

FIT FOR LIFE YOGA
Tentative Calendar
Fall 2011

Day 1		Introduction: Syllabi and Safety (have yoga mat by next class period)
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
Day 4		Yoga work out (Topic: Phases of Yoga class.) Asana: Mountain, Forward Fold
Day 5	*	Yoga work out (1 page history of yoga due)
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
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
Day 10		Yoga work out (Putting it all together)
Day 11		Yoga work out (Putting it all together)
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 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 (eight limbs and chakra essay) Asana: Five Pointed star, Prayer squat
Day 20	*	Yoga work out Asana: Crescent Lunge, Reverse Warrior
Day 21		Yoga work out Asana: Pyramid, Extended Triangle
Day 22		Yoga work out (Topic: review to date) Asana: Balance Poses Plow, Head stand
Day 23		Yoga work out 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		Yoga work out
Day 29		Yoga work out (Topic: Review and Final exam)
Day 30	*	Final exam

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

Revised Fall 2011