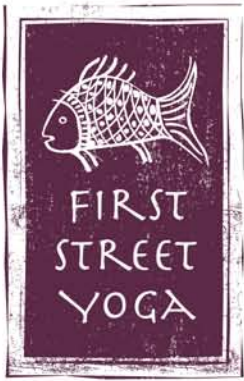


# Teacher Development/Mentor Program

With Jane Carlsen, Fall 2010



STRENGTH  
BALANCE

EQUANIMITY



516 E. First Street  
P.O. Box 832  
Newberg, OR 97132  
503.554.5485

[FirstStreetYoga.com](http://FirstStreetYoga.com)

This unique course is designed to help you develop the knowledge and skills to begin teaching yoga or to tailor your yoga practice to address specific personal needs. It is appropriate for any level of student who is ready to use their regular home practice as a vehicle for self-development.

This program will be limited to eight students.

Program cost is \$425/session and includes the following:

- Two 30-minute private consultations
- Unlimited attendance at all regular classes
- Four Saturday groups meetings  
9/25, 10/16, 11/13 and 12/4  
(10:45am – 1:45pm)

An initial private consultation will be used to identify the student's immediate goals and tailor a personal practice to address these goals. This routine will be revisited and refined in the follow-up consultation. These meetings will be scheduled at the convenience of the student and teacher.

Each three-hour group meeting will include asana practice, study of Patanjali's yoga sutras, and introductory pranayama.

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In fall of 2010, our curriculum will cover the following:

## **Body/Asana**

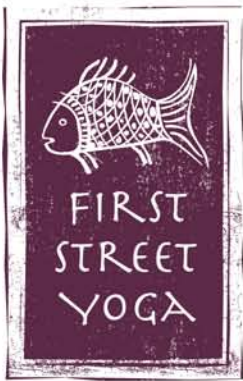
We will study from the list of introductory asanas (attached) with an emphasis on correct action in standing poses. Students will become familiar with basic anatomical terms, the human skeleton and the action of major joints.

## **Mind/Sutras**

Our study of the Sutras will begin with a general overview with attention to organization and structure. We will discuss the philosophical implications of a system based on duality and we will explore these ideas in our practice. You will be introduced to the various ways yoga is described in the Sutras. Our studies will emphasize the practical skills necessary to take the written wisdom of the Sutras and apply it to action – the simple action of asana as well as the more complicated actions of life off the mat.

## **Spirit/Pranayama**

We will begin our exploration of the actions and meaning of breath by learning about the major respiratory organs and how they are changed and shaped by asana (also exploring how asana is affected by breath). We will practice simple exercises to become more aware of the qualities of our breath and how these qualities teach us about the state of our nervous system.



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## Course Resources

### **Required Books**

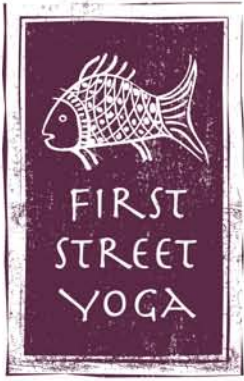
Iyengar, BKS - *Light on Yoga*  
Iyengar, Geeta - *Gem for Women*  
Any translation - *Yoga Sutras of Patanjali*  
Rosen, Richard - *Yoga of Breath*

### **Recommended Books**

*Anatomy Coloring Book*  
Mehta, Mira - *Yoga the Iyengar Way*

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## Asanas for Intro

1. Tadasana
2. Vrksasana
3. Utthita Trikonasana
4. Virabhadrasana II
5. Utthita Parsvakonasana
6. Virabhadrasana I
7. Ardha Chandrasana
8. Parsvottanasana
9. Prasarita Padottanasana
10. Parighasana
11. Padangusthasana
12. Padahastasana
13. Adho Mukha Svanasana
14. Utkatasana
15. Dandasana
16. Gomukhasana (arms only)
17. Siddhasana
18. Virasana
19. Parvatasana in Virasana
20. Triang Mukhaikapada Paschimottanasana
21. Marichyasana I (twist only)
22. Salamba Sarvangasana I
23. Halasana (legs on stool)
24. Karnapidasana
25. Supta Konasana
26. Urdhva Prasarita Padasana
27. Bharadvajasana I
28. Malasana (with wall support)
29. Savasana

## Pranayamas

Ujjayi I, II, III and IV  
Viloma I and II