

FIT FOR LIFE YOGA
Tentative Calendar
Fall 2009

Day 1	Introduction: Syllabi and Safety JOURNAL ASIGNMENT
Day 2	Safety Review, Facility Orientation and Overview for Asana and Pranayama
Day 3	Yoga work out (Topic: Why yoga is not a religion.) Asana: Corpse, Child, Dead bug (journal assignment check)
Day 4	Yoga work out (Topic: Phases of Yoga class.) Asana: Mountain, Forward Fold
Day 5	Yoga work out (journal assignment check)
Day 6	Yoga work out (Topic: Origin of yoga.) Asana: Cobra, Crocodile, plank,
Day 7	Yoga work out (Topic: Sun Salutation) Asana: Lunge, Downward facing dog, Warrior I (journal eight limb summary check)
Day 8	Yoga work out (Topic: Pranayama) Asana: Upward Facing Dog, Chair, Warrior II
Day 9	Yoga work out (Topic: Charkas) Asana: Tree, Sunflowers, Cat/Cow, Spinal Balance (journal assignment check)
Day 10	Yoga work out (Putting it all together)
Day 11	Yoga work out (Putting it all together) (journal assignment check)
Day 12	Yoga work out (Topic: Review for skills test and written exam)
Day 13	Skills test 1
Day 14	Midterm written exam 1
Day 15	Yoga work out (Topic: meaning of word yoga) Asana: Moon God, Moon Flower
Day 16	Yoga work out (Topic: Styles of yoga) Asana: Side Plank, Bridge
Day 16	Yoga work out (journal check assignment) Asana: Triangle, Boat pose, Butterfly
Day 17	Yoga work out (Topic: Moon salutation) Asana: Balancing Pigeon, Monkey
Day 18	Yoga work out (Topic: Meaning of OM) Asana: Breath, Incline Plank, Tabletop
Day 19	Yoga work out (journal chakra essay) Asana: Five Pointed star, Prayer squat
Day 20	Yoga work out (Topic: review to date) Asana: Crescent Lunge, Reverse Warrior
Day 21	Yoga work out (journal check) Asana: Pyramid, Extended Triangle
Day 22	Yoga work out (Topic: review to date) Asana: Balance Poses Plow, Head stand
Day 23	Yoga work out (turn in journal) Asana: Extended side angle,
Day 24	Yoga work out (Topic: Review for Skills test 2 Moon salutations)
Day 25	Yoga work out (inverted asana)
Day 26	Skills test 2
Day 27	Yoga work out (progressive relaxation)
Day 28	Written Exam 2
Day 29	Workout, Review and Final exam
Day 30	Final exam

*****INSTRUCTOR RESERVES THE RIGHT TO MAKE CHANGES TO THE ABOVE SCHEDULE*****

Revised fall 09