

Satori Yoga with Stephanie Calhoun presents
Satori Yoga Teacher Training
Yin Yoga Level 2 ~ RYS 200, RYS 300

Pre-requisite assignment ~ due no later than one week prior to program commencement

In order to be fully prepared for the second module, "Shakti Yoga", you have an assignment to complete prior to attending the program, and it requires the purchase of the following book, and reading the book in its entirety.

Yoga & Ayurveda~ David Frawley

This book may be challenging to purchase, so please do so right away from either this link to amazon.ca, or try amazon.com

http://www.amazon.ca/Yoga-Ayurveda-Self-Realization-David-Frawley/dp/0914955810/ref=sr_1_1?ie=UTF8&qid=1336233585&sr=8-1

Assignment:

Read "Yoga & Ayurveda ~ Self-Healing and Self-Realization" in its entirety. Upon completion, write a 1-2 page paper describing your understanding of Prana, Tejas and Ojas in detail, by applying these concepts in understanding the universe, the body, the seasons, etc.

Format: Regular spacing (not double spaced), font Times New Roman, size 12. Please do not go beyond three pages, nor below two pages. Feel free to be as creative as you like in the writing of this paper.

Due: All papers are due to be submitted to me via email NO LATER THAN one week prior to the module beginning. There will not be any exceptions to this.

Assignment:

Read the "Tao Te Ching" - translation by Stephen Mitchell prior to attending the program.

http://www.amazon.ca/Tao-Te-Ching-English-Version/dp/0061142662/ref=sr_1_1?s=books&ie=UTF8&qid=1336233738&sr=1-1

During this module of training, there is a practice teaching component for Yin Yoga. This must be completed as part of the curriculum, and is also required by the standards set forward via Yoga Alliance. The teaching practicums will take place with two students teaching at a time. The practice teach is to be 60 minutes in duration, no longer, no less. I will be offering a feedback facilitation once your session is complete, and you will receive a written evaluation form for reflection. Please keep all of the teaching

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principles in mind as you learned them through your Yin Yoga Teacher Training module, and plan your class accordingly. You must also hand in your teaching practicum plan, following your practice teach.

Please note that you must complete the teaching practicum as well as the assignment in order to receive your graduation certificate from the program.

Required Texts:

Yoga & Ayurveda ~ Self-Healing and Self-Realization - David Frawley

Yin Yoga ~ Paul Grilley (10th anniversary edition, blue cover)

Tao Te Ching - Stephen Mitchell

Recommended Resource:

Chakra Theory & Meditation DVD - Paul Grilley

Note: You can purchase this DVD through www.pranamaya.com