TEACH 15-min
 - Study for Tests: Weekly Topics, Asana Sanskrit, Anatomy Sheets

Day 15 – Saturday Dec 2nd **EXAMS** (April teaching break)

- 7:30 am Final Presentation – Group 1
- 9:30 am Blissful Breakfast
- 11:00 am Final Presentation – Group 2
- 1:00 pm Light Lunch
- 2:00 pm Fill-in Tests, Sanskrit Identification, Anatomy: Fill-in Test
- 3:30 pm Thai Yoga Massage Share
- 6:00 pm Divine Dinner & Closing Group Circle

Day 16 – Sunday Dec 3rd

- FULL MOON
- Enjoy Free Time, Pack, Fill out and return Feedback Forms
- **Graduation & Closing Ceremony**

Monday and Tuesday, Dec 4th and 5th DEPARTURES

NAMASTE Schedule Subject to Change Without Notice:
Please remain a flexible yogi