

Yoga Immersion Curriculum with Cathy Cesario

September-October

The Fundamentals of Standing Postures and Sun Salutations

Introduction to Philosophy of Yoga

Class 1: Introduction to Yoga, The Paths of Yoga, The Eight Limbs of Yoga

Class 2-5: The Yamas in Practice

Class 6: Chitta Vritti

November-December

The Fundamentals of Back Bending

The History of Yoga

The Niyamas in Practice

Class 1: The History of Yoga, Therapeutics of Back Bends

Class 2-6 The Niyamas in Practice

Class 7: Anatomical Focus: Shoulder Girdle, Arms, and Wrists

Class 8: Anatomical Focus: Hips and Pelvis, Knees, Feet

Class 9: Anatomical Focus: Spine/Neck

January-February

Arm Balances and Inversions

Chitta Vritti and the Four Fold Remedy: Patanjali

Class 1: Intro to Arm Balances and Inversions—therapeutics, technique

Class 2-7: Each class focus on Chitta Vritti

Class 8: The four-fold remedy

March/April

Fundamentals of Forward Bends/Twists

Pranayama: Introduction to Yogic Breathing

Class 1: Technique and therapeutics of For. Bends and Twists, contraindications

Class 2: The Prana Vayus

Class 3: Samavritti, Khapalabati, Ujayii

Class 4: Alternate Nostril

Class 5: Sitali, Symbol of the Lake

Class 6-8: Mixed Breath Practice, Introduce Breath Retention?

HAVE STUDENTS TEACH SOME OF THE POSTURES

May/June

Fundamentals of Vinyasa

Dharana and Dhyana: Introduction to Meditation

Class 1: Shiva Rea on Vinyasa

Class 2: Introduction to meditation

Class 3-8: Various meditations, have others lead?

July/August

Thematic Classes TBA

Special Classes for YTT Alums