

IYENGAR YOGA INTRODUCTORY I STUDY GUIDE

#	WEEK	TASKS	ASANAS & PRANAYAMAS
1	16 July 2012- 22 July 2012	<ol style="list-style-type: none"> 1. Read Introduction in <u>Light on Yoga (LoY)</u>. [pp. 19 - 53] <ol style="list-style-type: none"> 1.1. Create study outline. 2. Read: <ol style="list-style-type: none"> 2.1. Hints and Cautions for the Practice of Asanas in <u>LoY</u>. [pp. 57-60] 2.2. Hints and Cautions for the Practice of Asanas, Pt.1 – General Hints in <u>Yoga: A Gem for Women (Gem)</u>. [pp. 79-86] 2.3. <u>Preliminary Course (PC)</u> [pp. 119-120] 2.4. Create combined study outline. 3. Study Sutra II.29. <ol style="list-style-type: none"> 3.1. Read sutra in <u>Light on the Yoga Sutras of Patanjali (LoYSP)</u> [pp.134-135]. 3.2. Make study notes. 3.3. Listen to instructional chanting 12 times. 3.4. Write Anglicized Sanskrit 12 times. 	<p style="text-align: center;">Tadasana</p> <ul style="list-style-type: none"> • Read: <ul style="list-style-type: none"> ○ Preliminary Course (PC) at 14-15 ○ Gem at 121-122, 120, 132-133 ○ LoY at 61-62 ○ LoP at 70, 283 • Create 5 x 7 study card. <ul style="list-style-type: none"> ○ Include picture on one side. ○ List English, Anglicized Sanskrit and alternate names. ○ List classification according to Gem, pp. 95-105. ○ List 3-5 key points to get shape of pose. ○ List 2-3 common teaching points. ○ List key benefits. ○ List contraindications. ○ List modifications for: <ul style="list-style-type: none"> ▪ Neck and shoulder pain ▪ Sore knees ▪ Sore backs ▪ Sore hips • Teach pose aloud 3 times. • Record self teaching pose as in assessment. • Review recording. • List done well / do better. • Complete timed Intro. I asana practice. • Practice classic asana. <ul style="list-style-type: none"> ○ Note any differences between classic asana and pose as taught for this assessment level.

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2	23 July 2012 – 29 July 2012	<ol style="list-style-type: none"> 1. Read: <ol style="list-style-type: none"> 1.1. Ch. 1 What is Yoga? in Part 1, Section 1, The Theory of Pranayama (1.1 Theory), <u>Light on Pranayama (LoP)</u> [pp. 3-5]. 1.2. Ch. 2 Stages of Yoga in 1.1 Theory, <u>LoP</u> [pp. 6-11]. 1.3. Ch. I First Steps in Yoga in <u>Gem</u> [pp. 3-4] 1.4. Ch. II Four Paths to Liberation in <u>Gem</u> [pp.5-8] 1.5. Ch. III The Path of Yoga in <u>Gem</u> [pp. 9 – 32] 1.6. Create combined study outline. 2. Study Sutra II.30. <ol style="list-style-type: none"> 2.1. Read sutra in <u>LoYSP</u> [p.135]. 2.2. Make study notes. 2.3. Listen to instructional chanting 12 times. 2.4. Write Anglicized Sanskrit 12 times. 3. Review prior week’s sutra. 4. Review prior week’s study guides. 	<p style="text-align: right;">Vrksasana</p> <ul style="list-style-type: none"> • Read: <ul style="list-style-type: none"> ○ PC at 21-22 ○ Gem at 122, 132-133 ○ LoY at 62 • Create 5 x 7 study card. <ul style="list-style-type: none"> ○ Include picture on one side. ○ List English, Anglicized Sanskrit and alternate names. ○ List classification according to Gem, pp. 95-105. ○ List 3-5 key points to get shape of pose. ○ List 2-3 common teaching points. ○ List key benefits. ○ List contraindications. ○ List modifications for: <ul style="list-style-type: none"> ▪ Neck and shoulder pain ▪ Sore knees ▪ Sore backs ▪ Sore hips • Teach pose aloud 3 times. • Record self teaching pose as in assessment. • Review recording. • List done well / do better. • Complete timed Intro. I asana practice. • Practice classic asana. <ul style="list-style-type: none"> ○ Note any differences between classic asana and pose as taught for this assessment level. • Review prior week’s study card.
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3	30 July 2012 – 05 August 2012	FLORIDA 1. Study Sutra II.31. 1.1. Read sutra in <u>LoYSP</u> [p.135-136]. 1.2. Make study notes. 1.3. Listen to instructional chanting 12 times. 1.4. Write Anglicized Sanskrit 12 times. 2. Review prior weeks' sutras. 3. Review prior weeks' study guides.	<ul style="list-style-type: none">• Review prior weeks' study cards.<ul style="list-style-type: none">○ Tadasana○ Vrksasana• Teach aloud 1-2 times:<ul style="list-style-type: none">○ Tadasana○ Vrksasana• Complete timed Intro. I asana practice.
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4	06 August 2012 – 12 August 2012	<ol style="list-style-type: none"> 1. Read: <ol style="list-style-type: none"> 1.1. Ch. 3 Prana and Pranayama in 1.1 Theory, <u>LoP</u> [pp. 12-14]. 1.2. Pt. III Pranayama Hints and Cautions, 1st part, in <u>LoY</u> [pp.431-436] 1.3. Ch. 10 Hints and Cautions, Section II The Art of Pranayama in <u>LoP</u> [pp. 53-63] 1.4. [optional] Ch. XIV Hints and Suggestions for the Practice of Pranayama in <u>Gem</u> [pp. 296-309] 1.5. Create combined study guide. 2. Study Sutra II.32. <ol style="list-style-type: none"> 2.1. Read sutra in <u>LoYSP</u> [p.136-137]. 2.2. Make study notes. 2.3. Listen to instructional chanting 12 times. <ol style="list-style-type: none"> 3.1. Write Anglicized Sanskrit 12 times. 4. Review prior weeks' sutras. 5. Review prior weeks' study guides. 	<p style="text-align: right;">Utthita Trikonasana</p> <ul style="list-style-type: none"> • Read: <ul style="list-style-type: none"> ○ PC at 27-28 ○ Gem at 122-124, 132-133 ○ LoY at 63-64 • Create 5 x 7 study card. <ul style="list-style-type: none"> ○ Include picture on one side. ○ List English, Anglicized Sanskrit and alternate names. ○ List classification according to Gem, pp. 95-105. ○ List 3-5 key points to get shape of pose. ○ List 2-3 common teaching points. ○ List key benefits. ○ List contraindications. ○ List modifications for: <ul style="list-style-type: none"> ▪ Neck and shoulder pain ▪ Sore knees ▪ Sore backs ▪ Sore hips • Teach pose aloud 3 times. • Record self teaching pose as in assessment. • Review recording. • List done well / do better. • Complete timed Intro. I asana practice. • Practice classic asana. <ul style="list-style-type: none"> ○ Note any differences between classic asana and pose as taught for this assessment level. • Review prior weeks' study cards.
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5	13 August 2012 – 19 August 2012	<ol style="list-style-type: none"> 1. Read Ch. 4 Pranayama and the Respiratory System, 1st part, in 1.1 Theory, <u>LoP</u> [pp. 15-20]. <ol style="list-style-type: none"> 1.1. Create study outline. 1.2. Trace: <ol style="list-style-type: none"> 1.2.1. Figure 1 1.2.2. Figure 2 1.2.3. Figure 3 1.2.4. Figure 4 1.2.5. Figure 5 1.3. Label: <ol style="list-style-type: none"> 1.3.1. Figure 1 1.3.2. Figure 2 1.3.3. Figure 3 1.3.4. Figure 4 1.3.5. Figure 5. 2. Read Ch. 8 Know Your Body, 1st part, in <u>Gem</u> [pp.61-62] <ol style="list-style-type: none"> 2.1. Create study outline. 3. Study Sutra II.33. <ol style="list-style-type: none"> 3.1. Read sutra in <u>LoYSP</u> [p.137-139]. 3.2. Make study notes. 3.3. Listen to instructional chanting 12 times. 3.4. Write Anglicized Sanskrit 12 times. 6. Review prior weeks' sutras. 7. Review prior weeks' study guides. 	<p style="text-align: right;">Virabhadrasana II</p> <ul style="list-style-type: none"> • Read: <ul style="list-style-type: none"> ○ PC at 28-31 ○ Gem at 127-128, 132-133 ○ LoY at 72-73 • Create 5 x 7 study card. <ul style="list-style-type: none"> ○ Include picture on one side. ○ List English, Anglicized Sanskrit and alternate names. ○ List classification according to Gem, pp. 95-105. ○ List 3-5 key points to get shape of pose. ○ List 2-3 common teaching points. ○ List key benefits. ○ List contraindications. ○ List modifications for: <ul style="list-style-type: none"> ▪ Neck and shoulder pain ▪ Sore knees ▪ Sore backs ▪ Sore hips • Teach pose aloud 3 times. • Record self teaching pose as in assessment. • Review recording. • List done well / do better. • Complete timed Intro. I asana practice. • Practice classic asana. <ul style="list-style-type: none"> ○ Note any differences between classic asana and pose as taught for this assessment level. • Review prior weeks' study cards.
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6	20 August 2012 – 26 August 2012	<p>VACATION</p> <ol style="list-style-type: none"> 1. Study Sutra II.34. <ol style="list-style-type: none"> 1.1. Read sutra in <u>LoYSP</u> [p. 140-141]. 1.2. Make study notes. 1.3. Listen to instructional chanting 12 times. 1.4. Write Anglicized Sanskrit 12 times. 2. Review prior weeks' sutras. 3. Review prior weeks' study guides. 	<ul style="list-style-type: none"> • Review prior weeks' study cards: <ul style="list-style-type: none"> ○ Tadasana. ○ Vrksasana. ○ Utthita Trikonasana. ○ Virabhadrasana II • Teach aloud 1-2 times: <ul style="list-style-type: none"> ○ Tadasana. ○ Vrksasana. ○ Utthita Trikonasana. ○ Virabhadrasana II • Complete timed Intro. I asana practice.
7	27 August 2012 – 02 September 2012	<p>VACATION</p> <ol style="list-style-type: none"> 1. Study Sutra II.35. <ol style="list-style-type: none"> 1.1. Read sutra in <u>LoYSP</u> [p.141]. 1.2. Make study notes. 1.3. Listen to instructional chanting 12 times. 1.4. Write Anglicized Sanskrit 12 times. 2. Review prior weeks' sutras. 3. Review prior weeks' study guides. 	<ul style="list-style-type: none"> • Review prior weeks' study cards: <ul style="list-style-type: none"> ○ Tadasana. ○ Vrksasana. ○ Utthita Trikonasana. ○ Virabhadrasana II • Teach aloud 1-2 times: <ul style="list-style-type: none"> ○ Tadasana. ○ Vrksasana. ○ Utthita Trikonasana. ○ Virabhadrasana II • Complete timed Intro. I asana practice.

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8	03 September 2012 – 09 September 2012	<ol style="list-style-type: none"> 1. Read Ch. 4 Pranayama and the Respiratory System, 2nd part, in 1.1 Theory, <u>LoP</u> [pp. 21-26]. <ol style="list-style-type: none"> 1.1. Create study outline. 1.2. Trace: <ol style="list-style-type: none"> 1.2.1. Figure 6 1.2.2. Figure 7 1.2.3. Figure 8 1.2.4. Figure 9 1.2.5. Figure 10 1.2.6. Figure 11 1.2.7. Figure 12 1.2.8. Figure 13 1.3. Label: <ol style="list-style-type: none"> 1.3.1. Figure 6 1.3.2. Figure 7 1.3.3. Figure 8 1.3.4. Figure 9 1.3.5. Figure 10 1.3.6. Figure 11 1.3.7. Figure 12 1.3.8. Figure 13 2. Read Ch. 8 Know Your Body, 2nd part, in <u>Gem</u> [pp.62-64] <ol style="list-style-type: none"> 2.1. Create study outline. 2.2. Trace Figure 1 2.3. Label Figure 1 3. Study Sutra II.36. <ol style="list-style-type: none"> 3.1. Read sutra in <u>LoYSP</u> [p.142]. 3.2. Make study notes. 3.3. Listen to instructional chanting 12 times. 3.4. Write Anglicized Sanskrit 12 times. 4. Review prior weeks' sutras. 5. Review prior weeks' study guides. 	<p style="text-align: center;">Utthita Parsvakonasana</p> <ul style="list-style-type: none"> • Read: <ul style="list-style-type: none"> ○ PC at 31-32 ○ Gem at 124-125, 132-133 ○ LoY at 66-68 • Create 5 x 7 study card. <ul style="list-style-type: none"> ○ Include picture on one side. ○ List English, Anglicized Sanskrit and alternate names. ○ List classification according to Gem, pp. 95-105. ○ List 3-5 key points to get shape of pose. ○ List 2-3 common teaching points. ○ List key benefits. ○ List contraindications. ○ List modifications for: <ul style="list-style-type: none"> ▪ Neck and shoulder pain ▪ Sore knees ▪ Sore backs ▪ Sore hips • Teach pose aloud 3 times. • Record self teaching pose as in assessment. • Review recording. • List done well / do better. • Complete timed Intro. I asana practice. • Practice classic asana. <ul style="list-style-type: none"> ○ Note any differences between classic asana and pose as taught for this assessment level. • Review prior weeks' study cards.
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9	10 September 2012 – 16 September 2012	<ol style="list-style-type: none"> 1. Read Ch. 4 Pranayama and the Respiratory System, 3rd part, in 1.1 Theory, <u>LoP</u> [pp. 26-31]. <ol style="list-style-type: none"> 1.1. Create study outline. 1.2. Trace: <ol style="list-style-type: none"> 1.2.1. Figure 14 1.2.2. Figure 15 1.2.3. Figure 16 1.2.4. Figure 17 1.3. Label: <ol style="list-style-type: none"> 1.3.1. Figure 14 1.3.2. Figure 15 1.3.3. Figure 16 1.3.4. Figure 17 2. Read Ch. 8 Know Your Body, 3rd part, in <u>Gem</u> [pp.64-65] <ol style="list-style-type: none"> 2.1. Create study outline. 2.2. Trace: <ol style="list-style-type: none"> 2.2.1. Figure 2 2.2.2. Figure 3 2.3. Label: <ol style="list-style-type: none"> 2.3.1. Figure 2 2.3.2. Figure 3 3. Study Sutra II.37. <ol style="list-style-type: none"> 3.1. Read sutra in <u>LoYSP</u> [p.142]. 3.2. Make study notes. 3.3. Listen to instructional chanting 12 times. 3.4. Write Anglicized Sanskrit 12 times. 4. Review prior weeks' sutras. 5. Review prior weeks' study guides. 	<p style="text-align: right;">Virabhadrasana I</p> <ul style="list-style-type: none"> • Read: <ul style="list-style-type: none"> ○ PC at 32-35 ○ Gem at 125-127, 132-133 ○ LoY at 69-71 • Create 5 x 7 study card. <ul style="list-style-type: none"> ○ Include picture on one side. ○ List English, Anglicized Sanskrit and alternate names. ○ List classification according to Gem, pp. 95-105. ○ List 3-5 key points to get shape of pose. ○ List 2-3 common teaching points. ○ List key benefits. ○ List contraindications. ○ List modifications for: <ul style="list-style-type: none"> ▪ Neck and shoulder pain ▪ Sore knees ▪ Sore backs ▪ Sore hips • Teach pose aloud 3 times. • Record self teaching pose as in assessment. • Review recording. • List done well / do better. • Complete timed Intro. I asana practice. • Practice classic asana. <ul style="list-style-type: none"> ○ Note any differences between classic asana and pose as taught for this assessment level. • Review prior weeks' study cards.
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10	17 September 2012 – 23 September, 2012	<ol style="list-style-type: none"> 1. Read Ch. 8 Know Your Body, 4th part, in <u>Gem</u> [pp. 65 - 67] <ol style="list-style-type: none"> 1.1. Create study outline. 1.2. Trace Figure 4 1.3. Label Figure 4 2. Read: <ol style="list-style-type: none"> 2.1. Ch. 5 Nadis and Chakras, 1st part in 1.1 Theory, <u>LoP</u> [pp. 32-37 to Chakras]. 2.2. Pt. III Pranayama Hints and Cautions, 2nd part, in <u>LoY</u> [pp. 436-440] 2.3. Create combined study outline. 3. Study Sutra II.38. <ol style="list-style-type: none"> 3.1. Read sutra in <u>LoYSP</u> [p.143-144]. 3.2. Make study notes. 3.3. Listen to instructional chanting 12 times. 3.4. Write Anglicized Sanskrit 12 times. 4. Review prior weeks' sutras. 5. Review prior weeks' study guides. 	<p style="text-align: right;">Ardha Chandrasana</p> <ul style="list-style-type: none"> • Read: <ul style="list-style-type: none"> ○ PC at 35-37 ○ Gem at 130-131, 132-133 ○ LoY at 74-76 • Create 5 x 7 study card. <ul style="list-style-type: none"> ○ Include picture on one side. ○ List English, Anglicized Sanskrit and alternate names. ○ List classification according to Gem, pp. 95-105. ○ List 3-5 key points to get shape of pose. ○ List 2-3 common teaching points. ○ List key benefits. ○ List contraindications. ○ List modifications for: <ul style="list-style-type: none"> ▪ Neck and shoulder pain ▪ Sore knees ▪ Sore backs ▪ Sore hips • Teach pose aloud 3 times. • Record self teaching pose as in assessment. • Review recording. • List done well / do better. • Complete timed Intro. I asana practice. • Practice classic asana. <ul style="list-style-type: none"> ○ Note any differences between classic asana and pose as taught for this assessment level. • Review prior weeks' study cards.
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11	24 September 2012 – 30 September 2012	<ol style="list-style-type: none"> 1. Read Ch. 8 Know Your Body, 5th part, in <u>Gem</u> [pp. 67 - 71] <ol style="list-style-type: none"> 1.1. Create study outline. 1.2. Trace: <ol style="list-style-type: none"> 1.2.1. Figure 5A 1.2.2. Figure 5B 1.3. Label: <ol style="list-style-type: none"> 1.3.1. Figure 5A 1.3.2. Figure 5B 2. Read Ch. 5 Nadis and Chakras, 2nd part in 1.1 Theory, <u>LoP</u> [pp. 37-39]. <ol style="list-style-type: none"> 2.1. Add to combined study outline. 3. Study Sutra II.39. <ol style="list-style-type: none"> 3.1. Read sutra in <u>LoYSP</u> [p.144-145]. 3.2. Make study notes. 3.3. Listen to instructional chanting 12 times. 3.4. Write Anglicized Sanskrit 12 times. 4. Review prior weeks' sutras. 5. Review prior weeks' study guides. 	<p style="text-align: center;">Parsvottanasana (arms down, concave & convex)</p> <ul style="list-style-type: none"> • Read: <ul style="list-style-type: none"> ○ PC at 44-47 ○ Gem at 133-135, 140 ○ LoY at 78-81 • Create 5 x 7 study card. <ul style="list-style-type: none"> ○ Include picture on one side. ○ List English, Anglicized Sanskrit and alternate names. ○ List classification according to Gem, pp. 95-105. ○ List 3-5 key points to get shape of pose. ○ List 2-3 common teaching points. ○ List key benefits. ○ List contraindications. ○ List modifications for: <ul style="list-style-type: none"> ▪ Neck and shoulder pain ▪ Sore knees ▪ Sore backs ▪ Sore hips • Teach pose aloud 3 times. • Record self teaching pose as in assessment. • Review recording. • List done well / do better. • Complete timed Intro. I asana practice. • Practice classic asana. <ul style="list-style-type: none"> ○ Note any differences between classic asana and pose as taught for this assessment level. • Review prior weeks' study cards.
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12	<p>01 October 2012 – 07 October 2012</p> <p>JOHN'S WORKSHOP October 5-7, 2012</p>	<ol style="list-style-type: none"> 1. Read Ch. 6 Guru and Sisya in 1.1 Theory, <u>LoP</u> [pp. 40 to 42]. <ol style="list-style-type: none"> 1.1. Create study outline. 2. Read Ch. 7 Food in 1.1 Theory, <u>LoP</u> [pp. 42 to 45]. <ol style="list-style-type: none"> 2.1. Create study outline. 3. Study Sutra II.40. <ol style="list-style-type: none"> 3.1. Read sutra in <u>LoYSP</u> [p.145-146]. 3.2. Make study notes. 3.3. Listen to instructional chanting 12 times. 3.4. Write Anglicized Sanskrit 12 times. 4. Review prior weeks' sutras. 5. Review prior weeks' study guides. 	<p style="text-align: center;">Prasarita Padottanasana (concave back as in LoY plate 31)</p> <ul style="list-style-type: none"> • Read: <ul style="list-style-type: none"> ○ PC at 47-49 ○ Gem at 135-136, 140 ○ LoY at 81-84 • Create 5 x 7 study card. <ul style="list-style-type: none"> ○ Include picture on one side. ○ List English, Anglicized Sanskrit and alternate names. ○ List classification according to Gem, pp. 95-105. ○ List 3-5 key points to get shape of pose. ○ List 2-3 common teaching points. ○ List key benefits. ○ List contraindications ○ List modifications for: <ul style="list-style-type: none"> ▪ Neck and shoulder pain ▪ Sore knees ▪ Sore backs ▪ Sore hips • Teach pose aloud 3 times. • Record self teaching pose as in assessment. • Review recording. • List done well / do better. • Complete timed Intro. I asana practice. • Practice classic asana. <ul style="list-style-type: none"> ○ Note any differences between classic asana and pose as taught for this assessment level. • Review prior weeks' study cards.
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13	08 October 2012 – 14 October 2012	<ol style="list-style-type: none"> 1. Read Ch. 8 Obstacles and Aids in 1.1 Theory, <u>LoP</u> [pp. 46 to 47]. <ol style="list-style-type: none"> 1.1. Create study outline. 2. Read Ch. 9 The Effects of Pranayama in 1.1 Theory, <u>LoP</u> [pp. 48 to 50]. <ol style="list-style-type: none"> 2.1. Create study outline. 3. Study Sutra II.41. <ol style="list-style-type: none"> 3.1. Read sutra in <u>LoYSP</u> [p.146]. 3.2. Make study notes. 3.3. Listen to instructional chanting 12 times. 3.4. Write Anglicized Sanskrit 12 times. 4. Review prior weeks' sutras. 5. Review prior weeks' study guides. 	<p style="text-align: right;">Parighasana</p> <ul style="list-style-type: none"> • Read: <ul style="list-style-type: none"> ○ PC at 42-44 ○ LoY at 85-87 • Create 5 x 7 study card. <ul style="list-style-type: none"> ○ Include picture on one side. ○ List English, Anglicized Sanskrit and alternate names. ○ List classification according to Gem, pp. 95-105. ○ List 3-5 key points to get shape of pose. ○ List 2-3 common teaching points. ○ List key benefits. ○ List contraindications. ○ List modifications for: <ul style="list-style-type: none"> ▪ Neck and shoulder pain ▪ Sore knees ▪ Sore backs ▪ Sore hips • Teach pose aloud 3 times. • Record self teaching pose as in assessment. • Review recording. • List done well / do better. • Complete timed Intro. I asana practice. • Practice classic asana. <ul style="list-style-type: none"> ○ Note any differences between classic asana and pose as taught for this assessment level. • Review prior weeks' study cards.
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14	15 October 2012 – 21 October 2012	<ol style="list-style-type: none"> 1. Study Sutra II.42. <ol style="list-style-type: none"> 1.1. Read sutra in <u>LoYSP</u> [p.146-147]. 1.2. Make study notes. 1.3. Listen to instructional chanting 12 times. 1.4. Write Anglicized Sanskrit 12 times. 2. Review prior weeks' sutras. 3. Review prior weeks' study guides. 	<ul style="list-style-type: none"> • Review prior weeks' study cards: <ul style="list-style-type: none"> ○ Tadasana. ○ Vrksasana. ○ Utthita Trikonasana. ○ Virabhadrasana II ○ Utthita Parsvakonasana ○ Ardha Chandrasana ○ Parsvottanasana (arms down, concave & convex) ○ Prasarita Padottanasana (concave) ○ Parighasana • Teach aloud 1-2 times: <ul style="list-style-type: none"> ○ Tadasana. ○ Vrksasana. ○ Utthita Trikonasana. ○ Virabhadrasana II ○ Utthita Parsvakonasana ○ Ardha Chandrasana ○ Parsvottanasana (arms down, concave & convex) ○ Prasarita Padottanasana (concave) ○ Parighasana • Complete timed Intro. I asana practice.
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15	22 October 2012 – 28 October 2012	<ol style="list-style-type: none"> 1. Read Ch. The Leaves in <u>The Tree of Yoga (ToY)</u> [pp. 57 to 60]. <ol style="list-style-type: none"> 1.1. Create study outline. 2. Read Ch. Pranayama in ToY [pp. 124 to 131]. <ol style="list-style-type: none"> 2.1. Create study outline. 3. Study Sutra II.43. <ol style="list-style-type: none"> 3.1. Read sutra in <u>LoYSP</u> [p.147]. 3.2. Make study notes. 3.3. Listen to instructional chanting 12 times. 3.4. Write Anglicized Sanskrit 12 times. 4. Review prior weeks' sutras. 5. Review prior weeks' study guides. 	<p style="text-align: center;">Padangusthasana (concave and downward extending spine)</p> <ul style="list-style-type: none"> • Read: <ul style="list-style-type: none"> ○ PC at 51-52 ○ Gem at 136-137, 140 ○ LoY at 89-90 • Create 5 x 7 study card. <ul style="list-style-type: none"> ○ Include picture on one side. ○ List English, Anglicized Sanskrit and alternate names. ○ List classification according to Gem, pp. 95-105. ○ List 3-5 key points to get shape of pose. ○ List 2-3 common teaching points. ○ List key benefits. ○ List contraindications. ○ List modifications for: <ul style="list-style-type: none"> ▪ Neck and shoulder pain ▪ Sore knees ▪ Sore backs ▪ Sore hips • Teach pose aloud 3 times. • Record self teaching pose as in assessment. • Review recording. • List done well / do better. • Complete timed Intro. I asana practice. • Practice classic asana. <ul style="list-style-type: none"> ○ Note any differences between classic asana and pose as taught for this assessment level. • Review prior weeks' study cards.
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IYENGAR YOGA INTRODUCTORY I STUDY GUIDE

16	29 October 2012 – 04 November 2012	<ol style="list-style-type: none"> 1. Read Ch. VII Pt. 1 Menstruation in <u>Gem</u> [pp. 47-52] <ol style="list-style-type: none"> 1.1. Create study guide. 2. Study Sutra II.44. <ol style="list-style-type: none"> 2.1. Read sutra in <u>LoYSP</u> [p.148]. 2.2. Make study notes. 2.3. Listen to instructional chanting 12 times. 2.4. Write Anglicized Sanskrit 12 times. 3. Review prior weeks' sutras. 4. Review prior weeks' study guides. 	<p style="text-align: center;">Padahastana (concave and downward extending spine)</p> <ul style="list-style-type: none"> • Read LoY at 91-92. • Create 5 x 7 study card. <ul style="list-style-type: none"> ○ Include picture on one side. ○ List English, Anglicized Sanskrit and alternate names. ○ List classification according to Gem, pp. 95-105. ○ List 3-5 key points to get shape of pose. ○ List 2-3 common teaching points. ○ List key benefits. ○ List contraindications. ○ List modifications for: <ul style="list-style-type: none"> ▪ Neck and shoulder pain ▪ Sore knees ▪ Sore backs ▪ Sore hips • Teach pose aloud 3 times. • Record self teaching pose as in assessment. • Review recording. • List done well / do better. • Complete timed Intro. I asana practice. • Practice classic asana. <ul style="list-style-type: none"> ○ Note any differences between classic asana and pose as taught for this assessment level. • Review prior weeks' study cards.
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IYENGAR YOGA INTRODUCTORY I STUDY GUIDE

17	05 November 2012 – 11 November 2012	<ol style="list-style-type: none"> 1. Read: <ol style="list-style-type: none"> 1.1. Ch. IV Are Women Eligible for Yoga? in <u>Gem</u> [pp.33-36] 1.2. Ch. VI Is Yoga Ideal for Women? in <u>Gem</u> [pp. 42-46] 1.3. Create combined study guide. 2. Study Sutra II.45. <ol style="list-style-type: none"> 2.1. Read sutra in <u>LoYSP</u> [p.148-149]. 2.2. Make study notes. 2.3. Listen to instructional chanting 12 times. 2.4. Write Anglicized Sanskrit 12 times. 3. Review prior weeks' sutras. 4. Review prior weeks' study guides. 	<p style="text-align: center;">Uttanasana (concave back)</p> <ul style="list-style-type: none"> • Read: <ul style="list-style-type: none"> ○ PC at 49-51 ○ Gem at 137-138, 140 ○ LoY at 92-93 • Create 5 x 7 study card. <ul style="list-style-type: none"> ○ Include picture on one side. ○ List English, Anglicized Sanskrit and alternate names. ○ List classification according to Gem, pp. 95-105. ○ List 3-5 key points to get shape of pose. ○ List 2-3 common teaching points. ○ List key benefits. ○ List contraindications. ○ List modifications for: <ul style="list-style-type: none"> ▪ Neck and shoulder pain ▪ Sore knees ▪ Sore backs ▪ Sore hips • Teach pose aloud 3 times. • Record self teaching pose as in assessment. • Review recording. • List done well / do better. • Complete timed Intro. I asana practice. • Practice classic asana. <ul style="list-style-type: none"> ○ Note any differences between classic asana and pose as taught for this assessment level. • Review prior weeks' study cards.
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IYENGAR YOGA INTRODUCTORY I STUDY GUIDE

18	12 November 2012 – 18 November 2012	<ol style="list-style-type: none"> 1. Read Ch. V The Nature of Health in <u>Gem</u> [pp. 37-41] <ol style="list-style-type: none"> 1.1. Create study guide. 2. Study Sutra II.46. <ol style="list-style-type: none"> 2.1. Read sutra in <u>LoYSP</u> [p.149-150]. 2.2. Make study notes. 2.3. Listen to instructional chanting 12 times. 2.4. Write Anglicized Sanskrit 12 times. 3. Review prior weeks' sutras. 4. Review prior weeks' study guides. 	<p style="text-align: center;">Adho Mukha Svanasana (with support)</p> <ul style="list-style-type: none"> • Read: <ul style="list-style-type: none"> ○ PC at 52-54 ○ Gem at 136-137, 140 ○ LoY at 110-111 • Create 5 x 7 study card. <ul style="list-style-type: none"> ○ Include picture on one side. ○ List English, Anglicized Sanskrit and alternate names. ○ List classification according to Gem, pp. 95-105. ○ List 3-5 key points to get shape of pose. ○ List 2-3 common teaching points. ○ List key benefits. ○ List contraindications. ○ List modifications for: <ul style="list-style-type: none"> ▪ Neck and shoulder pain ▪ Sore knees ▪ Sore backs ▪ Sore hips • Teach pose aloud 3 times. • Record self teaching pose as in assessment. • Review recording. • List done well / do better. • Complete timed Intro. I asana practice. • Practice classic asana. <ul style="list-style-type: none"> ○ Note any differences between classic asana and pose as taught for this assessment level. • Review prior weeks' study cards.
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IYENGAR YOGA INTRODUCTORY I STUDY GUIDE

19	18 November 2012 – 25 November 2012	<p>THANKSGIVING WEEK</p> <ol style="list-style-type: none"> 1. Review prior weeks' sutras. 2. Review prior weeks' study guides. 	<ul style="list-style-type: none"> • Review prior weeks' study cards: <ul style="list-style-type: none"> ○ Tadasana. ○ Vrksasana. ○ Utthita Trikonasana. ○ Virabhadrasana II ○ Utthita Parsvakonasana ○ Ardha Chandrasana ○ Parsvottanasana (arms down, concave & convex) ○ Prasarita Padottanasana (concave) ○ Parighasana ○ Padangustasana ○ Padahastasana ○ Uttanasana ○ Adho Mukha Svanasana • Teach aloud 1-2 times: <ul style="list-style-type: none"> ○ Tadasana. ○ Vrksasana. ○ Utthita Trikonasana. ○ Virabhadrasana II ○ Utthita Parsvakonasana ○ Ardha Chandrasana ○ Parsvottanasana (arms down, concave & convex) ○ Prasarita Padottanasana (concave) ○ Parighasana ○ Padangustasana ○ Padahastasana ○ Uttanasana ○ Adho Mukha Svanasana • <u>Complete timed Intro. I asana practice.</u>
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IYENGAR YOGA INTRODUCTORY I STUDY GUIDE

20	26 November 2012 – 02 December 2012	<ol style="list-style-type: none"> 1. Begin to read Ch. 1 Guiding the Teachers in Basic Guidelines for Teachers of Yoga (Basic Guidelines) [pp. 9-20] <ol style="list-style-type: none"> 1.1. Create study guide based on pages read. 2. Study Sutra II.47. <ol style="list-style-type: none"> 2.1. Read sutra in <u>LoYSP</u> [p.150-151]. 2.2. Make study notes. 2.3. Listen to instructional chanting 12 times. 2.4. Write Anglicized Sanskrit 12 times. 3. Review prior weeks' sutras. 4. Review prior weeks' study guides. 	<p style="text-align: right;">Utkatasana</p> <ul style="list-style-type: none"> • Read: <ul style="list-style-type: none"> ○ PC at 22-26 ○ LoY at 88-89 • Create 5 x 7 study card. <ul style="list-style-type: none"> ○ Include picture on one side. ○ List English, Anglicized Sanskrit and alternate names. ○ List classification according to Gem, pp. 95-105. ○ List 3-5 key points to get shape of pose. ○ List 2-3 common teaching points. ○ List key benefits. ○ List contraindications. ○ List modifications for: <ul style="list-style-type: none"> ▪ Neck and shoulder pain ▪ Sore knees ▪ Sore backs ▪ Sore hips • Teach pose aloud 3 times. • Record self teaching pose as in assessment. • Review recording. • List done well / do better. • Complete timed Intro. I asana practice. • Practice classic asana. <ul style="list-style-type: none"> ○ Note any differences between classic asana and pose as taught for this assessment level. • Review prior weeks' study cards.
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IYENGAR YOGA INTRODUCTORY I STUDY GUIDE

21	03 December 2012 – 09 December 2012	<ol style="list-style-type: none"> 1. Continue to read Ch. 1 Guiding the Teachers in <u>Basic Guidelines</u> [pp. 9-20] <ol style="list-style-type: none"> 1.1. Create study guide based on pages read. 2. Study Sutra II.48. <ol style="list-style-type: none"> 2.1. Read sutra in <u>LoYSP</u> [p.151-152]. 2.2. Make study notes. 2.3. Listen to instructional chanting 12 times. 2.4. Write Anglicized Sanskrit 12 times. 3. Review prior weeks' sutras. 4. Review prior weeks' study guides. 	<p style="text-align: right;">Dandasana</p> <ul style="list-style-type: none"> • Read: <ul style="list-style-type: none"> ○ PC at 55-57 ○ Gem at 141-142, 148-149 ○ LoY at 112 • Create 5 x 7 study card. <ul style="list-style-type: none"> ○ Include picture on one side. ○ List English, Anglicized Sanskrit and alternate names. ○ List classification according to Gem, pp. 95-105. ○ List 3-5 key points to get shape of pose. ○ List 2-3 common teaching points. ○ List key benefits. ○ List contraindications. ○ List modifications for: <ul style="list-style-type: none"> ▪ Neck and shoulder pain ▪ Sore knees ▪ Sore backs ▪ Sore hips • Teach pose aloud 3 times. • Record self teaching pose as in assessment. • Review recording. • List done well / do better. • Complete timed Intro. I asana practice. • Practice classic asana. <ul style="list-style-type: none"> ○ Note any differences between classic asana and pose as taught for this assessment level. • Review prior weeks' study cards.
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IYENGAR YOGA INTRODUCTORY I STUDY GUIDE

22	10 December 2012 – 16 December 2012	<ol style="list-style-type: none"> 1. Complete reading Ch. 1 Guiding the Teachers in <u>Basic Guidelines</u> [pp. 9-20] <ol style="list-style-type: none"> 1.1. Create study guide based on pages read. 2. Review Sutras II.29 to II.48. 	<p style="text-align: center;">Gomukhasana (arms only)</p> <ul style="list-style-type: none"> • Read: <ul style="list-style-type: none"> ○ PC at 61-64 ○ LoY at 114-116 • Create 5 x 7 study card. <ul style="list-style-type: none"> ○ Include picture on one side. ○ List English, Anglicized Sanskrit and alternate names. ○ List classification according to Gem, pp. 95-105. ○ List 3-5 key points to get shape of pose. ○ List 2-3 common teaching points. ○ List key benefits. ○ List contraindications. ○ List modifications for: <ul style="list-style-type: none"> ▪ Neck and shoulder pain ▪ Sore knees ▪ Sore backs ▪ Sore hips • Teach pose aloud 3 times. • Record self teaching pose as in assessment. • Review recording. • List done well / do better. • Complete timed Intro. I asana practice. • Practice classic asana. <ul style="list-style-type: none"> ○ Note any differences between classic asana and pose as taught for this assessment level. • Review prior weeks' study cards.
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IYENGAR YOGA INTRODUCTORY I STUDY GUIDE

23	17 December 2012 – 23 December 2012	<ol style="list-style-type: none"> 1. Read Ch. 2 Attention While Handling Problems in <u>Basic Guidelines</u> [pp. 21-28], with specific focus on pp. 21-24. <ol style="list-style-type: none"> 1.1. Create study guide based on pages read. 2. Review Sutras II.29 to II.48. 	<p style="text-align: right;">Siddhasana</p> <ul style="list-style-type: none"> • Read: <ul style="list-style-type: none"> ○ Gem at 81,164-166, 170 ○ LoY at 116-120, 432 ○ LoP at 55, 66, 281 • Create 5 x 7 study card. <ul style="list-style-type: none"> ○ Include picture on one side. ○ List English, Anglicized Sanskrit and alternate names. ○ List classification according to Gem, pp. 95-105. ○ List 3-5 key points to get shape of pose. ○ List 2-3 common teaching points. ○ List key benefits. ○ List contraindications. ○ List modifications for: <ul style="list-style-type: none"> ▪ Neck and shoulder pain ▪ Sore knees ▪ Sore backs ▪ Sore hips • Teach pose aloud 3 times. • Record self teaching pose as in assessment. • Review recording. • List done well / do better. • Complete timed Intro. I asana practice. • Practice classic asana. <ul style="list-style-type: none"> ○ Note any differences between classic asana and pose as taught for this assessment level. • Review prior weeks' study cards.
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IYENGAR YOGA INTRODUCTORY I STUDY GUIDE

24	24 December 2012 – 30 December 2012	<p>HOLIDAY BREAK</p> <ol style="list-style-type: none"> 1. Review prior weeks' study outlines. 2. Review Sutras II.29 to II.48. 3. Chant Sutras II.29 to II.48. 	<ul style="list-style-type: none"> • <u>Complete timed Intro. I asana practice.</u> <ul style="list-style-type: none"> ○ Tadasana. ○ Vrksasana. ○ Utthita Trikonasana ○ Virabhadrasana II ○ Utthita Parsvakonasana ○ Ardha Chandrasana ○ Parsvottanasana (arms down, concave & convex) ○ Prasrita Padottanasana (concave) ○ Parighasana ○ Padangustasana ○ Padahastasana ○ Uttanasana ○ Adho Mukha Svanasana (with support) ○ Utkatasana ○ Dandasana ○ Gomukhasana (arms only) ○ Siddhasana
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IYENGAR YOGA INTRODUCTORY I STUDY GUIDE

25	31 December 2012 – 06 January 2013	<ol style="list-style-type: none"> 1. Review prior weeks' study outlines. 2. Review Sutras II.29 to II.48. 3. Chant Sutras II.29 to II.48. 	<ul style="list-style-type: none"> • Review prior weeks' study cards: <ul style="list-style-type: none"> ○ Tadasana. ○ Vrksasana. ○ Utthita Trikonasana. ○ Virabhadrasana II ○ Utthita Parsvakonasana ○ Ardha Chandrasana ○ Parsvottanasana (arms down, concave & convex) ○ Prasrita Padottanasana (concave) ○ Parighasana ○ Padangustasana ○ Padahastasana ○ Uttanasana ○ Adho Mukha Svanasana (with support) ○ Utkatasana ○ Dandasana ○ Gomukhasana (arms only) ○ Siddhasana • Teach each pose aloud 1-2 times. • <u>Complete timed Intro. I asana practice.</u>
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IYENGAR YOGA INTRODUCTORY I STUDY GUIDE

26	07 January 2013 – 13 January 2013	<ol style="list-style-type: none"> 1. Begin to read Ch. 3 Sequence in <u>Basic Guidelines</u> [pp. 29-38] <ol style="list-style-type: none"> 1.1. Create study guide based on pages read. 2. Review prior weeks' study outlines. 3. Review Sutras II.29 to II.48. 4. Chant Sutras II.29 to II.48. 	<p style="text-align: right;">Virasana</p> <ul style="list-style-type: none"> • Read: • PC at 60-61 • Gem at 81, 86, 88, 164, 166-168, 170, 269-270 • LoY at 120-123, 432 • LoP at 55, 57, 66, 286 • Create 5 x 7 study card. <ul style="list-style-type: none"> ○ Include picture on one side. ○ List English, Anglicized Sanskrit and alternate names. ○ List classification according to Gem, pp. 95-105. ○ List 3-5 key points to get shape of pose. ○ List 2-3 common teaching points. ○ List key benefits. ○ List contraindications. ○ List modifications for: <ul style="list-style-type: none"> ▪ Neck and shoulder pain ▪ Sore knees ▪ Sore backs ▪ Sore hips • Teach pose aloud 3 times. • Record self teaching pose as in assessment. • Review recording. • List done well / do better. • Complete timed Intro. I asana practice. • Practice classic asana. <ul style="list-style-type: none"> ○ Note any differences between classic asana and pose as taught for this assessment level. • Review prior weeks' study cards.
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IYENGAR YOGA INTRODUCTORY I STUDY GUIDE

27	14 January 2013 – 20 January 2013	<ol style="list-style-type: none"> 1. Complete reading Ch. 3 Sequence in <u>Basic Guidelines</u> [pp. 29-38] <ol style="list-style-type: none"> 1.1. Create study guide based on pages read. 2. Review Week 1 study outlines. 3. Review Sutras II.29 to II.48. 4. Chant Sutras II.29 to II.48. 	<p style="text-align: center;">Parvatasana in Svastikasana</p> <ul style="list-style-type: none"> • Read: <ul style="list-style-type: none"> ○ PC at 59-60 ○ LoP at 55, 56 • Create 5 x 7 study card. <ul style="list-style-type: none"> ○ Include picture on one side. ○ List English, Anglicized Sanskrit and alternate names. ○ List classification according to Gem, pp. 95-105. ○ List 3-5 key points to get shape of pose. ○ List 2-3 common teaching points. ○ List key benefits. ○ List contraindications. ○ List modifications for: <ul style="list-style-type: none"> ▪ Neck and shoulder pain ▪ Sore knees ▪ Sore backs ▪ Sore hips • Teach pose aloud 3 times. • Record self teaching pose as in assessment. • Review recording. • List done well / do better. • Complete timed Intro. I asana practice. • Practice classic asana. <ul style="list-style-type: none"> ○ Note any differences between classic asana and pose as taught for this assessment level. • Review prior weeks' study cards.
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IYENGAR YOGA INTRODUCTORY I STUDY GUIDE

28	21 January 2013 – 27 January 2013	<ol style="list-style-type: none"> 1. Read Ch. 4 The Sequence of Learning the Asanas in <u>Basic Guidelines</u> [pp. 39-56] <ol style="list-style-type: none"> 1.1. Create study guide based on pages read. 2. Review Week 2 study outlines. 3. Review Sutras II.29 to II.48. 4. Chant Sutras II.29 to II.48. 	<p style="text-align: center;">Triang Mukhaikapada Paschimottanasana</p> <ul style="list-style-type: none"> • Read: <ul style="list-style-type: none"> ○ PC at 68-69, 73-74 ○ Gem at 88, 94, 145-147, 148-149, ○ LoY at 156-157 • Create 5 x 7 study card. <ul style="list-style-type: none"> ○ Include picture on one side. ○ List English, Anglicized Sanskrit and alternate names. ○ List classification according to Gem, pp. 95-105. ○ List 3-5 key points to get shape of pose. ○ List 2-3 common teaching points. ○ List key benefits. ○ List contraindications. ○ List modifications for: <ul style="list-style-type: none"> ▪ Neck and shoulder pain ▪ Sore knees ▪ Sore backs ▪ Sore hips • Teach pose aloud 3 times. • Record self teaching pose as in assessment. • Review recording. • List done well / do better. • Complete timed Intro. I asana practice. • Practice classic asana. <ul style="list-style-type: none"> ○ Note any differences between classic asana and pose as taught for this assessment level. • Review prior weeks' study cards.
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IYENGAR YOGA INTRODUCTORY I STUDY GUIDE

29	28 January 2013 – 03 February 2013	<ol style="list-style-type: none"> 1. Read Ch. 5 Variety of Sequences for Acquaintance in <u>Basic Guidelines</u> [pp. 57-69] <ol style="list-style-type: none"> 1.1. Create study guide based on pages read. 2. Review Week 3 study outlines. 3. Review Sutras II.29 to II.48. 4. Chant Sutras II.29 to II.48. 	<p style="text-align: center;">Marichyasana I (twist only)</p> <ul style="list-style-type: none"> • Read: <ul style="list-style-type: none"> ○ PC at 70-71, 73-74 ○ Gem at 88, 94, 147-149 ○ LoY at 159-161 • Create 5 x 7 study card. <ul style="list-style-type: none"> ○ Include picture on one side. ○ List English, Anglicized Sanskrit and alternate names. ○ List classification according to Gem, pp. 95-105. ○ List 3-5 key points to get shape of pose. ○ List 2-3 common teaching points. ○ List key benefits. ○ List contraindications. ○ List modifications for: <ul style="list-style-type: none"> ▪ Neck and shoulder pain ▪ Sore knees ▪ Sore backs ▪ Sore hips • Teach pose aloud 3 times. • Record self teaching pose as in assessment. • Review recording. • List done well / do better. • Complete timed Intro. I asana practice. • Practice classic asana. <ul style="list-style-type: none"> ○ Note any differences between classic asana and pose as taught for this assessment level. • Review prior weeks' study cards.
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IYENGAR YOGA INTRODUCTORY I STUDY GUIDE

30	04 February 2013 – 10 February 2013	<ol style="list-style-type: none"> 1. Begin to read Ch. 6 Theoretical Background in <u>Basic Guidelines</u> [pp. 70-93], with specific focus on pp. 70-74; 76 (paragraph #13 and #14); pp. 88-89 (paragraph ##18-23). <ol style="list-style-type: none"> 1.1. Create study guide based on pages read. 2. Review Week 5 study outlines. 3. Review Sutras II.29 to II.48. 4. Chant Sutras II.29 to II.48. 	<p style="text-align: center;">Malasana</p> <p>(with wall support for sacrum, arms extended parallel to floor)</p> <p>(away from wall, heels on rolled blanket, arms extended parallel to floor, knees together)</p> <ul style="list-style-type: none"> • Read: <ul style="list-style-type: none"> ○ Gem at 86, 88, 161-163 ○ LoY at 262-266 • Create 5 x 7 study card. <ul style="list-style-type: none"> ○ Include picture on one side. ○ List English, Anglicized Sanskrit and alternate names. ○ List classification according to Gem, pp. 95-105. ○ List 3-5 key points to get shape of pose. ○ List 2-3 common teaching points. ○ List key benefits. ○ List contraindications. ○ List modifications for: <ul style="list-style-type: none"> ▪ Neck and shoulder pain ▪ Sore knees ▪ Sore backs ▪ Sore hips • Teach pose aloud 3 times. • Record self teaching pose as in assessment. • Review recording. • List done well / do better. • Complete timed Intro. I asana practice. • Practice classic asana. <ul style="list-style-type: none"> ○ Note any differences between classic asana and pose as taught for this assessment level. • Review prior weeks' study cards.
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IYENGAR YOGA INTRODUCTORY I STUDY GUIDE

31	11 February 2013 – 17 February 2013	<ol style="list-style-type: none"> 1. Continue to read Ch. 6 Theoretical Background in <u>Basic Guidelines</u> [pp. 70-93] <ol style="list-style-type: none"> 1.1. Create study guide based on pages read. 2. Review Week 6 study outlines. 3. Review Sutras II.29 to II.48. 4. Chant Sutras II.29 to II.48. 	<p style="text-align: right;">Salamba Sarvangasana I</p> <ul style="list-style-type: none"> • Read: <ul style="list-style-type: none"> ○ PC at 84 ○ Gem at 45, 53, 54, 82, 197-201, 215-216 ○ LoY at 57, 205-213 • Create 5 x 7 study card. <ul style="list-style-type: none"> ○ Include picture on one side. ○ List English, Anglicized Sanskrit and alternate names. ○ List classification according to Gem, pp. 95-105. ○ List 3-5 key points to get shape of pose. ○ List 2-3 common teaching points. ○ List key benefits. ○ List contraindications. ○ List modifications for: <ul style="list-style-type: none"> ▪ Neck and shoulder pain ▪ Sore knees ▪ Sore backs ▪ Sore hips • Teach pose aloud 3 times. • Record self teaching pose as in assessment. • Review recording. • List done well / do better. • Complete timed Intro. I asana practice. • Practice classic asana. <ul style="list-style-type: none"> ○ Note any differences between classic asana and pose as taught for this assessment level. • Review prior weeks' study cards.
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IYENGAR YOGA INTRODUCTORY I STUDY GUIDE

32	18 February 2013 – 24 February 2013	<ol style="list-style-type: none"> 1. Complete reading Ch. 6 Theoretical Background in <u>Basic Guidelines</u> [pp. 70-93] <ol style="list-style-type: none"> 1.1. Create study guide based on pages read. 2. Review Week 7 study outlines. 3. Review Sutras II.29 to II.48. 4. Chant Sutras II.29 to II.48. 	<p style="text-align: center;">Halasana (feet on stool)</p> <ul style="list-style-type: none"> • Read: <ul style="list-style-type: none"> ○ PC at 88-89 ○ Gem at 45, 54, 79, 80, 82, 84, 87, 89, 90, 92, 93, 120, 141, 273-274, 258-259 ○ LoY at 156-157 • Create 5 x 7 study card. <ul style="list-style-type: none"> ○ Include picture on one side. ○ List English, Anglicized Sanskrit and alternate names. ○ List classification according to Gem, pp. 95-105. ○ List 3-5 key points to get shape of pose. ○ List 2-3 common teaching points. ○ List key benefits. ○ List contraindications. ○ List modifications for: <ul style="list-style-type: none"> ▪ Neck and shoulder pain ▪ Sore knees ▪ Sore backs ▪ Sore hips • Teach pose aloud 3 times. • Record self teaching pose as in assessment. • Review recording. • List done well / do better. • Complete timed Intro. I asana practice. • Practice classic asana. <ul style="list-style-type: none"> ○ Note any differences between classic asana and pose as taught for this assessment level. • Review prior weeks' study cards.
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IYENGAR YOGA INTRODUCTORY I STUDY GUIDE

33	25 February 2013 – 03 March 2013	<ol style="list-style-type: none"> 1. Begin to read Ch. 7 Hathayoga Pradipika in <u>Basic Guidelines</u> [pp. 94-104] <ol style="list-style-type: none"> 1.1. Create study guide based on pages read. 2. Review Week 9 study outlines. 3. Review Sutras II.29 to II.48. 4. Chant Sutras II.29 to II.48. 	<p style="text-align: right;">Karnapidasana</p> <ul style="list-style-type: none"> • Read: <ul style="list-style-type: none"> ○ PC at 89 ○ Gem at 203-204, 215-216 ○ LoY at 57, 220-221 • Create 5 x 7 study card. <ul style="list-style-type: none"> ○ Include picture on one side. ○ List English, Anglicized Sanskrit and alternate names. ○ List classification according to Gem, pp. 95-105. ○ List 3-5 key points to get shape of pose. ○ List 2-3 common teaching points. ○ List key benefits. ○ List contraindications. ○ List modifications for: <ul style="list-style-type: none"> ▪ Neck and shoulder pain ▪ Sore knees ▪ Sore backs ▪ Sore hips • Teach pose aloud 3 times. • Record self teaching pose as in assessment. • Review recording. • List done well / do better. • Complete timed Intro. I asana practice. • Practice classic asana. <ul style="list-style-type: none"> ○ Note any differences between classic asana and pose as taught for this assessment level. • Review prior weeks' study cards.
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IYENGAR YOGA INTRODUCTORY I STUDY GUIDE

34	04 March 2013 – 10 March 2013	<ol style="list-style-type: none"> 1. Continue to read Ch. 7 Hathayoga Pradipika in <u>Basic Guidelines</u> [pp. 94-104] <ol style="list-style-type: none"> 1.1. Create study guide based on pages read. 2. Review Week 10 study outlines. 3. Review Sutras II.29 to II.48. 4. Chant Sutras II.29 to II.48. 	<p style="text-align: right;">Supta Konasana</p> <ul style="list-style-type: none"> • Read: <ul style="list-style-type: none"> ○ PC at 89 ○ Gem at 204-205, 215-216 ○ LoY at 57, 221-222 • Create 5 x 7 study card. <ul style="list-style-type: none"> ○ Include picture on one side. ○ List English, Anglicized Sanskrit and alternate names. ○ List classification according to Gem, pp. 95-105. ○ List 3-5 key points to get shape of pose. ○ List 2-3 common teaching points. ○ List key benefits. ○ List contraindications. ○ List modifications for: <ul style="list-style-type: none"> ▪ Neck and shoulder pain ▪ Sore knees ▪ Sore backs ▪ Sore hips • Teach pose aloud 3 times. • Record self teaching pose as in assessment. • Review recording. • List done well / do better. • Complete timed Intro. I asana practice. • Practice classic asana. <ul style="list-style-type: none"> ○ Note any differences between classic asana and pose as taught for this assessment level. • Review prior weeks' study cards.
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IYENGAR YOGA INTRODUCTORY I STUDY GUIDE

35	11 March 2013 – 17 March 2013	<ol style="list-style-type: none"> 1. Complete reading Ch. 7 Hathayoga Pradipika in <u>Basic Guidelines</u> [pp. 94-104] <ol style="list-style-type: none"> 1.1. Create study guide based on pages read. 2. Review Week 11 study outlines. 3. Review Sutras II.29 to II.48. 4. Chant Sutras II.29 to II.48. 	<p style="text-align: center;">Chatushpadasana (hands holding ankles)</p> <ul style="list-style-type: none"> • Read: <ul style="list-style-type: none"> ○ Gem at 45, 53, 208, 211, and plate 102, 215-216 ○ LoY at 227-229, and plate 258 • Create 5 x 7 study card. <ul style="list-style-type: none"> ○ Include picture on one side. ○ List English, Anglicized Sanskrit and alternate names. ○ List classification according to Gem, pp. 95-105. ○ List 3-5 key points to get shape of pose. ○ List 2-3 common teaching points. ○ List key benefits. ○ List contraindications. ○ List modifications for: <ul style="list-style-type: none"> ▪ Neck and shoulder pain ▪ Sore knees ▪ Sore backs ▪ Sore hips • Teach pose aloud 3 times. • Record self teaching pose as in assessment. • Review recording. • List done well / do better. • Complete timed Intro. I asana practice. • Practice classic asana. <ul style="list-style-type: none"> ○ Note any differences between classic asana and pose as taught for this assessment level. • Review prior weeks' study cards.
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IYENGAR YOGA INTRODUCTORY I STUDY GUIDE

36	18 March 2013 – 24 March 2013	<ol style="list-style-type: none"> 1. Begin to read Ch. 8 Anatomy in <u>Basic Guidelines</u> [pp. 105-123], with specific focus on pp. 110-111 – The systems; and pp. 115-117 – Skeletal and Muscular Systems. <ol style="list-style-type: none"> 1.1. Create study guide based on pages read. 1.2. Trace diagrams on pages read. 2. Review Week 12 study outlines. 3. Review Sutras II.29 to II.48. 4. Chant Sutras II.29 to II.48. 	<p style="text-align: center;">Setubandha Sarvangasana (sacrum supported on block)</p> <ul style="list-style-type: none"> • Read: <ul style="list-style-type: none"> ○ PC at 114-115 ○ Gem at 45, 53, 79, 84, 87, 89, 92, 93, 120, 208-211, 215-216 ○ LoY at 227-230 • Create 5 x 7 study card. <ul style="list-style-type: none"> ○ Include picture on one side. ○ List English, Anglicized Sanskrit and alternate names. ○ List classification according to Gem, pp. 95-105. ○ List 3-5 key points to get shape of pose. ○ List 2-3 common teaching points. ○ List key benefits. ○ List contraindications. ○ List modifications for: <ul style="list-style-type: none"> ▪ Neck and shoulder pain ▪ Sore knees ▪ Sore backs ▪ Sore hips • Teach pose aloud 3 times. • Record self teaching pose as in assessment. • Review recording. • List done well / do better. • Complete timed Intro. I asana practice. • Practice classic asana. <ul style="list-style-type: none"> ○ Note any differences between classic asana and pose as taught for this assessment level. • Review prior weeks' study cards.
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IYENGAR YOGA INTRODUCTORY I STUDY GUIDE

37	25 March 2013 – 31 March 2013 DUE APRIL 1!	<p>SPRING BREAK</p> <ol style="list-style-type: none"> 1. Review Week 13 study outlines. 2. Review Sutras II.29 to II.48. <p>GIVE FORMS TO RECOMMENDING TEACHERS ON OR BEFORE APRIL 1!</p>	<ul style="list-style-type: none"> • Review prior weeks' study cards: <ul style="list-style-type: none"> ○ Tadasana. ○ Vrksasana. ○ Utthita Trikonasana. ○ Virabhadrasana II ○ Utthita Parsvakonasana ○ Ardha Chandrasana ○ Parsvottanasana (arms down, concave & convex) ○ Prasarita Padottanasana (concave) ○ Parighasana ○ Padangustasana ○ Padahastasana ○ Uttanasana ○ Adho Mukha Svanasana (with support) ○ Utkatasana ○ Dandasana ○ Gomukhasana (arms only) ○ Siddhasana ○ Virasana ○ Parvatasana in Svastikasana ○ Triang Mukhaikapada Paschimottanasana ○ Marichyasana I (twist only) ○ Malasana (2 ways) ○ Salamba Sarvangasana I ○ Halasana (feet on stool) ○ Karnapidasana ○ Supta Konasana ○ Chatushpadasana ○ Setubandha Sarvangasana ○ Urdhva Prasarita Padasana • <u>Complete timed Intro. I asana practice.</u>
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IYENGAR YOGA INTRODUCTORY I STUDY GUIDE

38	01 April 2013 – 07 April 2013	<ol style="list-style-type: none"> 1. Continue to read Ch. 8 Anatomy in <u>Basic Guidelines</u> [pp. 105-123] <ol style="list-style-type: none"> 1.1. Create study guide based on pages read. 1.2. Trace diagrams on pages read. 2. Review prior weeks' study outlines. 3. Review Sutras II.29 to II.48. 4. Chant Sutras II.29 to II.48. 	<p style="text-align: center;">Urdhva Prasarita Padasana (90 degrees)</p> <ul style="list-style-type: none"> • Read: <ul style="list-style-type: none"> ○ Gem at 87, 90, 217-220, 229 ○ LoY at 240-242 • Create 5 x 7 study card. <ul style="list-style-type: none"> ○ Include picture on one side. ○ List English, Anglicized Sanskrit and alternate names. ○ List classification according to Gem, pp. 95-105. ○ List 3-5 key points to get shape of pose. ○ List 2-3 common teaching points. ○ List key benefits. ○ List contraindications. ○ List modifications for: <ul style="list-style-type: none"> ▪ Neck and shoulder pain ▪ Sore knees ▪ Sore backs ▪ Sore hips • Teach pose aloud 3 times. • Record self teaching pose as in assessment. • Review recording. • List done well / do better. • Complete timed Intro. I asana practice. • Practice classic asana. <ul style="list-style-type: none"> ○ Note any differences between classic asana and pose as taught for this assessment level. • Review prior weeks' study cards.
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IYENGAR YOGA INTRODUCTORY I STUDY GUIDE

39	08 April 2013 – 14 April 2013	<ol style="list-style-type: none"> 1. Complete reading Ch. 8 Anatomy in <u>Basic Guidelines</u> [pp. 105-123] <ol style="list-style-type: none"> 1.1. Create study guide based on pages read. 1.2. Trace diagrams on pages read. 2. Review Week 15 study outlines. 3. Review Sutras II.29 to II.48. 4. Chant Sutras II.29 to II.48. 	<p style="text-align: center;">Bharadvajasana I (turning, without holding upper arm)</p> <ul style="list-style-type: none"> • Read: <ul style="list-style-type: none"> ○ PC at 75-76 ○ Gem at 88, 92, 275, 230-232 ○ LoY at 251-253 • Create 5 x 7 study card. <ul style="list-style-type: none"> ○ Include picture on one side. ○ List English, Anglicized Sanskrit and alternate names. ○ List classification according to Gem, pp. 95-105. ○ List 3-5 key points to get shape of pose. ○ List 2-3 common teaching points. ○ List key benefits. ○ List contraindications. ○ List modifications for: <ul style="list-style-type: none"> ▪ Neck and shoulder pain ▪ Sore knees ▪ Sore backs ▪ Sore hips • Teach pose aloud 3 times. • Record self teaching pose as in assessment. • Review recording. • List done well / do better. • Complete timed Intro. I asana practice. • Practice classic asana. <ul style="list-style-type: none"> ○ Note any differences between classic asana and pose as taught for this assessment level. • Review prior weeks' study cards.
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IYENGAR YOGA INTRODUCTORY I STUDY GUIDE

40	15 April 2013 – 21 April 2013	<ol style="list-style-type: none"> 1. Begin to answer questions in Ch. 9 Questions – Objective and Narrative in <u>Basic Guidelines</u> [pp. 124-134]. Identify those questions that relate to Introductory I syllabus. 2. Review Week 16 study outlines. 3. Review Sutras II.29 to II.48. 4. Chant Sutras II.29 to II.48. 	<p style="text-align: center;">Savasana (on bolster with eyes covered, observing the normal in breath and out breath)</p> <ul style="list-style-type: none"> • Read: <ul style="list-style-type: none"> ○ PC at 116-117 ○ Gem at 55, 80, 83-84, 85, 86, 87, 88, 93, 95, 97, 120, 164, 285, 306, 275-278, 180-186 ○ LoY at 59, 422-424, 435 ○ LoP at 62, 80, 86, 127, 232-233, 233-252, 254, 281 • Create 5 x 7 study card. <ul style="list-style-type: none"> ○ Include picture on one side. ○ List English, Anglicized Sanskrit and alternate names. ○ List classification according to Gem, pp. 95-105. ○ List 3-5 key points to get shape of pose. ○ List 2-3 common teaching points. ○ List key benefits. ○ List contraindications. ○ List modifications for: <ul style="list-style-type: none"> ▪ Neck and shoulder pain ▪ Sore knees ▪ Sore backs ▪ Sore hips • Teach pose aloud 3 times. • Record self teaching pose as in assessment. • Review recording. • List done well / do better. • Complete timed Intro. I asana practice. • Practice classic asana. <ul style="list-style-type: none"> ○ Note any differences between classic asana and pose as taught for this assessment level. • Review prior weeks' study cards.
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IYENGAR YOGA INTRODUCTORY I STUDY GUIDE

41	<p>22 April 2013 – 28 April 2013</p> <p>DUE MAY 1!</p>	<ol style="list-style-type: none"> 1. Continue to answer questions in Ch. 9 Questions – Objective and Narrative in <u>Basic Guidelines</u> [pp. 124-134]. Identify those questions that relate to Introductory I syllabus. 2. Review Week 17 study outlines. 3. Review Sutras II.29 to II.48. 4. Chant Sutras II.29 to II.48. <p>POSTMARK ASSESSMENT APPLICATION ON OR BEFORE MAY 1!</p>	<p style="text-align: right;">Ujjayi I & II</p> <ul style="list-style-type: none"> • Read: <ul style="list-style-type: none"> ○ PC at 118 ○ Gem at <ul style="list-style-type: none"> ▪ UI: 54-56, 85, 90, 91, 93, 94, 120, 306, 307, 313-316 ▪ UII: 90, 93, 308, 309, 319-321 ○ LoY at 441-443 ○ LoP at 123-131, 145, 284 • Create 5 x 7 study card. <ul style="list-style-type: none"> ○ Include picture on one side. ○ List English, Anglicized Sanskrit and alternate names. ○ List classification according to Gem, pp. 95-105. ○ List 3-5 key points to get points of pranayama. ○ List 2-3 common teaching points. ○ List key benefits. ○ List contraindications. ○ List modifications for: <ul style="list-style-type: none"> ▪ Neck and shoulder pain ▪ Sore knees ▪ Sore backs ▪ Sore hips • Teach pranayama aloud 3 times. • Record self teaching pranayama as in assessment. • Review recording. • List done well / do better. • Practice pranayama daily. • Practice classic pranayama. <ul style="list-style-type: none"> ○ Note any differences between classic pranayama and pranayama as taught for this assessment level. • Review prior weeks' study cards.
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IYENGAR YOGA INTRODUCTORY I STUDY GUIDE

42	29 April 2013 – 05 May 2013	<ol style="list-style-type: none"> 1. Finish answering questions in Ch. 9 Questions – Objective and Narrative in <u>Basic Guidelines</u> [pp. 124-134]. Identify those questions that relate to Introductory I syllabus. 2. Review Week 18 study outlines. 3. Review Sutras II.29 to II.48. 4. Chant Sutras II.29 to II.48. 	<p style="text-align: right;">Viloma I & II</p> <ul style="list-style-type: none"> • Read: <ul style="list-style-type: none"> ○ Gem at <ul style="list-style-type: none"> ▪ VI: 54, 85, 86, 88, 89, 92, 93, 307, 308, 316-319 ▪ VII: 54, 85, 86, 88, 89, 91, 307, 308, 318-319 ○ LoY at 455-457 ○ LoP at 146-147, 151, 286 • Create 5 x 7 study card. <ul style="list-style-type: none"> ○ Include picture on one side. ○ List English, Anglicized Sanskrit and alternate names. ○ List classification according to Gem, pp. 95-105. ○ List 3-5 key points to get points of pranayama. ○ List 2-3 common teaching points. ○ List key benefits. ○ List contraindications. ○ List modifications for: <ul style="list-style-type: none"> ▪ Neck and shoulder pain ▪ Sore knees ▪ Sore backs ▪ Sore hips • Teach pranayama aloud 3 times. • Record self teaching pranayama as in assessment. • Review recording. • List done well / do better. • Practice pranayama daily. • Practice classic pranayama. <ul style="list-style-type: none"> ○ Note any differences between classic pranayama and pranayama as taught for this assessment level. • Review prior weeks' study cards.
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IYENGAR YOGA INTRODUCTORY I STUDY GUIDE

43	05 May 2013 – 11 May 2013	<ol style="list-style-type: none"> 1. Review all study outlines. 2. Review Sutras II.29 to II.48. 3. Chant Sutras II.29 to II.48. 4. Answer the following questions, with citations: <ol style="list-style-type: none"> 4.1. What is the definition of yoga? 4.2. What are the names and definitions of the 4 padas of the Patanjala Yoga Sutra? 4.3. What are the Sanskrit names and definitions of the eight limbs of astanga yoga? 4.4. What are the Sanskrit names and definitions of the yamas and niyamas? 4.5. How do you construct a sequence for a beginners' class? 4.6. What is an appropriate sequence for menstruation? 4.7. Name and define the major systems of the body. 4.8. What are the name, shape, and location of each of the major bones of the body? 4.9. What are the major superficial muscles of the body? 	<ul style="list-style-type: none"> • Review all study cards. • Record self teaching all poses. • List done well / do better. • Complete timed Intro. I asana practice. 1x a week
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CONTINUE WEEKLY

STUDY, PRACTICE, & TEACHING

UNTIL 1 WEEK BEFORE ASSESSMENT.

REST DURING WEEK BEFORE ASSESSMENT.

TAKE ASSESSMENT CONFIDENTLY.

PASS ASSESSMENT.

CELEBRATE JOYOUSLY!