**Yoga’s Personal Development Program –2021-22**

**Schedule Outline and Timeline**

**(Content may change as needed)**

**Part One**

**Weekend #1 September 18-19, 2021**

**Saturday, 8 am – 12 noon**

8:00 Orientation & Introduction

9:00 Hatha Class

10:30 Philosophical and Spiritual Fundamentals of Yoga

**Sunday, No class**

**Weekend #2 October 2-3, 2021**

**Saturday, 8 am – 1 pm**

8:00 Prayers of the Tradition – Discussion about prayer and yoga, religion and yoga

9:00 Hatha Class (Focus on Standing Poses & A & P)

10:30 Introduction to Pelvic-Abdominal Practice (Akunchana Prasarana)

Lower Body Fundamentals

Standing Poses 1

**Sunday, 8 am – 12 noon; 1 pm – 4 pm**

8:00 Prayers of the Tradition —More discussion regarding religion, prayer, yoga

Hatha Class (Standing poses and A&P—move into relaxation and emphasis on whole body breath, diaphragmatic breathing in different postures)

9:00 Respiratory System

10:00 Diaphragmatic Breathing I

12:00 Lunch

1:00 Seated Meditation Poses

2:00 Relaxation Process and Techniques

**Weekend #3 October 23-24, 2021**

**Saturday, 8 am – 12 noon; 1 – 3 pm**

8:00 Invocation & Student-Teacher prayer

Hatha Yoga Class

10:00 Anatomy of Agni Sara

Agni Sara and Practice

12:00 Lunch

1:00 Seated Poses

**Sunday, 8 am – 1 pm; 2 – 4 pm**

8:00 Upper Body Fundamentals

9:00 The Nervous System

10:00 Diaphragmatic Breathing II

11:30 Relaxation Process and Techniques

1:00 Lunch

2:00 Backward Bends II and Reclined Twists

**Weekend #4 November 6-7, 2021**

**Saturday, 8 am – 12:00 noon; 1 – 4 pm**

8:00 Invocation, Student-Teacher Prayer, Morning Prayers

Bhagavad Gita Introduction

9:00 Hatha Class (Sequence 1 focus with addition of standing poses practice)

10:30 Introduction to the Bhagavad Gita

12:00 Lunch

1:00 Anatomy of the Mind; Yoga Sutras I

3:00 Standing Poses 2

**Sunday, 8 am – 12 noon; 1 – 3 pm**

8:00 Morning Prayers

Hatha Class (Sequence 1 –focus on standing poses)

10:00 Introduction to the Subtle Body

12:00 Lunch

1:00 Subtle Body and Pranayama 1

**Weekend #5 November 20-21, 2021**

**Saturday, 8 am – 1 pm**

8:00 Prayers of the Tradition

Introductions of Luke and Students

Pranayama Practice I

9:00 Hatha Class

10:30 Twists

11:30 Relaxation Techniques II

**Sunday, 8 am – 12 noon**

8:00 Morning Prayers

Forward Bends

10:00 The Yogic Lifestyle

**Weekend #6 December 4-5, 2021**

**Saturday, 8 am – 12:30 pm**

8:00 Morning Prayers

Backward Bending Poses

9:00 Hatha Class (emphasize bending poses)

10:30 Forward Bends II

**Sunday, 8 am – 12:30 pm**

8:00 Morning Prayers

Sequence 1 – Practice, Breakdown and Discussion

10:30 Standing Poses III (part two)

Inverted Poses I

Beginning of Summer break – discussion

**Part Two**

**Weekend # 7 January 22-23, 2022**

**Saturday, 8 am – 12 noon; 1-2 pm**

8:00 Morning Prayers

Introduction of the Second half of the program

Discussion about Summer Break Activities

9:00 Hatha Class (During these next 6 weekends, Focus on Sequence II)

10:30 Introduction to Sanskrit – Names of the Poses

12:00 Lunch

1:00 Yoga Sutras I

**Sunday, 8 am – 12 noon; 1 – 5 pm**

8:00 Morning Prayers

Prayers and Mantras of the Tradition I – Student-Teacher prayer

Prayers of the Tradition – Mahamritunjaya Mantra

9:00 Hatha Class

10:30 The Meditation Process

12:00 Lunch

1:00 The Subtle Body II

3:00 Stress Management in Daily Life

4:45 Evening Prayers

**Weekend #8 February 5-6, 2022**

**Saturday, 8 am – 12:30 pm**

8:00 Morning Prayers

9:00 Hatha Class

10:30 Inverted Poses 2

**Sunday, 8 am – 12 noon**

8:00 Morning Prayers

Hatha Class

9:30 Yoga Sutras II

11:30 Pranayama Practice II

**Weekend #9 February 26-27, 2022**

**Saturday, 8 am – 10:30 am**

8:00 Morning Prayers of the Tradition

Introduction to Yoga for Healing

9:00 Hatha Class

**Sunday, 8 am – 12 noon; 1 – 3 pm**

8:00 Morning Prayers

8:15 Hatha Class

10:00 Asana for Inner Healing

12:00 Lunch

1:00 Introduction to Restorative Asana

**Weekend #10 March 20-21, 2022**

**Saturday, 8 am – 12:30 pm**

8:00 Morning Prayers

Introduction to Yoga for Healing – Part 2

9:00 Hatha Class

10:30 Introduction to Ayurveda

**Sunday, 8 am – 12 noon**

8:00 Morning Prayers

8:15 Sun Salutations

10:00 Agni and Ama

**Weekend #11 April 10-11, 2022**

**Saturday, 8 am – 12:30 pm; 1:30 – 5 pm**

8:00 Morning Prayers of the Tradition

Meditation Journals, if involved in the sadhana

9:00 Hatha class

10:30 Yoga Sutras II

12:30 Lunch

1:30 Yoga Sutras III

3:30 Pranayama Practice 3

4:55 Evening Prayers

**Sunday, (Optional – 8 am – 10:30 am); 1:30 pm – 5 pm**

8:00 **Optional** – Morning Prayers

8:15 **Optional** – Asana from an Ayurvedic Perspective – Lecture and Practice

1:30 Yoga for Healing: Meditation and the Yoga Sutra

3:30 Himalayan Tradition/India & Evening Prayers of the Tradition

4:45 Evening Prayers

**Weekend #12 May 1-2, 2022**

**Saturday, 9 am – 5 pm**

9:00 Hatha class

10:30 Ayurvedic Diet and Nutrition Cooking

12:30 Lunch—eating the food that was prepared

1:30 Bhakti presentation with Love, Light and Harmony

2:30 Practical Ayurveda in Daily Life

5:00 Close with Prayers

Close with Relaxation – Point to Point and 61 points/Prayers/Meditation

**Sunday, (Optional: 8 am – 10:00 am; 1 – 3 pm); 3 pm – 5 pm**

8:00 **Optional**: Morning Prayers

8:15 **Optional:** Questions/Concerns about teaching

8:30 **Optional**: Final Hatha Class –Sequence 2 taught by the entire class, one at a time (focusing on the inner healing aspects—discussion first)

1:00 **Optional**: The Healing Process and Healing Strategies

3:00 Closing Ceremony and Certificate Handout for Teachers and Personal Development Students