



DESTINATION WITHIN

SACRED HOMEWORK

You will have five assignments and an exam to finish in order to complete your 200 hour Certification. They should take approximately 50 hours to complete, not including the time you spend reading. These are assigned with love, knowing they will enhance and enrich your yoga practice to the extent that you devote time and focus to them. I personally have completed projects of a similar nature and found them extremely beneficial and enriching in both my personal yoga practice and my teaching career. You will complete the following (a total of 53 hours of homework) for certification:

- ॐ Practice Teaching, recording, and taking your own classes 7x
- ॐ Reading Projects – 7 books and book reports
- ॐ Embodiment Project
- ॐ Anatomy DVD & Coloring Sheets
- ॐ Practice Homework
- ॐ Final Exam

You should work on these in the intervening 6 months between our 2 modules. The exam will take place at home after both modules are completed. Budget your time wisely and get your work done as early as possible. The four months will pass quicker than you think. You may also take time after the 2nd module to finish the homework. You will not receive your certificate until the homework is complete – it is part of the course curriculum.

PRACTICE TEACHING

You will need an audio recorder for this exercise. If you have a smartphone it's possible you can use that. You will design seven different sequences. One will be Prana Flow Vinyasa, one will be Forrest yoga and the other five can be any format you choose. You will design the sequences. You will then teach the class and record yourself teaching it. This can be a regular class you are teaching to the public, a private class you teach to volunteers, or you can have a ghost class where you just speak into the audio recorder with no live students present.

You will then take your own class. Lay out your mat, play back your audio and experience your own class. Then you will journal about this entire process. What was it like to take your own class? How did the sequence feel in your body? What did you like about your class and what didn't you like? What would you change if you taught the same class again? 1 page per class is sufficient.

You will not be graded on your skill in teaching or in sequence writing. This is a process for you. You will turn the work in just so I know you have done it and can review and give you feedback if you want.

Summary of the process:

1. Design a sequence and write it out
2. Teach that sequence and record yourself doing so
3. Listen to the audio and take your own class
4. Write about that process

At the end you will turn in:

- 7 written out sequences
- 7 audio files, on CD or jump drive
- 7 journals, approximately 1 page each

You will receive 20 non-contact hour credit for this work

READING PROJECT

From the following book list you will choose 7 books, from the categories as indicated. You will read each book and then complete a book report on the book. The book report can take one of several different forms:

- 1-2 page summary of the book
- 1 paragraph summarizing each chapter of the book
- One thought or idea presented by the book and your thoughts about it – 1-2 page
- Description of a workshop or presentation you would give about the book, including flier for the workshop and workshop outline.
- Or some other art or literary project of your choosing about the book – please clear original ideas with Shiva first.

Truthfully all these books are wonderful and in your lifelong journey through Yoga, I hope you will read each and every one, and many more besides. You will choose 5 to focus on for this cycle, in addition to the first two which are required for a total of 7 books. Books to choose from:

Required

Mirror of Yoga by Richard Freeman (also available on audio)

The Living Classroom by Christopher Bache

Source Texts and History – choose 1

The Yoga Sutras of Patanjali by Edwin Bryant

The Bhagavad Gita by Eknath Eswaran

The Splendor of Recognition by Swami Shantananda

The Triadic Heart of Shiva by Paul Mueller Ortega

Tantra Illuminated by Christopher Wallis

Anatomy – choose 1

Anatomy Trains by Thomas Myers

Yoga Anatomy 2nd Edition by Leslie Kaminoff

Anatomy of Movement by Blandine Calais-Germain

Job's Body by Deane Juhan

From the remainder choose 3

Yoga & Ayurveda: Self-Healing and Self-Realization by David Frawley

Ayurveda Nature's Medicine by Dr. David Frawley and Dr. Subhash Ranade

Yoga Body: The Origins of Modern Posture Practice by Mark Singleton
Pranayama The Breath of Yoga by Gregor Maehle
Yoga Meditation by Gregor Maehle
Tantra Illuminated by Christopher Wallis
Light on Life BKS Iyengar
Yoga and the Quest for the True Self by Stephen Cope
Inner Tantric Yoga: Working with the Universal Shakti: Secrets of Mantras, Deities and Meditation by Dr. David Frawley
30 Essential Yoga Poses: For Beginning Students and Their Teachers by Judith Lasater
Relax and Renew: Restful Yoga for Stressful Times by Judith Lasater
The Courage to Teach by Parker Palmer
The Heart of Yoga: Developing a Personal Practice by Desikachar
Chakras: Energy Centers of Transformation by Harish Johari
Teaching Yoga: Exploring the Teacher-Student Relationship by Farhi, Donna
My Body is a Temple by Christina Sell
Awakening Shakti: The Transformative Power of the Goddesses of Yoga by Sally Kempton
Fierce Medicine: Breakthrough Practices to Heal the Body and Ignite the Spirit by Ana Forrest
Tending the Heart Fire: Living in the Flow with the Pulse of Life by Shiva Rea

You will receive 10 non-contact hour credit for this work.

EMBODIMENT PROJECT

INSPIRED BY PRANA FLOW® AND MY TEACHER SHIVA REA

Directions: When we teach yoga and demonstrate poses, students learn not only through our word choice and the adjustments we give them, they also take on our habits, both good and bad, that we display in our body whether consciously or unconsciously. There is a transmission that happens through our body language and our embodiment of the yoga asanas. Our students will absorb and take on both our alignments and misalignments. They learn primarily by example.

Your students will mirror what you present. This project will help you see the places where you can optimize your alignment. It will allow you to see your process and progress through the training. A most wonderful effect of this practice is that you will integrate and radiate more consciousness through your whole body, and your students will then mirror that, too.

The embodiment project is to give you feedback through photos of yourself so that you can see what is often difficult to feel and provide a way to see your progress during the training process.

We will provide time in class for you to take pictures on the first or second day, and again on the last day. It is recommended to wear the same clothes, and be in the same spot in both sets of photos for ease of comparison.

a. Asanas to be included for before and after photos:

- ॐ Tadasana
- ॐ Utkatasana
- ॐ Uttanasana
- ॐ Chaturanga Dandasana
- ॐ Urdhva Mukha Svanasana
- ॐ Adho Mukha Svanasana
- ॐ Virabhadrasana I
- ॐ Virabhadrasana II

- ॐ Parivritta Parsvokasana
- ॐ Urdhva Dhanurasana

Include any other asanas you feel called to include. In this case, more is better. You have no idea what asanas may become important to you by the end of this training.

b. Submit the digital “before photos” with a new set of “after” photos that reflect your integration of alignment

c. Provide a *one page reflection* of your embodiment process during the training which is demonstrated in your before and after photos. What have you learned about yourself? How did this help your awareness in your practice?

Tip: One great way to complete this project is using PowerPoint, or even Word to create a page for each asana. On each page you can place the before picture beside the after picture (label both) and then a paragraph of your notes about this posture and what you noticed. At the end provide a summary reflection on the whole process, one paragraph minimum.

Note: This project is FOR YOU. You will not be graded on your alignment in these photos. However if you are really off, I will give you feedback about that. Yet that won't affect your graduation. You do not have to show this project to anyone else. I understand people can be sensitive about sharing their photos with others and there is no pressure to do that. I am the only one who will see your project, unless you choose to share. Some students have really enjoyed sharing on our facebook group to encourage and help each other.

You will receive 4 non-contact hours of credit for this work

ANATOMY

1. You will view the DVD “**Anatomy for Yoga**” which you may pair up with other students to share the DVD or purchase your own. After viewing the entire DVD and performing the tests on yourself or a volunteer, summarize what you learned in 1-2 pages.

2. Anatomy Coloring book sheets will be handed out. Complete these sheets by coloring them.

You will receive 15 non-contact hours of credit for this work.

PRACTICE

Take 2 classes from new yoga teachers that you haven't experienced before. Preferably from live teachers but if you do not have access to new teachers, you may use YogaGlo or similar. Journal about your experience. What was good about the class, what was bad? How would you have done it differently or not?

Turn in 2(+) pages of journal describing your experience.

You will receive 4 non-contact hours of credit for this work.

FINAL EXAM

On the last day of class you will complete a short anatomy exam. This will be closed-book.

A final exam will be given for you to take home and complete within 2 weeks. You may choose to receive this exam whenever you like and it will be due 2 weeks after you receive it. This exam will consist of short answer and essay questions and include philosophy, values, history, sequencing, and asana knowledge. It will all be open book. This will be a pass/fail exam. If you fail it, you will be able to take it again. I am not interested in failing people. I am interested in allowing you a rite of passage to demonstrate the knowledge of what you have learned. I know some people have test anxiety. Please do not be nervous about this test. I'm not saying it will be easy. But I am saying that if you are present every day in class and pay attention and go over your notes, you will know everything that is on it.