

RYT200 Intensive Timeline for Zoom Calls

White Crow Yoga, Intensive Schedule

Please note that a lot of our Zoom call time will be spent on pose breakdown. This does not in any way mean that the philosophy, pranayama, meditation, or subtle energy components of yoga are less important than the physical. The reason we focus more on the physical components during the Zoom calls is because these components are more difficult to learn through reading than the other topics. These require more demonstration, whereas subtle energy is not something I can really demonstrate. You can learn about it through reading and then you have to experience it for yourself. It is the same with the tenets of yoga, yamas and niyamas, etc. You can learn the concepts from reading and then you have to turn inward and apply them to your life. The asanas are not as well suited to read about, so we are spending our time in this way.

Day 1 & 2 – September 21st and 22nd (6:30 pm to 9 pm)

Intro

Our lineage

8 Limbs

4 Paths

Intro to Class Themes

Gentle Practice

Day 3 & 4 - September 23rd and 24th (6:30 pm to 9 pm)

Intro to Pranayama

Effective Cueing and Alignment Principles

Practice Warm Up

Physiology of Stretching

Pose Breakdown for warm-up – include props and modifications

Include:

Components of starting a class – (1) “Taking care of” (injuries), (2) Intention/Theme (3) Assists (yes/no)

Easy Seated Pose Sukhasana

Hip Circles

Seated Angle Pose (Konasana)

Seated Twist from Sukhasana or Vakrasana (one leg extended, one drawn upward as if going into marichyasana)

Child’s – Balasana

Sun Worshipper

Staff - Dandasana

Cat/Cow- Marjaryasana’ (mar-jay-asana) / Bitilasana (bitil-asana)

Down Dog – Adho Mukha Svanasana (often pronounced SCHWAN-asana)
Mountain – Tadasana
Extended Mountain - Utthita Tadasana
Standing forward fold – Uttanasana
Flat back - Ardha Uttanasana or Urdhva Mukha Uttanasana
Kneeling Lunge – Anjaneyasana
Side Plank - Vashistasana

Homework: Begin to jot down cues for the warm up poses we've covered and think about how you might sequencing them, based on your existing knowledge of yoga

Day 5 – September 26th (8 am to 1 pm)

Pranayama Part 1

Yoga Practice

Intro to Chakras

Yoga Sequencing and Class Format

Work on pose breakdown from the previous day for warm-up poses

Homework: Flesh out your warm-up now that you understand sequencing and start practicing teaching it

Day 6 - September 27th (8 am to 1 pm)

Sanskrit Part 1 Pose Names

Yoga Practice:

Have students do the warm-up – student led or have students lead themselves thru warm-up and silently say the cues

Focus a lot of the class on Sun Sals – I will teach and do pose breakdown for them

Cover: Why we don't tuck the pelvis!

Homework: Sun Sals – practice teaching. First, jot down some cues for sun sal poses. You have access to the Sun Sals information from this page: <https://whitecrowyoga.com/lessons/cyt200-online-pose-breakdown/> (you must be logged in) or feel free to make up your own version of a sun sals. Practice teaching your sun sals. If your teaching won't likely include sun sals (maybe it is more gentle in nature), you may skip this and work more on your warm-up.

Day 7 & 8 – October 19th & 20th (6:30 pm to 9 pm)

Student teaching – warm-ups

Yoga Practice - Beginning of work phase - I will teach and then we will do pose breakdown for this

Let's review pose breakdown including props and modifications. We will take several days to cover them.

Goddess - Utkata Konasana
Twisting Goddess - Parivrtta Utkata Konasana
Twisting Kneeling Lunge - Parivrtta Anjaneyasana
Runners/Full Lunge – Alanasana
Twisting Lunge - Parivrtta Alanasana
Lizard Pose - Uttan Pristhasana
Standing Angle Pose - Konasana
Chair - Utkatasana
Twisted Chair - Parivrtta Utkatasana
Warrior 1 – Virabhadrasana Eka
Warrior 2- Virabhadrasana Dwi
Reverse Warrior - Viparita Virabhadrasana
Straddle Splits - Prasarita Padottanasana
Side Angle – Parsvakonasana
Extended Side Angle - Utthita Parsvakonasana
Triangle – Trikonasana
Pyramid - Parsvottanasana
Bound Triangle - Baddha Trikonasana

Homework: Continue to practice your warm-up and sun sals

Day 9 & 10 – October 21st & 22nd (6:30 pm to 9 pm)

Yoga practice

Meditation – Teach Sri Yantra Meditation

Pose Breakdown – Pick up where you left off on Day 5 with standing pose breakdown

Sanskrit Part 2

Homework: Sequencing: Your turn!

On day 3, we learned about sequencing a yoga class. I want you to think about how I incorporate the concepts we learned, such as smoothly flowing, (not always going back to down dog or mountain each time or having us up/down too many times), working through different ranges and planes of motion, warming up both the physical and energetic bodies, allowing time in each pose of the class, etc.

Homework: Continue to practice teaching your warm-up (and sun sals if applicable) and write a work phase flow. Jot down cues and think about transitions. Practice teaching the work phase. Remember, your body does not have to do a pose in order for you to cue someone else into the pose! As always, include pranayama.

Day 11 – October 24th (8 am to 1 pm)

Chair Yoga Practice

Energetic Anatomy and Yogic Lifestyle

Pose Breakdown – Pick up where you left off on Day 6 with standing pose breakdown

Homework: Continue to practice teaching your warm-up (and sun sals if applicable) and either continue to work on the work phase you write down and were practicing from yesterday's homework, or you may opt to take those poses (some or all) to the chair. Either way, practice your warm up, sun sals (if applicable) and work phase.

Day 12 – October 25th (8 am to 1 pm)

Yin Yoga Discussion – We cover Yin more extensively at the 300 hour level, but I do want to offer you a brief introduction to yin and a practice

Yin Yoga Practice

Balancing poses – Where we put them and why.

Pose breakdown including props and modifications:

Tree – Vrksasana

Hand to Big Toe - Utthita Hasta Padangusthasana

Eagle Pose - Garundasana

Dancers - Natarajasana

Student Practice Teaching - Spend time letting students practice teach their warm-ups, sun sals (if applicable) and work phases.

Pose Breakdown – Deep Stretch/Cool-Down

Include:

Gate Pose – Parighasana

Head to Knee - Janu Sirsasana

Revolved Head to Knee - Parivrtta Janu Sirsasana

Supine or Reclined Spinal Twist - Jathara Parivartanasana

Cobbler's – Baddha Konasana

Lotus – Padmasana

Seated Wide Forward Fold Upavista Konasana

Twisting Lotus - Parivrtta Padmasana

Seated Forward Fold – Paschimottanasana

Half Lord of Fishes - Ardha Matsyendrasana

Bridge – Setubandhasana

Cow face - Gomukhasana

Pigeon - Kapotasana

Queen Pigeon

Half Shoulder Stand – Ardha Sarvangasana

Shoulder Stand - Sarvangasana

Plow – Halasana
Legs up the Wall - Viparita Karani
Headstand – Sirsasana
Crow - Kakasana
Splits - Hanumanasana
Garland – Malasana
Knees to Chest - Apanasana

Homework – Keep practicing your warm-up, sun sals (if applicable), work phase and balance pose(s). As started earlier, if you are working on a chair or yin format, that’s fine, too. If you plan on teaching all styles (multi-level hatha, yin, restorative, chair) practice multi-level because it is the most challenging to teach. Yin, Restorative and Chair are much easier to cue, so challenge yourself if you plan to teach traditional classes. If you plan to teach hatha yoga, but do not need a standing work phase for your population, simply practice the warm-up and deep stretch phases. Think back to our discussion on class sequencing.

Day 13 – November 14th (8 am to 1 pm)

Pose Breakdown – Pick up where we left off on Day 8

Restorative Yoga Practice

In Class Practice – Demo your warm-up, work phase, balance pose(s).

Homework: Continue your practice. Make sure you are practicing deep stretch phase as you will led it tomorrow.

Day 14 – November 15th - NO ZOOM

Homework: Spend time reviewing compensations and alignment at the URL below (you must be logged in). This will reinforce our pose breakdown.

<https://whitecrowyoga.com/wp-content/uploads/2019/05/pure-movement-and-compensations-cyt.pdf>

Also - Keep practicing your warm-up, sun sals and work phase and balancing poses (or whatever is appropriate for you) and add the deep stretch/cool down phase. We will do Restorative on Day 10. We don’t deep dive into chair, yin or restorative because they require a lot of hours and we cover Yin and Restorative in the 300 hour class, but if you are drawn to this teaching style, chances are good you already have a lot of experience with it. You should be able to use the info we are providing here to create a class.

Day 15 & 16– November 16th & 17th (6:30 pm to 9 pm)

Yoga Practice with Mudras

Yoga Nidra

Pose Breakdown – Continue work from previous days

Practice Teaching – Full Class Student Led

Day 17 & 18 – November 18th & 19th (6:30 pm to 9 pm)

Yoga Practice – Affirmation Based

Additional Pose Breakdown (if time permits but finish other poses listed first)

Standing Leg Splits - Urdhva Prasarita Eka Padasana

Half Staff Pose Lift

Deer Pose - Mrigasana

Greeting the Earth - Bhunamanasana

Double Leg Lift - Uttanapadasana

Double Angle - Dwikonasana

Gorilla - Padahastasana

One Knee Up Forward Bend - Marichyasana

Thunderbolt - Vajrasana

Hero's Pose - Virasana

Reverse or Incline Plank - Purvottanasana or Ardha Purvottanasana

Student Teaching Practice

Day 19– November 21st (8 am to 1 pm)

Yoga Practice

Pose Breakdown (continue from previous day)

Student Teaching Practice

Day 20 – November 22nd (8 am to 1 pm)

Yoga Practice

Pose Breakdown (continue from previous day)

Student Teaching Practice