



High Desert Yoga
200 Hour Yoga Teacher Training
2020 Course Syllabus

*Schedule: Friday 6:00–8:00pm • Saturday & Sunday 2:00–5:00pm * unless noted otherwise*

WEEK 1

- Jan 10 Orientation; introductions; overview of the system and philosophy of yoga
Jan 11 Creating a common vocabulary; concepts, terms and actions
Jan 12 Pre-asana: Primary aspects of opening and stabilizing

WEEK 2

- Jan 24 Vritti: The nature of perception and consciousness; pranayama & meditation
Jan 25, 26 Standing asanas, neutral internal rotation bias

WEEK 3

- Feb 7 Klesha: Obstacles to perception; pranayama & meditation
Feb 8, 9 Standing asanas, external rotation bias

WEEK 4

- Feb 15, 16 Musculoskeletal Anatomy with Patti

WEEK 5

- Feb 21 Yama: Actions to be contained; pranayama & meditation
Feb 22 **Ayurveda workshop with Melissa**
Feb 23 Asanas from Ayurvedic perspective

WEEK 6

- Feb 29 Cardiopulmonary Anatomy with Patti

WEEK 7

- March 6 Niyama: Actions and states to be cultivated; pranayama & meditation
Mar 7, 8 Review standing asanas

WEEK 8

- March 20 Restorative asanas
March 21 Forward folds: seated and supine
March 22 Review forward folds; start twists

WEEK 9

- April 3 **Whole Body Workshop:** Pelvic girdle and legs
April 4 **Whole Body Workshop:** Shoulder girdle
April 5 **Whole Body Workshop:** Middle body

WEEK 10

- Apr 11 Nervous System Anatomy with Patti

WEEK 11

- April 17 Karma and Dharma; pranayama & meditation
April 18 Twists; begin backbends
April 19 **Home Practice workshop with Zoreh**

WEEK 12

- May 2–3 Pelvic floor with Avery
** Saturday & Sunday 2:00–5:30pm*

WEEK 13

- May 8 Review philosophical concepts; pranayama & meditation
May 9 Backbends, arms internal rotation
May 10 Backbends, arms external rotation

WEEK 14

- May 29 Dharana Dhyana; pranayama & meditation
May 30 Halasana & Sarvangasana
May 31 Adhomukhavrksasana, Pinchamayurasana & Sirshasana

WEEK 15

- June 12 Review pranayama; pranayama & meditation
June 13 Supported asanas
June 14 Long duration asana practice

WEEK 16

- Jun 26–28 **Asana, Chakras, Nadis & Bandhas workshop with Kim**
** Friday 6–8pm, Saturday & Sunday 1:30–6pm*

WEEK 17

- Jul 10–12 **System of Yoga Workshop with Kim**
** Friday 6–8pm, Saturday & Sunday 1:30–6pm*

WEEK 18

- July 19 Modifications for menstruation and pregnancy with Avery

WEEK 19

- Jul 24–26 Teaching skills

WEEK 20

- Aug 8 **Adjustments, Assists & Corrections workshop**
Aug 9 **Ropes workshop with Zoreh**