

Strawberry Fields with White Crow Yoga, Bowling Green, KY RYT200 Schedule: 2021-2022

www.whitecrowyoga.com

- October 2:** RYT 200 Foundations 8-12:30
Yoga Props 130-6
- October 3:** Beginner Sanskrit for Yogis 8-12:30
Effective Cuing and Alignment Principles 130-6
- November 6:** Pose Breakdown-Foundational Poses and Forward Folds 8-12;
1-2:30
Discovering Meditation 2:30-6
- November 7:** Pranayama Intro- 8-11
Asanas and Affirmations (Ananda-influenced) 12-3
Yin Yoga 3-6
- December 4:** Pose Breakdown-Foundational Poses Pt 2 8-12:30
Restorative Yoga 130-2:45
- December 5:** Yoga Sequencing and Class Themes 8-6
- January 8:** Pose Breakdown-Lateral Flexions and Rotations 8-1
Meditation-Sound and Energy Practices 2-6
- January 9:** Yoga History and 8 Limbs 8-1
2-6 Cuing for All Learning Styles
- February 5:** Pose Breakdown-Spinal Extensions and Warriors 8-12; 1-3
3-6 Energetic Anatomy and Yogic Lifestyle

- February 6:** Intro to Anatomy 8-4
- March 5:** Pose Breakdown-Arms, Inversions, and Sun Salutations 8-12;
1-2
Yamas and Niyamas 2-6
- March 6:** RYT 200 Practice Teaching Beginner (Pt 1) 8-1130; 1230-2
Mudras 2-4
Pranayama- 8 Great Practices Pt 1- 4-6
- April 2 :** RYT 200 Practice Teaching Intermediate (Pt 2) 8-1230
Meditation-Mantras and Chanting 130-6
- April 3:** Adjusting and Assisting Intro 8-1230 (Replace with Prenatal
Yoga if needed due to Covid precautions)
Pranayama-8 Great Practices Pt 2 130-330
Yoga Nidra 330-6
- May 14:** Chakra Balancing 8-1130; 1230-330
Intro to Gita and Sutras 330-6
- May 15:** Labyrinths, Koshas, and Kleshas 8-1
Sanskrit for Yogis Pt 1 2-3
Adjusting and Assisting Pt 2 3-6 (Replace with Vinyasa if
needed due to Covid precautions)
- June 4:** RYT 200 Practice Teaching Advanced (Pt 3) 8-1230
130-6 Asana Compensations and How to Correct Them
- June 5:** RYT Practice Teaching Advanced (Pt 4) 8-1130
Meditation: Sensory and Buddhist Practices 1230-4
- July 9:** Meditation-Biofeedback and Visual Practices 8-1130
Sanskrit for Yogis Pt 2 1230-3
Yoga for Chakras 3-6
- July 10:** Gratitude/Vision Boards 8-11
Group lunch 11-12:30
Reflections on RYT 12:30-1:30
2 pm-? Graduation Ceremony