



## **Native Yoga Immersion Teacher Training Program**

200 ~ 300 ~ 500 hour Curriculum

### ***Immersion: Cobra***

#### **Friday 6:00pm - 9:00pm**

(A+P) Anatomy and Posture

(P&E) Health Beyond Posture

(T) Improv Master Class / Orientation

#### **Saturday 12:00pm - 3:00pm**

(A+P) Anatomy and Posture

(P&E) Group Philosophy Discussion

(T) Define your Intentions - Develop your focus through yoga/ Practice and Workshop

#### **Saturday 4:00pm - 7:00pm**

(T&Pr) Technique of Native Yoga. Explore the alignment principles of the postures performed in Native Yoga and practice the skill of verbal delivery to help further your understanding of the practice. These sessions will include alignment study of postures used, sanskrit terminology, hands on adjustment technique and provide valuable feedback for enhancing teaching skills.

#### **Sunday 12:00pm - 3:00pm**

(T&Pr) Technique of Native Yoga. Explore the alignment principles of the postures performed in Native Yoga and practice the skill of verbal delivery to help further your understanding of the practice. These sessions will include alignment study of postures used, sanskrit terminology, hands on adjustment technique and provide valuable feedback for enhancing teaching skills.

#### **Sunday 4:00pm - 7:00pm**

(A+P) Anatomy and Posture

(P&E) Yoga Sutras- Yama and Niyama

(T) Master Class - Exploration of Posture, Breath and Meditation

### ***Immersion: Locust***

**Friday 6:00pm - 9:00pm**

(A+P) Anatomy and Posture

(P&E) The Philosophy of Posture, Posture as Philosophy

(T) Improv Master Class

**Saturday 12:00pm - 3:00pm**

(A+P) Anatomy and Posture

(P&E) Yoga Sutras - Asana

(T) Alignment Principles of Native Yoga

**Saturday 4:00pm - 7:00pm**

(T&Pr) Technique of Native Yoga. Explore the alignment principles of the postures performed in Native Yoga and practice the skill of verbal delivery to help further your understanding of the practice. These sessions will include alignment study of postures used, sanskrit terminology, hands on adjustment technique and provide valuable feedback for enhancing teaching skills.

**Sunday 12:00pm - 3:00pm**

(T&Pr) Technique of Native Yoga. Explore the alignment principles of the postures performed in Native Yoga and practice the skill of verbal delivery to help further your understanding of the practice. These sessions will include alignment study of postures used, sanskrit terminology, hands on adjustment technique and provide valuable feedback for enhancing teaching skills.

**Sunday 4:00pm - 7:00pm**

(A+P) Anatomy and Posture

(P&E) Group Philosophy Discussion

(T) Adjustment techniques for the standing poses in Native Yoga

### ***Immersion: Peacock***

**Friday 6:00pm - 9:00pm**

(A+P) Anatomy and Posture

(P&E) What is Yoga?

(T) Improv Master Class

**Saturday 12:00pm - 3:00pm**

(A+P) Anatomy and Posture

(P&E) Yoga Sutras - Pranayama

(T) Pranayama Theory & Practice

**Saturday 4:00pm - 7:00pm**

(T&Pr) Technique of Native Yoga. Explore the alignment principles of the postures performed in Native Yoga and practice the skill of verbal delivery to help further your understanding of the practice. These sessions will include alignment study of postures used, sanskrit terminology, hands on adjustment technique and provide valuable feedback for enhancing teaching skills.

**Sunday 12:00pm - 3:00pm**

(T&Pr) Technique of Native Yoga. Explore the alignment principles of the postures performed in Native Yoga and practice the skill of verbal delivery to help further your understanding of the practice. These sessions will include alignment study of postures used, sanskrit terminology, hands on adjustment technique and provide valuable feedback for enhancing teaching skills.

**Sunday 4:00pm - 7:00pm**

(A+P) Anatomy and Posture  
(P&E) Group Philosophy Discussion  
(T) Floating and Flying (The Art of Jumping)

***Immersion: Eagle*****Friday 6:00pm - 9:00pm**

(A+P) Anatomy and Posture  
(P&E) Ten Fundamental Principles of Yoga  
(T) Improv Master Class

**Saturday 12:00pm - 3:00pm**

(A+P) Anatomy and Posture  
(P&E) Yoga Sutras - Pratyhara  
(T) Balancing Poses of Native Yoga and Variations

**Saturday 4:00pm - 7:00pm**

(T&Pr) Technique of Native Yoga. Explore the alignment principles of the postures performed in Native Yoga and practice the skill of verbal delivery to help further your understanding of the practice. These sessions will include alignment study of postures used, sanskrit terminology, hands on adjustment technique and provide valuable feedback for enhancing teaching skills.

**Sunday 12:00pm - 3:00pm**

(T&Pr) Technique of Native Yoga. Explore the alignment principles of the postures performed in Native Yoga and practice the skill of verbal delivery to help further your understanding of the practice. These sessions will include alignment study of postures used, sanskrit terminology, hands on adjustment technique and provide valuable feedback for enhancing teaching skills.

**Sunday 4:00pm - 7:00pm**

(A+P) Anatomy and Posture  
(P&E) Group Philosophy Discussion  
(T) Inversion Workshop

***Immersion: Lion***

**Friday 6:00pm - 9:00pm**

(A+P) Anatomy and Posture  
(P&E) In Praise of the Philosophical Life  
(T) Improv Master Class

**Saturday 12:00pm - 3:00pm**

(A+P) Anatomy and Posture  
(P&E) Yoga Sutras - Dharana  
(T) Exploration of 84 Classic Asanas

**Saturday 4:00pm - 7:00pm**

(T&Pr) Technique of Native Yoga. Explore the alignment principles of the postures performed in Native Yoga and practice the skill of verbal delivery to help further your understanding of the practice. These sessions will include alignment study of postures used, sanskrit terminology, hands on adjustment technique and provide valuable feedback for enhancing teaching skills.

**Sunday 12:00pm - 3:00pm**

(T&Pr) Technique of Native Yoga. Explore the alignment principles of the postures performed in Native Yoga and practice the skill of verbal delivery to help further your understanding of the practice. These sessions will include alignment study of postures used, sanskrit terminology, hands on adjustment technique and provide valuable feedback for enhancing teaching skills.

**Sunday 4:00pm - 7:00pm**

(A+P) Anatomy and Posture  
(P&E) Group Philosophy Discussion  
(T) Adjustment Clinic: Floor Poses of Native Yoga

***Immersion: Cow***

**Friday 6:00pm - 9:00pm**

(A+P) Anatomy and Posture  
(P&E) Why Study Philosophy?  
(T) Improv Master Class

**Saturday 12:00pm - 3:00pm**

(A+P) Anatomy and Posture  
(P&E) Yoga Sutras - Dhyana  
(T) Meditation Techniques, Practice and Theory

**Saturday 4:00pm - 7:00pm**

(T&Pr) Technique of Native Yoga. Explore the alignment principles of the postures performed in Native Yoga and practice the skill of verbal delivery to help further your understanding of the practice. These sessions will include alignment study of postures used, sanskrit terminology, hands on adjustment technique and provide valuable feedback for enhancing teaching skills.

**Sunday 12:00pm - 3:00pm**

(T&Pr) Technique of Native Yoga. Explore the alignment principles of the postures performed in Native Yoga and practice the skill of verbal delivery to help further your understanding of the practice. These sessions will include alignment study of postures used, sanskrit terminology, hands on adjustment technique and provide valuable feedback for enhancing teaching skills.

**Sunday 4:00pm - 7:00pm**

(A+P) Anatomy and Posture  
(P&E) Group Philosophy Discussion  
(T) Need a Lift? Bandhas and Drishti Workshop

***Immersion: Pigeon*****Friday 6:00pm - 9:00pm**

(A+P) Anatomy and Posture  
(P&E) The Seven Steps of Psychospiritual Maturation  
(T) Improv Master Class

**Saturday 12:00pm - 3:00pm**

(A+P) Anatomy and Posture  
(P&E) Yoga Sutras- Samadhi  
(T) Arm Balance Workshop

**Saturday 4:00pm - 7:00pm**

(T&Pr) Technique of Native Yoga. Explore the alignment principles of the postures performed in Native Yoga and practice the skill of verbal delivery to help further your understanding of the practice. These sessions will include alignment study of postures used, sanskrit terminology, hands on adjustment technique and provide valuable feedback for enhancing teaching skills.

**Sunday 12:00pm - 3:00pm**

(T&Pr) Technique of Native Yoga. Explore the alignment principles of the postures performed in Native Yoga and practice the skill of verbal delivery to help further your understanding of the practice. These sessions will include alignment study of postures used, sanskrit terminology, hands on adjustment technique and provide valuable feedback for enhancing teaching skills.

**Sunday 4:00pm - 7:00pm**

(A+P) Anatomy and Posture

(P&E) Group Philosophy Discussion

(T) Adjustment Clinic: Foundation Poses in Primary Series

***Immersion: Frog***

**Friday 6:00pm - 9:00pm**

(A+P) Anatomy and Posture

(P&E) A Bird's Eye View of the History of Yoga

(T) Improv Master Class

**Saturday 12:00pm - 3:00pm**

(A+P) Anatomy and Posture

(P&E) Hatha Yoga Pradipika

(T) Half Primary Series Workshop

**Saturday 4:00pm - 7:00pm**

(T&Pr) Technique of Native Yoga. Explore the alignment principles of the postures performed in Native Yoga and practice the skill of verbal delivery to help further your understanding of the practice. These sessions will include alignment study of postures used, sanskrit terminology, hands on adjustment technique and provide valuable feedback for enhancing teaching skills.

**Sunday 12:00pm - 3:00pm**

(T&Pr) Technique of Native Yoga. Explore the alignment principles of the postures performed in Native Yoga and practice the skill of verbal delivery to help further your understanding of the practice. These sessions will include alignment study of postures used, sanskrit terminology, hands on adjustment technique and provide valuable feedback for enhancing teaching skills.

**Sunday 4:00pm - 7:00pm**

(A+P) Anatomy and Posture

(P&E) Group Philosophy Discussion

(T) Traditional Counting in Half Primary

***Immersion: Lizard***

**Friday 6:00pm - 9:00pm**

(A+P) Anatomy and Posture

(P&E) The Yoga Of the Vedas and Upanishads

(T) Improv Master Class

**Saturday 12:00pm - 3:00pm**

(A+P) Anatomy and Posture  
(P&E) Veda and Upanishadic Readings  
(T) Primary Series Workshop/ Beyond Navasana

**Saturday 4:00pm - 7:00pm**

(T&Pr) Technique of Native Yoga. Explore the alignment principles of the postures performed in Native Yoga and practice the skill of verbal delivery to help further your understanding of the practice. These sessions will include alignment study of postures used, sanskrit terminology, hands on adjustment technique and provide valuable feedback for enhancing teaching skills.

**Sunday 12:00pm - 3:00pm**

(T&Pr) Technique of Native Yoga. Explore the alignment principles of the postures performed in Native Yoga and practice the skill of verbal delivery to help further your understanding of the practice. These sessions will include alignment study of postures used, sanskrit terminology, hands on adjustment technique and provide valuable feedback for enhancing teaching skills.

**Sunday 4:00pm - 7:00pm**

(A+P) Anatomy and Posture  
(P&E) Group Philosophy Discussion  
(T) Adjustment Clinic: Primary Series Postures

***Immersion: Crane*****Friday 6:00pm - 9:00pm**

(A+P) Anatomy and Posture  
(P&E) The Bhagavad Gita and Its Teachings  
(T) Improv Master Class

**Saturday 12:00pm - 3:00pm**

(A+P) Anatomy and Posture  
(P&E) Karma Yoga and Krishna Bhakti  
(T) Mantra and Yoga of Devotion through Sound

**Saturday 4:00pm - 7:00pm**

(T&Pr) Technique of Native Yoga. Explore the alignment principles of the postures performed in Native Yoga and practice the skill of verbal delivery to help further your understanding of the practice. These sessions will include alignment study of postures used, sanskrit terminology, hands on adjustment technique and provide valuable feedback for enhancing teaching skills.

**Sunday 12:00pm - 3:00pm**

(T&Pr) Technique of Native Yoga. Explore the alignment principles of the postures performed in Native Yoga and practice the skill of verbal delivery to help further your understanding of the practice. These sessions will include alignment study of postures used, sanskrit terminology, hands on adjustment technique and provide valuable feedback for enhancing teaching skills.

**Sunday 4:00pm - 7:00pm**

(A+P) Anatomy and Posture  
(P&E) Group Philosophy Discussion  
(T) Introduction to Nadi Shodhana(2nd Series)

***Immersion: Fish*****Friday 6:00pm - 9:00pm**

(A+P) Anatomy and Posture  
(P&E) The System of Patanjali's Classical Yoga  
(T) Improv Master Class

**Saturday 12:00pm - 3:00pm**

(A+P) Anatomy and Posture  
(P&E) Yoga Sutra Studies  
(T) Openings the Hips with Yin

**Saturday 4:00pm - 7:00pm**

(T&Pr) Technique of Native Yoga. Explore the alignment principles of the postures performed in Native Yoga and practice the skill of verbal delivery to help further your understanding of the practice. These sessions will include alignment study of postures used, sanskrit terminology, hands on adjustment technique and provide valuable feedback for enhancing teaching skills.

**Sunday 12:00pm - 3:00pm**

(T&Pr) Technique of Native Yoga. Explore the alignment principles of the postures performed in Native Yoga and practice the skill of verbal delivery to help further your understanding of the practice. These sessions will include alignment study of postures used, sanskrit terminology, hands on adjustment technique and provide valuable feedback for enhancing teaching skills.

**Sunday 4:00pm - 7:00pm**

(A+P) Anatomy and Posture  
(P&E) Group Philosophy Discussion  
(T) Handstand Workshop



### ***Immersion: Rooster***

#### **Friday 6:00pm - 9:00pm**

(A+P) Anatomy and Posture

(P&E) Tantra: Revelation for the Kali Yuga

(T) Improv Master Class

#### **Saturday 12:00pm - 3:00pm**

(A+P) Anatomy and Posture

(P&E) Tantric Readings and Philosophy

(T) Back bending and Spine Strengthening Workshop

#### **Saturday 4:00pm - 7:00pm**

(T&Pr) Technique of Native Yoga. Explore the alignment principles of the postures performed in Native Yoga and practice the skill of verbal delivery to help further your understanding of the practice. These sessions will include alignment study of postures used, sanskrit terminology, hands on adjustment technique and provide valuable feedback for enhancing teaching skills.

#### **Sunday 12:00pm - 3:00pm**

(T&Pr) Technique of Native Yoga. Explore the alignment principles of the postures performed in Native Yoga and practice the skill of verbal delivery to help further your understanding of the practice. These sessions will include alignment study of postures used, sanskrit terminology, hands on adjustment technique and provide valuable feedback for enhancing teaching skills.

#### **Sunday 4:00pm - 7:00pm**

(A+P) Anatomy and Posture

(P&E) Group Philosophy Discussion

(T) Adjustment Clinic: Intro to 2nd Series

### ***Immersion: Crocodile***

#### **Friday 6:00pm - 9:00pm**

(A+P) Anatomy and Posture

(P&E) The History and Theory of Hatha Yoga

(T) Improv Master Class

#### **Saturday 12:00pm - 3:00pm**

(A+P) Anatomy and Posture

(P&E) The 7 Chakras

(T) The Art of Sequencing Workshop

**Saturday 4:00pm - 7:00pm**

(T&Pr) Technique of Native Yoga. Explore the alignment principles of the postures performed in Native Yoga and practice the skill of verbal delivery to help further your understanding of the practice. These sessions will include alignment study of postures used, sanskrit terminology, hands on adjustment technique and provide valuable feedback for enhancing teaching skills.

**Sunday 12:00pm - 3:00pm**

(T&Pr) Technique of Native Yoga. Explore the alignment principles of the postures performed in Native Yoga and practice the skill of verbal delivery to help further your understanding of the practice. These sessions will include alignment study of postures used, sanskrit terminology, hands on adjustment technique and provide valuable feedback for enhancing teaching skills.

**Sunday 4:00pm - 7:00pm**

(A+P) Anatomy and Posture  
(P&E) Group Philosophy Discussion  
(T) The Postures of the Hatha Yoga Pradipika

***Immersion: Monkey*****Friday 6:00pm - 9:00pm**

(A+P) Anatomy and Posture  
(P&E) The Technology of Traditional Hatha Yoga  
(T) Improv Master Class

**Saturday 12:00pm - 3:00pm**

(A+P) Anatomy and Posture  
(P&E) Bandhas and Drishti  
(T) Sanskrit: The basics for learning posture names

**Saturday 4:00pm - 7:00pm**

(T&Pr) Technique of Native Yoga. Explore the alignment principles of the postures performed in Native Yoga and practice the skill of verbal delivery to help further your understanding of the practice. These sessions will include alignment study of postures used, sanskrit terminology, hands on adjustment technique and provide valuable feedback for enhancing teaching skills.

**Sunday 12:00pm - 3:00pm**

(T&Pr) Technique of Native Yoga. Explore the alignment principles of the postures performed in Native Yoga and practice the skill of verbal delivery to help further your understanding of the practice. These sessions will include alignment study of postures used, sanskrit terminology, hands on adjustment technique and provide valuable feedback for enhancing teaching skills.

**Sunday 4:00pm - 7:00pm**

(A+P) Anatomy and Posture  
(P&E) Group Philosophy Discussion  
(T) Adjustment Clinic - Back Bend Assists

***Immersion: Turtle***

**Friday 6:00pm - 9:00pm**

(A+P) Anatomy and Posture  
(P&E) Ethical Guidelines for Yoga Teachers  
(T) Improv Master Class

**Saturday 12:00pm - 3:00pm**

(A+P) Anatomy and Posture  
(P&E) Chronology of Yoga History  
(T) Yoga Fundamentals - Building Blocks for All Levels

**Saturday 4:00pm - 7:00pm**

(T&Pr) Technique of Native Yoga. Explore the alignment principles of the postures performed in Native Yoga and practice the skill of verbal delivery to help further your understanding of the practice. These sessions will include alignment study of postures used, sanskrit terminology, hands on adjustment technique and provide valuable feedback for enhancing teaching skills.

**Sunday 12:00pm - 3:00pm**

T&Pr) Technique of Native Yoga. Explore the alignment principles of the postures performed in Native Yoga and practice the skill of verbal delivery to help further your understanding of the practice. These sessions will include alignment study of postures used, sanskrit terminology, hands on adjustment technique and provide valuable feedback for enhancing teaching skills.

**Sunday 4:00pm - 7:00pm**

(A+P) Anatomy and Posture  
(P&E) Practice and Dispassion- The two essential ingredients  
(T) Partner Yoga

### ***Immersion: Rabbit***

**Friday 6:00pm - 9:00pm**

(A+P) Anatomy and Posture

(P&E) Yoga In Buddhism

(T) Improv Master Class

**Saturday 12:00pm - 3:00pm**

(A+P) Anatomy and Posture

(P&E) Hinayana, Mahayana and Vajrayana (3 main schools of Buddhism)

(T) Yin Yoga - The Art of Posture and Meditation

**Saturday 4:00pm - 7:00pm**

(T&Pr) Technique of Native Yoga. Explore the alignment principles of the postures performed in Native Yoga and practice the skill of verbal delivery to help further your understanding of the practice. These sessions will include alignment study of postures used, sanskrit terminology, hands on adjustment technique and provide valuable feedback for enhancing teaching skills.

**Sunday 12:00pm - 3:00pm**

(T&Pr) Technique of Native Yoga. Explore the alignment principles of the postures performed in Native Yoga and practice the skill of verbal delivery to help further your understanding of the practice. These sessions will include alignment study of postures used, sanskrit terminology, hands on adjustment technique and provide valuable feedback for enhancing teaching skills.

**Sunday 4:00pm - 7:00pm**

(A+P) Anatomy and Posture

(P&E) Comparative Study of Eight Limbs and Eightfold Noble Path

(T) Padmasana - Grow your Lotus

### ***Immersion: Crow***

**Friday 6:00pm - 9:00pm**

(A+P) Anatomy and Posture

(P&E) Classic Texts - Yoga in Ramayana

(T) Improv Master Class

**Saturday 12:00pm - 3:00pm**

(A+P) Anatomy and Posture

(P&E) Short version of the Ramayana

(T) Yogic Themes: Ride the Wave of Presence

**Saturday 4:00pm - 7:00pm**

(T&Pr) Technique of Native Yoga. Explore the alignment principles of the postures performed in Native Yoga and practice the skill of verbal delivery to help further your understanding of the practice. These sessions will include alignment study of postures used, sanskrit terminology, hands on adjustment technique and provide valuable feedback for enhancing teaching skills.

**Sunday 12:00pm - 3:00pm**

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**Sunday 4:00pm - 7:00pm**

(A+P) Anatomy and Posture  
(P&E) In Praise of Hanuman - Hanuman Chalisa  
(T) Adjustment Clinic - Finishing Sequence