

OPEN DOORS 200 HOUR YOGA TEACHER TRAINING

Taunton Studio 2020

Classes are held 12:00pm to 6:00pm

CLASS 1 SATURDAY January 11

Matt, Marissa, & Lyn

12 to 1:30pm

Introduction to the Program and Review of Student Handbook

Introductions of students to each other

What is yoga?

1:30 to 6pm

Warming up/cooling down, the importance of paced transition in yoga practice Teaching from the mat
/ not teaching from the mat //

Asana: Child's Pose, Table Top, Down Dog, Tadasana (Mountain), Standing Forward Fold

Preparation:

1) From the Resource Center view the following videos:

Child's Pose

Table Top

Down Dog

Tadasana (Mountain)

Swan Dive (Forward Fold)

2) From the Resource Center review the Principles of Teaching Power Yoga document

3) From your manual review the Open Doors Yoga Flow

CLASS 2 SUNDAY January 12

Lyn Pompeo

12 to 3pm

Sun Salutations, The Backbone of Vinyasa

Asana: Plank, Updog, Flat Back, Chattaranga,

Discussion of Swan Dive & Reverse Swan Dive

Review Sun Salutation A

Preparation:

1) From the Resource Center view the following videos:

Sun A I

Sun A II

Sun A III

Plank

Cobra – Up Dog

Flat Back

High to Low Push Up (Chattaranga)

2) From your manual review the Sun Salutations Simplified (Sun A)

3) From the Resource Center review the Cueing Guidelines document.

3 to 6pm

Asana: Utkatasana, Warrior I, Warrior II, Reverse Warrior
Review Sun B

Preparation:

1) From the Resource Center view the following videos:

Sun B I
Sun B II
Utkatasana
Warrior 1
Warrior 2
Reverse Warrior

2) From your manual review the Sun Salutations Simplified (Sun B)

Assignment AFTER CLASS: Write out Sun A and Sun B (just postures without cues). Practice both Sun Salutations on our own and be prepared to teach them on February 3rd with out your notes!

CLASS 3 SATURDAY February 1

Abigail Bell

12pm to 3pm Part 1: Intro to Breath

3pm to 5pm Practice Teaching Sun Salutations

Preparation:

- 1) From the Resource Center view the Sun Salutations both A & B videos
- 2) You will be practice teaching both Sun A and Sun B's.

CLASS 4 SUNDAY February 2

Abigail Bell

12pm to 1:30pm Teaching and Finding your voice

Preparation:

- 1) From the Resource Center view the Sun Salutations both A & B videos
- 2) You will be teaching both Sun A and Sun B's. Please be prepared to teach without using notes.

1:30pm to 4:30pm

Twisting Series

Asana: Crescent Lunge and Variations, Crescent Lunge Twist, Utkatasana Twist

Padangustasana, Padahastasana, Crow

Preparation:

From the Resource Center view the following videos:

Crescent Lunge
Crow
Utkatasana Twist
Crescent Lunge Twist
Padagustasana
Padahastasana

After class please write a reflective paragraph on your teaching experience. Please send this to Marissa at marissadelisle0@gmail.com

CLASS 5 SATURDAY February 22

12pm to 3pm The Physical Body: Anatomy & Physiology

Matt Mullen

Preparation:

1) Read the entire section of Fundamentals 8, plus Chapters 1, 17, 24, 25 and 26 from Key Muscles of Yoga by Ray Long, MD

You will not be required to know this information in detail for the class, however having this information will help to understand asana throughout the program

2) From the Resource Center review the Six Movements of the Spine document

Skeletal Anatomy in Yoga: Compression vs Tension

Additional Reference Paul Grilley's Yoga Anatomy DVD

Preparation:

No preparation for this module

Assignment: After attending this class write a brief description of where compression and tension is experienced in YOUR BODY and in which asana. Please email to Marissa at marissadelisle0@gmail.com.

1. Wrist

2. Elbow

3. Shoulder

4. Neck

5. Lumbar Spine

6. Pelvis and Hips

7. Knee

8. Ankle

3pm to 6pm

Lyn Pompeo

Review the flow section by section. Discuss approach to sequencing between postures. Discuss the progressive opening of body: front, back, sides, hips, etc.

Practice Teaching – Class Opening, Sun Sals, Twisting Series

Preparation:

1) Continue to practice teach on your own.

2) Review the “Open Doors Flow” in your manual. Think about how you would structure a class in terms of sequence of postures.

Assignment: Email a copy of your Flow Worksheet to Marissa at marissadelisle0@gmail.com by Sunday February 24.

CLASS 6 SUNDAY February 23

Lyn Pompeo

12pm to 3pm

Triangle Series

Asana: Triangle, Revolved Triangle, Extended Side Angle, Parsvatonasana, Prasarita ABCD

Preparation:

From the Resource Center view the following videos:

Triangle

Revolved Triangle

Extended Side Angle & Bind

Parsvatonasana

Prasarita

3pm to 5pm

Practice Teaching Twisting and Triangle Series

CLASS 7 SATURDAY March 14

Lyn Pompeo

12pm to 3pm

Standing Balance Postures

Asana: Tree, eagle, dancer, airplane, half-moons, revolved half-moon, standing splits, Warrior III

Preparation:

From the Resource Center view the following videos:

Dancer

Tree

Eagle

Half Moon

Revolved Half Moon

Hanumanasa /Standing Split

Warrior III

Airplane

Favorite

Preparation:

Continue to practice teach on your own

3pm to 6pm

Prone postures and backbends

Asana: locusts (arms by side and hands interlaced), bow, camel; with variations, bridge, wheel

Preparation:

From the Resource Center view the following videos:

Locust

Bow

Camel

Bridge

Wheel

CLASS 8 SUNDAY March 15

Lyn Pompeo

12pm to 3pm

Hip Openers

Asana: hanamanasan, wide-legged split, cow-faced pose, lord of the fishes pose, lizard, frog, horse, full/half pigeon

Preparation:

From the Resource Center view the following videos:

Hanumanasana / Standing Split

Wide legged split

Cow-faced posture

Lord of the Fishes

Frog

Horse

Full pigeon

Half pigeon

3pm to 5pm

Practice teach Standing Balance, Prone, and Hip Openers

CLASS 9 SATURDAY April 4

Laurel Marsh

12pm to 3pm

Seated Postures

Asana: seated forward fold, seated twists, boat, butterfly, variations in seated twists, hero pose and toe pose, squats

Preparation:

From the Resource Center view the following videos:

Forward fold

Seated wide legged forward folds

Seated Twists

Boat

Butterfly

Toe Pose

Squats

Hero Pose

3pm to 4:30pm

Practice Teaching what you have learned thus far

CLASS 10 SUNDAY April 5

12pm to 4pm

Lyn Pompeo

Inversions and Hand Balances

Connecting to Core!

The importance of strong core as it applies to all asana and spinal care. Includes variations of abdominal exercises, modifications, and incorporating in to vinyasa class. Bandhas revisited.

Inversions and Hand Balances

Rabbit, basket headstand, tripod headstand, bound hands headstand, scorpion, half scorpion, Peacock feather pose, headstand, shoulder stand, plough, dead man's pose, great rejuvenator crow, side crow, crane, elephant, side plank / variations

Preparation:

No preparation for this module.

CLASS 11 SATURDAY May 2

Abigail Bell

12pm to 3pm

Supine postures

Asana; Fish, reverse plank, dead bug, reverse tabletop

Preparation:

From the Resource Center view the following videos:

Fish

Dead Bug

Reverse Table / Plank

3pm to 6pm

Practice Teaching your flow- students will have the opportunity to teach 40 minutes of their flow

Preparation:

Continue to practice teach on your own

CLASS 12 SUNDAY May 3

Lyn Pompeo

No Class Today!

CLASS 13 SATURDAY May 16

Slava Kolpakov

12pm to 6pm

Yoga Philosophy

Yoga Sutras

8 Limbs of yoga

Integrating yoga philosophy into one's personal practice

Yoga & Breath

Pranayama – lecture and practice. Chanting, opening and closing of practice OM/Namaste

Bandas, Breath, Movement & Dristi

Review and discussion of Four Main Types of Yoga, or Yogic Paths: Raja, Karma, Jnana, and Bhakti. As a yoga teacher, how does one include all of these Yogas and their respective practices in their daily yoga lifestyle? In addition, how can we incorporate Yogic Kriyas into our health routines, and practice other ways that one can 'walk the talk' and be a yogi.

Preparation:

From “Threads of Light” please read the following:

Part 1. First three stories (Secret Goal, Meaning of Life, Lifestyle of a Yogi)

Part 3. First three stories, and How to Deal with Stress, and Self-Discipline Tapas

From Patanjali's Sutras (Satchidananda's version): Chapter 1 Sutras 1, 2, 12, 13, 14, and 33; Chapter 2 Sutras 29, 30, 32, and 33

CLASS 14 SUNDAY May 17

Abigail Bell

12pm to 4pm

Part 2: Intro to Breath

Exploration of relationship between posture/breath and the functional anatomy of the respiratory system. What is meant by “pranayama” and how does it differ from simple breathing? Each student’s basic breath will be established, and pranayama techniques will be explored. Discussion of why pranayama practices are *not* one-size-fits-all.

Intro to Mudras

Taking inspiration from classical Hatha yoga’s teachings viewing the body primarily as an energy vehicle, we will experientially research these traditional energetic seals as a means of focusing the flow of prana. Core Hatha Yoga concepts will be discussed as well as a deeper look at other subtleties of the of the energetic anatomy, beyond the chakras and nadis.

Preparation:

No preparation required for this module

CLASS 15 SATURDAY June 20

Abigail Bell

12pm to 3pm

Sequencing for Hatha, Gentle Flow

Practice Teaching Hatha

Preparation:

- 1) Review the Open Doors Hatha Flow in your manual
- 2) Jot down next to a copy of your Open Doors Moderate Yoga Flow asanas that can be used in place of what is being taught. Think about changing the roots. Please bring to class.

3pm to 6pm

Discussion: Psychotherapeutic effects of yoga:

Discussion: Avoiding injury and safe transitions between postures.

Yoga Therapy

Yin Yoga

Meridian Yoga

Preparation:

From the Resource Center review the Dopamine & Serotonin document plus the Yin Yoga Handout

CLASS 16 SUNDAY June 21

Lyn Pompeo

12pm to 4pm

Up leveling & Principles of teaching power yoga

Vinyasa flow, heat, steam, speed balancing variety of postures in class,

Creative Sequencing

CLASS 17 SATURDAY July 11

Abigail Bell

12pm to 4:30pm

Art of Adjusting - Overview of adjusting, general techniques, styles of adjusting, levels of adjusting, reading energy and intuitive understanding, assessing the physical aspects of a posture.

CLASS 18 SUNDAY July 12

Abigail Bell

Creating a Hands On Assist Workshop

12 to 3pm

Create a 90 minute Hands on Assist workshops with your fellow students. Practice adjusting with each other

4 to 5:30pm - Hands on Assist workshop open to the public free of charge

5:30 to 6pm - Review and recap of the workshop

CLASS 19 SATURDAY August 8

TBA

12pm to 3pm

Introduction to the Energetic Body, the body as an energetic vehicle, experiencing energy in the body, energy fields, meridians, nadis

Preparation:

- 1) **From the Resource Center please print and bring to class Multidimensional Human Anatomy**
- 2) From the Resource Center review both the Energy Within & the Nadis documents

3pm to 6pm

The Chakra System

Preparation:

From the Resource Center review the following documents:

The Spines Relationship to the Chakra Energy

Outline of the body

Outline of the emotional body

History of the chakras

Energy anatomy of the chakras

Chakras, nadis, and body diagrams

Chakras and nerve ganglia

CLASS 20 SUNDAY August 9

No Class Today

CLASS 21 SATURDAY September 12

Lyn Pompeo

12pm to 4:30pm

Teaching a beginner's class and the use of props

Preparation:

Please observe at least 1 Intro to Yoga Class or Beginners Class Prior to today and email write-up

CLASS 22 SUNDAY September 13**Lyn Pompeo**

Creating a workshop for beginners

12pm to 3:30pm Continue to work with props and create a 75-minute beginner class to teach in the afternoon

4:00 to 5:15pm Teaches a Beginner Workshop to the public for free

5:30 to 6pm Review how the workshops went. What you learned

CLASS 23 SATURDAY October 10**Abigail Bell****12pm to 6pm****Part 1 & 2- Intro to Ayurveda****Preparation:**

1) **From the Resource Center print up and bring with you to class the Introduction to Ayurveda document.**

2) **Students will need to bring a mason jar, 2 beach towels, a hat and sox.**

CLASS 24 SUNDAY October 11**Lyn Pompeo****12pm to 3pm**

Introduction to teaching an All Levels Class. Exploring how a class can continue to flow with a diverse population: age, body type, physical injuries, emotional baggage or the student that shows up because time slot fits their schedule. Heat, steam and class pacing will be explored as well as language pattern

3pm to 6pm

History of yoga, Yoga and World Religions, Mantras and sanskrit chant, philosophy behind bhakti yoga (kirtan).

Preparation:

No preparation for this module

CLASS 25 SATURDAY November 7**Lyn Pompeo****12pm to 6pm**

Designing a class Student will come prepared to mix up different vinyasa flows for practice using all materials learned thus far.

Preparation:

No preparation required for this module. In this class you will be designing and teaching a class from a list of postures given to you, as well as adjusting.

CLASS 26 SUNDAY November 8**No Class Today****CLASS 27 SATURDAY December 12****Cindy Bowser****12pm to 3pm**

Introduction to Essential Oils and the yoga practice.

Preparation:

No preparation for this module

3pm to 6pm

Marilva Wedge

The Business of Yoga

Ethics in teaching, Insurance, boundaries, appropriate touch, safety, integration of personal yoga philosophy in teaching

Qualities of a good teacher Teaching

Diverse Teaching Environments,

Dealing with emergencies and injuries,

liability insurance,

promoting your business as either a teacher or yoga studio owner

registration and compliance with yoga alliance,

CLASS 28 SUNDAY December 13

12pm to 3pm

Abigail Bell

Reevaluation, Intention, and Outcomes "There is Power in a Congruent Statement"

Program Closure

Preparation:

No preparation for this class