

Nirvana Yoga



Visionary Yoga Apprenticeship training

Trainer(s) Rebecca Dennis, Ruth Anne Lundeberg

Session / Topic #	Title	Educational Category	Contact Hours	Contact Hours with Lead Trainer	Total Hours	Trainer
chakra 1: weekend 1 and 2; ttp 1	Chakra 1 Weekend 1: Led Practice and Modeling for Mastery	Techniques, Training and Practice (TTP)	6.00	6.00	6.00	Ruth Anne Lundeberg

Description

Led practice including asana, pranayama, yoga nidra, chanting, meditation. Focus on awareness of skeletal system, root chakra, gravity and structure. Introduce the complete structure of an established practice.

Learning Objectives

Identify location of root chakra; demonstrate ability to follow complex instructions in all practice categories; show awareness of skeletal alignment in asana.

chakra 1; weekend 1 and 2; ttp 2	Chakra 1:Analytical Breakdown of Techniques	Techniques, Training and Practice (TTP)	3.50	3.50	3.50	Ruth Anne Lundeberg
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Description

Detailed instruction of standing postures and moola bandha.

Learning Objectives

Trainees demonstrate proper alignment in standing postures, demonstrate understanding of moola bandha.

chakra 1; weekend 1 and 2; method	Chakra 1: Speaking, Listening and Teaching	Teaching Methodology (TM)	2.50	2.50	2.50	Ruth Anne Lundeberg
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Description

Developing group dynamics; engaged listening skills for teachers; role of the teacher.

Learning Objectives

Trainees show understanding of group dynamics, ability to listen, showing characteristics of a teacher.

chakra 1; weekend 1 and 2; anatomy	Chakra 1: Skeletal Anatomy	Anatomy & Physiology (AP)	2.00	2.00	2.00	Ruth Anne Lundeberg
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Description

Overview of skeletal system; special attention to lower and upper limbs

Learning Objectives

Trainees show capability to visualize and sense their skeleton in a variety of postures; ability to palpate bony landmarks on the body.

chakra 1; weekend 1 and 2; philosophy	Chakra 1: Karma and Ethics	Yoga Philosophy/LifeStyle Ethics (YPLE)	3.00	3.00	3.00	Ruth Anne Lundeberg
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Description

Lecture and discussion of karma and yamas. Ethics for yoga teachers

Learning Objectives

Trainees show ability to name all the yamas; agreement to follow ethical guidelines during the duration of the course.

chakra 1; weekend 1 and 2; practicum	Chakra 1 Practicum. Supervised teaching hours.	Practicum	2.00	2.00	2.00	Ruth Anne Lundeberg
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Description

Each trainee takes turns leading the group.

Learning Objectives

Trainees must be able to see skeletal structure and accurately assess and give feedback regarding basic alignment in the observe red individual(s).

chakra 1; weekend 1 and 2 ttp 1	Chakra 1: Led Practice and Modeling for Mastery	Techniques, Training and Practice (TTP)	3.00	3.00	3.00	Ruth Anne Lundeberg
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Description

Led practice including asana, pranayama, yoga nidra, chanting, meditation. Focus on awareness of skeletal system, root chakra, gravity and structure. Introduce the complete structure of an established practice.

Learning Objectives

Reinforce the structure of complete practice; continued practice towards mastery.

chakra 1; seminar 1; ttp 2	Chakra 1 Seminar 1: Analytical Breakdown of Techniques	Techniques, Training and Practice (TTP)	2.00	2.00	2.00	Ruth Anne Lundeberg
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Description

Review of detailed instructions on standing postures and moola banda. Question and answer period.

Learning Objectives

Trainees demonstrate knowledge of and ability to perform standing postures with good alignment.

chakra 1; seminar 1; method	Chakra 1 Seminar 1: Developing the "Teacher's Eye"	Teaching Methodology (TM)	1.25	1.25	1.25	Ruth Anne Lundeberg
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Description

Viewing and assessing others' performance of asana.

Learning Objectives

Trainees begin developing the "teacher's eye," enabling them to give accurate feedback to students.

chakra 1; seminar 1; anatomy	Chakra 1 Seminar 1: Skeletal Anatomy part 2.	Anatomy & Physiology (AP)	1.00	1.00	1.00	Ruth Anne Lundeberg
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Description

Review and reinforce skeletal anatomy.

Learning Objectives

Students are capable of sighting and naming major bones; show understanding of joint range of motion.

chakra 1; seminar1 ; philosophy	Chakra 1 Seminar 1: Karma and Ethics part 2:	Yoga Philosophy/LifeStyle Ethics (YPLE)	1.50	1.50	1.50	Ruth Anne Lundeberg
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Description

Karma and ethics continues. Introducing a daily contemplative practice to assess one's actions and motives.

Learning Objectives

Trainees develop time management skills that support their commitment to the practice and the training; trainees show a basic understanding of karma in daily life.

chakra 1; seminar 1; practicum	Chakra 1 Seminar 1: Supervised teaching hours	Practicum	1.25	1.25	1.25	Ruth Anne Lundeberg
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Description

Each trainee takes turns leading the group.

Learning Objectives

Trainees become comfortable with instructing others

chakra 2; 3 and 4;tt p 1	Chakra 2: Led Practice and Modeling for Mastery	Techniques, Training and Practice (TTP)	6.00	6.00	6.00	Ruth Anne Lundeberg
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Description

Led practice including asana, pranayama, yoga nidra, chanting, meditation. Introduce pelvic alignment principles and uddiyana bandha. Reinforce the complete structure of an established practice.

Learning Objectives

Trainees must identify location of second chakra; demonstrate ability to follow complex instructions in all practice categories; show awareness of pelvic placement in asana. Show progress toward general mastery in all areas.

chakra 2 weekend 3 and 4: ttp 2	Chakra 2: Analytical Breakdown of Techniques	Techniques, Training and Practice (TTP)	3.50	3.50	3.50	Ruth Anne Lundeberg
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Description

Chakra 2 Weekend 2: Analytical Breakdown of Techniques. Detailed instruction of hip openers and uddiyana bandha

Learning Objectives

Demonstrate proper alignment in hip openers, demonstrate understanding of uddiyana bandha.

chakra 2 weekend 3 and 4: method	Chakra 2: Teaching Core Stabilization and Initiation	Teaching Methodology (TM)	2.50	2.50	2.50	Ruth Anne Lundeberg
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Description

Trainees participate in group activities and drills to develop empowered language skills.

Learning Objectives

Trainees develop the ability to offer more complex and subtle types of instructions, particularly regarding the soft tissue structure of the belly.

chakra 2 weekend 3 and 4: anatomy	Chakra 2: Abdominopelvic Structure	Anatomy & Physiology (AP)	2.00	2.00	2.00	Ruth Anne Lundeberg
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Description

Overview of abdominopelvic anatomy; special attention to sacroiliac and sacrolumbar joint structure and functioning

Learning Objectives

Ability to locate sacroiliac and sacrolumbar joints on their own body and the ability to palpate same on others; Show clear understanding of action and location of transverse abdominus.

chakra 2 weekend 3 and 4: philosophy	Chakra 2: Karma and Niyamas	Yoga Philosophy/LifeStyle Ethics (YPLE)	3.00	3.00	3.00	Ruth Anne Lundeberg
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Description

Lecture and discussion on how developing niyamas improves karma over time. How to develop niyamas and their function in everyday life.

Learning Objectives

name and define the niyamas, be able to explain the correlation between personal development of niyamas and karmic outcomes.

chakra 2 weekend 3 and 4: practicum	Chakra 2: Supervised teaching Hours	Practicum	2.00	2.00	2.00	Ruth Anne Lundeberg
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Description

Trainees take turns leading the group..

Learning Objectives

Trainees must be able to correctly assess pelvic alignment in themselves and others. Trainees show ability to use accurate language in giving feedback.

chakra 2 seminar 2; ttp 1	Chakra 2 Seminar 2: Led Practice and Modeling for Mastery	Techniques, Training and Practice (TTP)	3.00	3.00	3.00	Ruth Anne Lundeberg
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Description

Led practice including asana, pranayama, yoga nidra, chanting, meditation. Reinforce pelvic alignment principles and uddiyana bandha. Reinforce the complete structure of an established practice.

Learning Objectives

Reinforce the structure of complete practice, continued progress towards mastery.

chakra 2 seminar 2: ttp 2	Chakra 2 Seminar 2: Analytical Breakdown of Techniques	Techniques, Training and Practice (TTP)	2.00	2.00	2.00	Ruth Anne Lundeberg
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Description

Analytical review and question/answer regarding hip openers and uddiyana bandha.

Learning Objectives

Trainees demonstrate proper alignment in hip openers; demonstrate understanding of uddiyana bandha.

chakra 2 seminar 2: method	Chakra 2, Seminar 2: Teaching and Assessment Skills- Developing language and expression	Teaching Methodology (TM)	1.25	1.25	1.25	Ruth Anne Lundeberg
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Description

Lecture and exercises to introduce non-linear expression such as imagery, repetition, and tonality.

Learning Objectives

Trainees show ability to identify and demonstrate use of non-linear expression.

chakra 2 seminar 2: anatomy	Chakra 2 Seminar 2: Abdominopelvic Structure and Function.	Anatomy & Physiology (AP)	1.00	1.00	1.00	Ruth Anne Lundeberg
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Description

Lecture and experiential anatomy session to assist trainees to further embody theoretical knowledge of pelvic anatomy.

Learning Objectives

ability to demonstrate coordination of pelvis and belly; ability to perform and describe uddiyana bandha

chakra 2 seminar 2:	Chakra 2, Seminar	Yoga	1.50	1.50	1.50	Ruth Anne
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philosophy	2: Self Awareness, Self-Growth and Self-Realization.	Philosophy/LifeStyle Ethics (YPLE)				Lundeberg
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Description

A further exposition, through lecture and dialog, of the role of niyamas in the entire enterprise of yoga. Establishing Yoga as a complete system of self-growth.

Learning Objectives

Trainees show understanding of the importance of self-cultivation towards self-liberation; understanding of the method by which niyamas support practice.

chakra 2 seminar 2: practicum	Chakra 2 Seminar 2: Teaching with Empowered Language	Practicum	1.25	1.25	1.25	Ruth Anne Lundeberg
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Description

Using interactive techniques, trainees experiment with language and expression using imagery, tonality, repetition, pacing and pauses.

Learning Objectives

Trainees demonstrate the ability to deliver imagery to further their student's understanding.

chakra 3 weekend 5 ttp and 6: 1	Chakra 3: Led Practice and Modeling for Mastery	Techniques, Training and Practice (TTP)	6.00	6.00	6.00	Ruth Anne Lundeberg
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Description

Led practice including asana, pranayama, yoga nidra, chanting, meditation. Special Emphasis on placement of midsection and spinal movement. Reinforce the complete structure of an established practice.

Learning Objectives

Trainees cite location of third chakra; demonstrate ability to follow complex instructions in all practice categories; show awareness of spinal alignment in asana. Show progress toward general mastery in all areas.

chakra 3 weekend 5 and 6: ttp 2	Chakra 3: Analytical Breakdown of Techniques	Techniques, Training and Practice (TTP)	3.50	3.50	3.50	Ruth Anne Lundeberg
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Description

Detailed instruction of twists; lecture and practice of use of oblique abdominals; integration of all abdominal muscle groups with breath. Coordination of diaphragm with spinal movement and belly engagement.

Learning Objectives

Trainees demonstrate proper alignment of twisting postures; demonstrating capability and understanding of empowered diaphragmatic breathing; ability to demonstrate ease in asana through these techniques.

chakra 3 weekend 5 and 6 method	Chakra 3: Teaching Through Touch	Teaching Methodology (TM)	2.50	2.50	2.50	Ruth Anne Lundeberg
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Description
Lecture, demonstration and peer practice of hands-on instruction, specifically applied to teaching breathing in spine twists. Clarifying the difference between hands-on assists (use of force) vs. tactile suggestion (non-invasive and voluntary.)

Learning Objectives

Trainee is empowered to control her own space and practice by establishing clear boundaries. Trainee must be able to demonstrate non-invasive touch in asana instruction.

chakra 3 weekend 5 and 6 :anatomy	Chakra 3: Spinal Structure and Motion; Integration of Major Mid-Section Elements.	Anatomy & Physiology (AP)	2.00	2.00	2.00	Ruth Anne Lundeberg
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Description
Lecture and experiential anatomy session focusing on spinal structure and movement; role and structure of all abdominal groups; introducing the psoas and diaphragm. Exposition of the confluence of adrenals, limbs and breath.

Learning Objectives
Trainees identify and demonstrate diaphragmatic breath. Trainees show understanding of the major structures of the midsection, their relative positions and use in asana.

chakra 3 weekend 5 and 6 philosophy	Chakra 3;:Asana and Karma part 3.	Yoga Philosophy/LifeStyle Ethics (YPLE)	3.00	3.00	3.00	Ruth Anne Lundeberg
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Description
Lecture and discussion of the role of asana in Raja Yoga, the role of free will; right effort; self-restraint; tapas; exploration of personal strategies for self-efficacy.

Learning Objectives
Trainees should be able assess their personal strategies for self-efficacy and make thoughtful adjustments if desired.

chakra 3 weekend 5 and 6 practicum	Chakra 3: Supervised teaching hours	Practicum	2.00	2.00	2.00	Ruth Anne Lundeberg
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Description
Trainees take turns teaching the group.

Learning Objectives
Trainees show sensitivity to others' personal boundaries when applying touch; show effective touch strategies that indicate understanding of right effort.

chakra 3 seminar 3 ttp 1	Chakra 3 Seminar 3: Led Practice and Modeling for Mastery	Techniques, Training and Practice (TTP)	3.00	3.00	3.00	Ruth Anne Lundeberg
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Description
Led practice including asana, pranayama, yoga nidra, chanting, meditation. Special emphasis on placement of midsection and spinal movement. Reinforce the complete structure of an established practice.

Learning Objectives

Reinforce the structure of complete practice, continued progress towards mastery.

chakra 3 seminar 3 ttp 2	Chakra 3 Seminar 3: Review and Reinforce Practice Skills, Improve Form, Deepen Understanding.	Techniques, Training and Practice (TTP)	2.00	2.00	2.00	Ruth Anne Lundeberg
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Description

Analytical review and practice session to further embody key principles covered above.

Learning Objectives

Demonstrate detailed theoretical knowledge regarding spine twists; ability to perform spine twists with good form.

chakra 3 seminar 3 method	Chakra 3: teaching through touch, part 2.	Teaching Methodology (TM)	1.25	1.25	1.25	Ruth Anne Lundeberg
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Description

Lecture, demonstration and question/answer session regarding the use of touch in teaching yoga. Review of hands-on techniques.

Learning Objectives

Trainees should demonstrate understanding of key concepts such as personal boundaries, energy fields, use of force vs. suggestion. Trainees must be able to model non-invasive, non-forceful touch.

chakra 3 seminar 3 anatomy	Chakra 3 Seminar 3: Spinal Structure and Motion; Integration of Major Mid-Section Elements.	Anatomy & Physiology (AP)	1.00	1.00	1.00	Ruth Anne Lundeberg
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Description

Lecture and experiential anatomy session to assist trainees to further embody their theoretical knowledge of the form and function of the spine and major midsection structures.

Learning Objectives

Trainees should demonstrate knowledge of the position, shape and function of the following: spine, abdominal groups, psoas and diaphragm.

chakra 3 seminar 3: philosophy	Chakra 3, Seminar 3: Asana and Karma, part 3.	Yoga Philosophy/LifeStyle Ethics (YPLE)	1.50	1.50	1.50	Ruth Anne Lundeberg
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Description

Lecture and discussion regarding the role of asana in self-transformation. Introduction of the koshas.

Learning Objectives

Trainees show clear insight into the transformational aspects of asana on all koshas (levels of being).

chakra 3 seminar 3: practicum	Chakra 3 Seminar 3: Supervised teaching hours	Practicum	1.25	1.25	1.25	Ruth Anne Lundeberg
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Description

Each trainee takes turns leading the group.

Learning Objectives

Trainees should show increased sensitivity and care regarding use of touch. They should show skill in placement and direction of touch.

chakra 4 weekend 7 and 8: ttp 1	Chakra 8: Led Practice and Modeling for Mastery	Techniques, Training and Practice (TTP)	6.00	6.00	6.00	Ruth Anne Lundeberg
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Description

Led practice including asana, pranayama, yoga nidra, chanting, meditation. Emphasis on backward bends; the role of scapular activation in spinal extension; breath placement in asana. Reinforce the complete structure of an established practice.

Learning Objectives

Trainees identify location of fourth chakra; demonstrate ability to follow complex instructions in all practice categories; show scapular placement in asana. Show progress toward general mastery in all areas.

chakra 4; weekend 7 and 8: ttp 2	Chakra 4: Analytical Breakdown of Techniques	Techniques, Training and Practice (TTP)	3.50	3.50	3.50	Ruth Anne Lundeberg
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Description

Detailed instruction on backward bending and pranayama.

Learning Objectives

Trainees demonstrate proper form in back bending; demonstrate skill in pranayama.

chakra 4, weekend 7 and 8 method	Chakra 4: Putting Heart Into Teaching	Teaching Methodology (TM)	2.50	2.50	2.50	Ruth Anne Lundeberg
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Description

Contemplative writing for self-discovery; lecture and exercises to unlock freedom, confidence and authenticity in teaching.

Learning Objectives

Trainees should show ability to demonstrate their personal motivation and experience through what they teach and how they teach it.

chakra 4: weekend 7 and 8 anatomy	Chakra 4 Structures of Upper Trunk	Anatomy & Physiology (AP)	2.00	2.00	2.00	Ruth Anne Lundeberg
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Description

Overview of upper trunk anatomy including rib cage, muscles of breath, scapulae, heart, lungs. Arms and hands are reintegrated with trunk structures.

Learning Objectives

Trainees need to show familiarity with all major structures of upper trunk and limbs; show understanding of the mechanics of breath.

chakra 4: weekend 7 and 8 philosophy	Chakra 4: Pranayama, Devotion, Expanded States of Awareness.	Yoga Philosophy/LifeStyle Ethics (YPLE)	3.00	3.00	3.00	Ruth Anne Lundeberg
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Description

Lecture and practice regarding pranayama; the role of chanting and devotion in yoga traditions; theories of consciousness; non-ordinary states; introducing mudras.

Learning Objectives

Trainees gain expanded knowledge of yoga as practiced throughout history and across cultures.

chakra 4: weekend 7 and 8 practicum	Chakra 4: Supervised teaching hours	Practicum	2.00	2.00	2.00	Ruth Anne Lundeberg
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Description

Trainees take turns leading the group.

Learning Objectives

Trainees demonstrate ability to teach basic backward bends and pranayamas correctly.

chakra 4: seminar 4 ttp 1	Chakra 4 Seminar 4: Led Practice and Modeling for Mastery	Techniques, Training and Practice (TTP)	3.00	3.00	3.00	Ruth Anne Lundeberg
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Description

Led practice including asana, pranayama, yoga nidra, chanting, meditation. Emphasis on pranayama and breath. Reinforce the complete structure of an established practice.

Learning Objectives

Identify location of fourth chakra; demonstrate ability to follow complex instructions in all practice categories; show ability to perform pranayama correctly. Show progress toward general mastery in all areas.

chakra 4 seminar 4 ttp 2	Chakra 4 Seminar 4: Review and Reinforce Practice Skills, Improve Form, Deepen Understanding.	Techniques, Training and Practice (TTP)	2.00	2.00	2.00	Ruth Anne Lundeberg
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Description

Analytical review and practice session to further embody breath awareness, breath placement and breath control in asana and pranayama.

Learning Objectives

Demonstrate detailed theoretical knowledge of breathing mechanics and pranayama; ability to perform pranayama correctly.

chakra 4 seminar 4 method	Chakra 4 Seminar 4: Assisting Others into an expanded state of consciousness	Teaching Methodology (TM)	1.25	1.25	1.25	Ruth Anne Lundeberg
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Description

Lecture and practical exercises regarding use of voice, language, rhythm and pacing to assist students to access their own inner power during led yoga classes.

Learning Objectives

Trainees demonstrate understanding of the role of Trainees learn about the role of non-ordinary consciousness in change and integration. Trainees demonstrate ability to use vocal techniques and word choices to facilitate expanded awareness in others.

chakra 4: seminar 4 anatomy	Chakra 4 Seminar 4: Upper Trunk and Limbs; Muscles and Mechanics of Breath.	Anatomy & Physiology (AP)	1.00	1.00	1.00	Ruth Anne Lundeberg
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Description

Lecture, question/answer and experiential anatomy exercises to further embody theoretical knowledge of upper trunk and upper limb structures.

Learning Objectives

Trainees should demonstrate the ability to name major muscles and bones of the upper trunk and identify their role in asana and breathing.

chakra 4: seminar 4 philosophy	Chakra 4 Seminar 4: Heart-Centered Teachings in Spiritual Traditions; Non-Ordinary Perception States.	NA - Supplemental Training	0.00	0.00	1.50	Ruth Anne Lundeberg
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Description

Lecture and discussion about heart-centered spiritual traditions outside of yoga; the role of non-ordinary states of consciousness in yoga and in other established traditions.

Learning Objectives

Trainees gain expanded knowledge of the role of non-ordinary consciousness in yoga.

chakra 4 seminar 4 practicum	Chakra 4 Seminar 4: Supervised teaching hours	Practicum	1.25	1.25	1.25	Ruth Anne Lundeberg
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Description

Trainees take turns leading the group..

Learning Objectives

Teachers show skill teaching basic backward bends and pranayama

chakra 5; weekend	Chakra 5 Led	Techniques,	6.00	6.00	6.00	Ruth Anne
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9 and 10 ttp 1	Practice and Modeling for Mastery	Training and Practice (TTP)				Lundeberg
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Description

Led practice including asana, pranayama, yoga nidra, chanting, meditation. Special emphasis on inversions. Special emphasis on chanting. Reinforce the complete structure of an established practice.

Learning Objectives

Trainees identify location of fifth chakra; demonstrate ability to follow complex instructions in all practice categories; show progress toward general mastery in all areas.

chakra 5; weekend 9 and 10: ttp 2	Chakra 5: Analytical Breakdown of Techniques	Techniques, Training and Practice (TTP)	3.50	3.50	3.50	Ruth Anne Lundeberg
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Description

Lectures and exercises to teach correct form in a variety of inversion postures.

Learning Objectives

Trainees demonstrate detailed theoretical knowledge regarding inversions; ability to perform inversions with good form.

chakra 5; weekend 9 and 10 method	Chakra 5: The Bridge to Power and Manifestation	Teaching Methodology (TM)	2.50	2.50	2.50	Ruth Anne Lundeberg
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Description

Lecture and interactive techniques to assist trainees in teaching inversions correctly through the use of props and detailed instructions.

Learning Objectives

Trainees should show ability to teach basic inversions safely.

chakra 5; weekend 5 anatomy	Chakra 5 Weekend 5: Neck, Throat, Jaw and Mouth	Anatomy & Physiology (AP)	2.00	2.00	2.00	Ruth Anne Lundeberg
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Description

Lecture and demonstrations to illuminate the structure of neck, throat, mouth and jaw. Introducing the nervous system

Learning Objectives

Trainees should demonstrate familiarity with structures and of neck, throat and lower head.

chakra 5: weekend 9 and 10: philosophy	Chakra 5: Making Dreams Into Realities	Yoga Philosophy/LifeStyle Ethics (YPLE)	3.00	3.00	3.00	Ruth Anne Lundeberg
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Description

Lecture and discussion on the role of speech and expression in manifesting reality; developing a higher personal awareness; responding to the inner voice through choices and actions in the world.

Learning Objectives

Trainees gain understanding of the role of authenticity in speech and action.

chakra 5; weekend 9 and 10: practicum	Chakra 5: Supervised teaching hours	Practicum	2.00	2.00	2.00	Ruth Anne Lundeberg
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Description

Trainees take turns leading the group.

Learning Objectives

Trainees should be able to teach basic inversions safely.

chakra 5 seminar 5: ttp 1	Chakra 5 Seminar 5: Led Practice and Modeling for Mastery	Techniques, Training and Practice (TTP)	3.00	3.00	3.00	Ruth Anne Lundeberg
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Description

Led practice including asana, pranayama, yoga nidra, chanting, meditation. Special emphasis on head/neck/shoulder alignment in all postures. Emphasis on yoga nidra. Reinforce the complete structure of an established practice.

Learning Objectives

Identify location of fifth chakra; demonstrate ability to follow complex instructions in all practice categories; show ability to align head/neck/shoulders correctly. Show progress toward general mastery in all areas.

chakra 5 seminar 5: ttp 2	Chakra 5 Seminar 5: Analytical Breakdown of Techniques	Techniques, Training and Practice (TTP)	2.00	2.00	2.00	Ruth Anne Lundeberg
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Description

Lecture and practice to further embody theoretical knowledge regarding head/neck/shoulder alignment.

Learning Objectives

Display theoretical and practical skill in aligning head/neck/shoulders.

chakra 5 seminar 5: method	Chakra 5 Seminar 5: The Bridge to Power and Manifestation, part 2.	Teaching Methodology (TM)	1.25	1.25	1.25	Ruth Anne Lundeberg
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Description

Lecture and practice to teach details of head/neck/shoulder integration in all types of postures

Learning Objectives

Demonstrate detailed theoretical knowledge regarding head/neck/shoulder integration; show ability to maintain integration throughout a varying sequence of postures.

chakra 5 seminar 5: anatomy	Chakra 5 Seminar 5: Neck, Throat,	Anatomy & Physiology (AP)	1.00	1.00	1.00	Ruth Anne Lundeberg
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Description

Lecture and experiential anatomy of organs of speech and vocal production.

Learning Objectives

Trainees show familiarity with and understanding of the mechanics of speech and vocal production.

chakra 5 seminar 5: philosophy	Chakra 5 Seminar 5: Pratyahara-Sense Withdrawing.	Yoga Philosophy/LifeStyle Ethics (YPLE)	1.50	1.50	1.50	Ruth Anne Lundeberg
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Description

Lecture on the role of pratyahara in the structure of yoga as a whole. Exploration of interiorization of consciousness.

Learning Objectives

Trainees gain insight into interiorization of consciousness.

chakra 5 seminar 5: practicum	Chakra 5 Seminar 5: Supervised teaching hours	Practicum	1.25	1.25	1.25	Ruth Anne Lundeberg
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Description

Trainees take turns leading the whole group.

Learning Objectives

Trainees should be able to identify and model direct language style.

chakra 6 seminar 6: ttp 1	Chakra 6 Seminar 6: Led Practice and Modeling for Mastery	Techniques, Training and Practice (TTP)	3.00	3.00	3.00	Ruth Anne Lundeberg
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Description

Led practice including asana, pranayama, yoga nidra, chanting, meditation. Special emphasis on subtle body awareness. Emphasis on meditation. Reinforce the complete structure of an established practice.

Learning Objectives

Trainees identify location of all chakras; demonstrate ability to follow complex instructions in all practice categories; show ability to integrate entire spine in postures. Show progress toward general mastery in all areas.

chakra 6 seminar 6: ttp 2	Chakra 6 Seminar 6: Analytical Breakdown of Techniques	Techniques, Training and Practice (TTP)	2.00	2.00	2.00	Ruth Anne Lundeberg
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Description

Detailed lecture and experiential learning for awakening awareness of all chakras in the context of asana.

Learning Objectives

Trainees should show mastery in performing forward folding postures with good form.

chakra 6 seminar 6: method	Chakra 6 Seminar 6: Increasing Focusing Ability	Teaching Methodology (TM)	1.25	1.25	1.25	Ruth Anne Lundeberg
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Description

Lectures and exercises to increase concentration and release self-limiting thoughts, speech and behaviors. Special attention given to invitational language style.

Learning Objectives

Trainees learn techniques to increase confidence, create rapport with students and release self-defeating patterns.

chakra 6 seminar 6: anatomy	Chakra 6 Seminar 6: The Role of 6th Chakra in Daily Life.	Anatomy & Physiology (AP)	1.00	1.00	1.00	Ruth Anne Lundeberg
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Description

Structure of the cranium; accessing sixth chakra in meditation; additional discussion on koshas.

Learning Objectives

Trainees should show ease in speaking of the various chakras, their locations and functions.

chakra 6 seminar 6: philosophy	Chakra 6 Seminar 6: Dharana and Inspiration	Yoga Philosophy/LifeStyle Ethics (YPLE)	1.50	1.50	1.50	Ruth Anne Lundeberg
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Description

Lecture and discussion about the role of the 6th chakra in successful living, including stimulating creativity, trust and focus.

Learning Objectives

Trainees expand knowledge of the potential for personal growth through sixth chakra activation.

chakra 6 seminar 6: practicum	Chakra 6 Seminar 6: Creating Change without Creating Resistance	Practicum	1.25	1.25	1.25	Ruth Anne Lundeberg
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Description

Guided peer-to-peer teaching exercise to teach invitational/non-confrontational language style. Trainees should demonstrate ability to structure cues in invitational language. .

Learning Objectives

Trainees should demonstrate ability to structure cues in invitational language

chakra 6; weekend 11 and 12 ttp 1	Chakra 6: Led Practice and Modeling for Mastery	Techniques, Training and Practice (TTP)	6.00	6.00	6.00	Ruth Anne Lundeberg
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Description
 Led practice including asana, pranayama, yoga nidra, chanting, meditation. Special emphasis on forward folding. Emphasis on meditation. Reinforce the complete structure of an established practice.

Learning Objectives

Identify location of sixth chakra; demonstrate ability to follow complex instructions in all practice categories; show ability to perform forward folds correctly. Show progress toward general mastery in all areas.

chakra 6; weekend 11 and 12 ttp 2	Chakra 6: Analytical Breakdown of Techniques	Techniques, Training and Practice (TTP)	3.50	3.50	3.50	Ruth Anne Lundeberg
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Description

Lecture and exercises to teach details of forward folds and front body support for back body.

Learning Objectives

Trainees demonstrate detailed theoretical knowledge regarding forward folds; ability to perform forward folds with good form.

chakra 6; weekend 11 and 12 method	Chakra 6: Creating Ease and Support	Teaching Methodology (TM)	2.50	2.50	2.50	Ruth Anne Lundeberg
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Description

Lecture and interactive techniques to assist trainees in teaching forward folds correctly using front body support

Learning Objectives

Trainees should show awareness of the role of front body support in forward folds; should show understanding of good form.

chakra 6; weekend 11 and 12: anatomy	Chakra 6: Cranial Anatomy Overview	Anatomy & Physiology (AP)	2.00	2.00	2.00	Ruth Anne Lundeberg
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Description

Lectures and experiential practice. overview of cranial bones. subtle body related to breath of life.

Learning Objectives

Trainees should be able to sense the breath of life. Trainees should show ability to name the locations of major chakras and demonstrate understanding of each chakra's individual qualities.

chakra 6; weekend 11 and 12: philosophy	Chakra 6 Concentration and Focus in Yoga	Yoga Philosophy/LifeStyle Ethics (YPLE)	3.00	3.00	3.00	Ruth Anne Lundeberg
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Description

Lecture and guided exercises on the topic of yogic concentration.

Learning Objectives

Trainees should show understanding of dharana and be able to describe simple concentration techniques.

chakra 6; weekend 6:practicum	Chakra 6 Weekend 6:Supervised teaching hours	Practicum	2.00	2.00	2.00	Rebecca Dennis
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Description

Trainees take turns teaching the group.

Learning Objectives

Trainees should demonstrate the ability to teach forward folds safely and effectively.

chakra 7seminar 7 ttp 1	Chakra 7 Seminar 7: Led Practice and Modeling for Mastery	Techniques, Training and Practice (TTP)	3.00	3.00	3.00	Ruth Anne Lundeberg
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Description

Led practice including asana, pranayama, yoga nidra, chanting, meditation. Special emphasis on balancing. Integration of all chakras and all body parts in asana. Culmination of the yoga experience.

Learning Objectives

Trainees identify location of seventh chakra; demonstrate ability to follow complex instructions in all practice categories; show integration of whole body in asana. Show progress toward general mastery in all areas.

chakra 7seminar 7 ttp 2	Chakra 7 Seminar 7: Analytical Breakdown of Techniques	Techniques, Training and Practice (TTP)	2.00	2.00	2.00	Ruth Anne Lundeberg
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Description

Lecture and guided practice to identify the quality of integration and balance in asana.

Learning Objectives

Trainees should model integration and balance in their practice.

chakra 7seminar 7 a method	Chakra 7 Seminar 7: Sequencing Principles 1	Teaching Methodology (TM)	1.25	1.25	1.25	Ruth Anne Lundeberg
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Description

Lecture and guided practice to teach fundamentals of sequencing.

Learning Objectives

Trainees should demonstrate understanding of basic sequencing principles.

chakra 7seminar 7 a anatomy	Chakra 7 Seminar 7: Central and Peripheral Nervous System; Integration of Subtle and Material Bodies.	Anatomy & Physiology (AP)	1.00	1.00	1.00	Ruth Anne Lundeberg
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Description

Lecture and discussion on nervous system and integration of subtle and material bodies.

Learning Objectives

Trainees gain a working understanding of the structure, position and role of central nervous system as relates to asana practice. Trainees also gain knowledge of the sum total of subtle and material bodies and their basic actions.

chakra 7seminar 7: philosophy	Chakra 7 Seminar 7: Dyana and Samadhi Self and No Self	Yoga Philosophy/LifeStyle Ethics (YPLE)	1.50	1.50	1.50	Ruth Anne Lundeberg
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Description

Lecture and practice of meditation.

Learning Objectives

Trainees improve meditation ability and gain understanding of the role of deep meditation in liberation.

chakra 7seminar 7 p racticum	Chakra 7 Seminar 7: Supervised teaching hours.	Practicum	1.25	1.25	1.25	Ruth Anne Lundeberg
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Description

Trainees take turns leading the group.

Learning Objectives

Trainees show mastery in teaching overall.

chakra 7 weekend 1 1 and 12: ttp 1	Chakra 7 Led Practice and Modeling for Mastery	Techniques, Training and Practice (TTP)	6.00	6.00	6.00	Ruth Anne Lundeberg
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Description

Led practice including asana, pranayama, yoga nidra, chanting, meditation. Special emphasis on balancing and restorative postures. Integration of all chakras and all body parts in asana. Culmination of the yoga experience.

Learning Objectives

Identify location of seventh chakra; demonstrate ability to follow complex instructions in all practice categories; show integration of whole body in asana. Show progress toward general mastery in all areas.

chakra 7 weekend 1 1 and 12: ttp 2	Chakra 7: Analytical Breakdown of Techniques	Techniques, Training and Practice (TTP)	3.50	3.50	3.50	Ruth Anne Lundeberg
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Description

Detailed lessons on standing balances and restorative postures.

Learning Objectives

Trainees show awareness of key principles of balances and trainees show comprehension of using props in restorative postures.

chakra 7 weekend 1 1 and 12: method	Chakra 7: Sequencing Principles 2	Teaching Methodology (TM)	2.50	2.50	2.50	Ruth Anne Lundeberg
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Description
 A thorough lesson, through lecture and demonstration, on teaching a complete sequence to mixed level group. Special segment on making arm balances enjoyable and accessible to all levels and body types.

Learning Objectives

Trainees learn how to lead a mixed level class that will satisfy a range of abilities.

chakra 7 weekend 1 and 12: anatomy	Chakra 7: Autonomic Nervous System and Its Key Role in Yoga Teaching.	Anatomy & Physiology (AP)	2.00	2.00	2.00	Ruth Anne Lundeberg
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Description

Overview of sympathetic and parasympathetic structures and functions as related to yoga techniques.

Learning Objectives

Overview of sympathetic and parasympathetic structures and functions as related to yoga techniques.

chakra 7 weekend 1 and 12: philosophy	Chakra 7: Life after Teacher Training	Yoga Philosophy/LifeStyle Ethics (YPLE)	3.00	3.00	3.00	Ruth Anne Lundeberg
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Description

Practical and spiritual tools for creating the opportunities to teach and share yoga.

Learning Objectives

Trainees gain valuable information and resources to continue teaching and learning. Special topics include: review of ethics in yoga teaching; avoiding burnout; the spiritual aspect of money exchange.

chakra 7 weekend 1 and 12:practicum	Chakra 7: Supervised teaching hours	Practicum	2.00	2.00	2.00	Ruth Anne Lundeberg
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Description

Trainees take turns leading the group.

Learning Objectives

Trainees show mastery in teaching overall.