

Objectives

- ✓ Identify, describe and / or define each of the Eight limbs of Raja Yoga.
- ✓ Teach the following 27 CLASSIC YOGA ASANAS by demonstration and cueing:
 - Standing Poses (7) – Mountain, Triangle, Standing forward bend, Straddle forward bend
Warrior One, Warrior Two, Tree
 - Seated Poses (7) – Staff, Single leg forward fold, Seated forward fold, (upward) Boat
Seated Straddle, Bound angle / Cobbler, Seated spinal twist
 - Kneeling Poses (4) - Hero, Child, Lunge, Camel
 - Prone Poses (3) – Cobra, Bow, (downward) Boat
 - Supine Poses (4) - Supine twist, Supine single leg stretch, Bridge, Corpse
 - Inversions (2) - Downward Dog, Easy inversion
- ✓ Teach the Three-part breath by demonstration and cueing.
- ✓ Identify the body's two possible organizational strategies for gravity orientation.
- ✓ Explain the concept 'base of support' and how it affects the body in a yoga pose.
- ✓ Explain the concept 'dimensionality' and how it affects the body in a yoga pose.
- ✓ Teach the 'pelvic lift' exercise to activate internal core support.
- ✓ Identify the four stages in the learning process of Skill Acquisition.
- ✓ Teach one yoga pose that represents each of the four characteristic somatic patterns.
- ✓ Explain the difference between poses of expansion and contraction. Give 2 examples of each.
- ✓ Describe the difference between the Red Light and Green Light reflex somatotypes.
- ✓ Teach a 5 minute Somatic Awareness Meditation.