

Open Doors Yoga Studios
YOGA TEACHER TRAINING PROGRAM
DUXBURY STUDIO OCTOBER 1, 2019 – APRIL 9, 2020

TUESDAYS & THURSDAYS: 11:00am-2:00pm

No Classes on Public School Holiday Weeks, School Holidays, or Public Holidays

Class 1 TUESDAY, OCTOBER 1

Abigail Bell

Introduction to the Program

Introduction of Students

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 THURSDAY, OCTOBER 3

Abigail Bell

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.

Class 3 TUESDAY, OCTOBER 8

Abigail Bell

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 October 18th without notes.

Class 4 THURSDAY, OCTOBER 10

Abigail Bell

Practice Teach Sun Salutations

Preparation: none

Class 5 TUESDAY, OCTOBER 15

Abigail Bell

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.

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

Class 6 THURSDAY, OCTOBER 17

Matt Mullen

The Physical Body: Anatomy & Physiology

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

Class 7 TUESDAY, OCTOBER 22

Lyn Pompeo

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

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

Class 8 THURSDAY, OCTOBER 24

Lyn Pompeo

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: Complete the Open Doors YTT Flow Worksheet found in your binder, take a picture of both pages and text to Marissa at 781-850-5132 by Tuesday, October 29th.

Class 9 TUESDAY, OCTOBER 29

Abigail Bell

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

Class 10 THURSDAY, OCTOBER 31

Lyn Pompeo

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

Class 11 TUESDAY, NOVEMBER 5

Lyn Pompeo

Practice Teaching sections of flow

Open Discussion on any posture not covered previously or in need of additional info

Preparation:

Continue to practice teach on your own

Class 12 THURSDAY, NOVEMBER 7

Matt & Marissa

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 13 TUESDAY, NOVEMBER 12

Lyn Pompeo

Practice teaching what you have learned thus far.

Preparation:

Continue to practice teach on your own

Class 14 THURSDAY, NOVEMBER 14

Lyn Pompeo

Hip Openers

Asana: hanumanasan, 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

Class 15 TUESDAY, NOVEMBER 19

Lyn Pompeo

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

Class 16 THURSDAY, NOVEMBER 21

Lyn Pompeo

Practice teaching prone, hip openers, and seated postures.

Preparation:

Continue to practice teach on your own

Class 17 TUESDAY, DECEMBER 3

Shawn Cornelison

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

Class 18 THURSDAY, DECEMBER 5

Matt Mullen

Part 1 - 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 19 TUESDAY, DECEMBER 10

Shawn Cornelison

Part 2 - 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 20 THURSDAY, DECEMBER 12

Shawn Cornelison

Part 3 – 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 21 TUESDAY, DECEMBER 17

Shawn Cornelison

Part 1: 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 22 THURSDAY, DECEMBER 19

Shawn Cornelison

Part 2: Inversions and Hand Balances II Inversions and Hand Balances II

Preparation:

No further preparation for this class.

Class 23 TUESDAY, JANUARY 7

Shawn Cornelison

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.

Class 24 THURSDAY, JANUARY 9

Maureen St. Croix

Part 1- Intro to Ayurveda

Preparation:

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

Class 25 TUESDAY, JANUARY 14

Maureen St. Croix

Part 2- Intro to Ayurveda

Preparation:

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

Class 26 THURSDAY, JANUARY 16**Abigail Bell****Part 1- 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.

Preparation:

No preparation required for this module

Class 27 TUESDAY, JANUARY 21**Abigail Bell****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.

Preparation:

No preparation required for this module

Class 28 THURSDAY, JANUARY 23**Abigail Bell****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 29 TUESDAY, JANUARY 28**Surya Kolpakov****Part 1 - 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.

Class 30 THURSDAY, JANUARY 30

Surya Kolpakov

Part 2 with Surya

Preparation:

Same as Class 32 if you have not finished the reading

**Assignment: Why do we Om and what are a couple of translations of the sound?
Why do we say Namaste and what are a couple of translations of Namaste? Please send to Marissa.**

Class 31 TUESDAY, FEBRUARY 4

Abigail Bell

Part 1- 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 class. In this class you will be designing and teaching a class from a list of postures given to you, as well as adjusting.

Class 32 THURSDAY, FEBRUARY 6

Abigail Bell

Part 2 - 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 class. In this class you will be designing and teaching a class from a list of postures given to you, as well as adjusting.

Class 33 TUESDAY, FEBRUARY 11

Shawn Cornelison

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.

Preparation: Jot down next to a copy of your OD Standard Yoga Moderate Flow asanas that can be used in place of what is being taught. Think about changing the roots. Please bring this to class

Class 34 THURSDAY, FEBRUARY 13

Shawn Cornelison

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

Preparation:

No preparation for this module.

Class 35 TUESDAY, FEBRUARY 25

Shawn Cornelison

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

Class 36 THURSDAY, FEBRUARY 27

Shawn Cornelison

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 37 TUESDAY, MARCH 3

Shawn Cornelison

Part 1: Up leveling & Principles of teaching power yoga

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

Preparation:

No preparation for this class

Class 38 THURSDAY, MARCH 5

Shawn Cornelison

Part 2: Up leveling & Principles of teaching power yoga

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

Preparation:

No preparation for this class

Class 39 TUESDAY, MARCH 10

Shawn Cornelison

Art of Adjusting 1 - Overview of adjusting, general techniques, styles of adjusting, levels of adjusting, reading energy and intuitive understanding, assessing the physical aspects of a posture.

Preparation:

No preparation for this module.

Class 40 THURSDAY, MARCH 12

Shawn Cornelison

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

Preparation:

No preparation for this module.

Class 41 TUESDAY, MARCH 17

Marissa DeLisle

Part 1 – Creating a Hands On Assist Workshop

In this class you will be preparing for and running a Hands-On Assist Workshop that is open to the public.

Preparation:

Make a list of any posture you would like further clarification on in regard to hands on adjustments

Class 42 THURSDAY, MARCH 19

Matt Mullen

Part 2 – Students teach their Hands-On Assist 2 hour workshop - open to the public free of charge and will run today, 11:30am to 1:30pm

Preparation:

No further prep for this HOA

Class 43 TUESDAY, MARCH 24

Lyn Pompeo

Part 1 - 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.

Class 44 THURSDAY MARCH 26

Lyn Pompeo

Part 2-Teaching a beginner's class and the use of props

Creating a class for beginners

Preparation:

Same as above

Class 45 TUESDAY MARCH 31

Lyn Pompeo

Part 3- Practice Teaching to Beginners

You will be creating and teaching a 90 minute Beginners Class to students from 12:00pm to 1:30pm.

Preparation:

No further preparation for this class

Class 46 THURSDAY, APRIL 2

Cindy Bowser

Working with Aromatherapy and oils in the yoga class

Preparation:

No preparation for this class

Class 47 TUESDAY, APRIL 7

Jessica Long

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,

Preparation:

No preparation for this module.

Class 48 THURSDAY, APRIL 9

Matt & Marissa

Program Closure

Preparation:

No preparation for this class

