

**Surya Chandra Healing Yoga School**

**500-hour program at East Meets West Yoga Center-January 2010 - October 2011**

Dates	Teacher	Hour	Topics	Total Hours
Jan 15-17	Brendan	15	PH730 Philosophy Discussion: Ayurveda	15
Feb 20-21	Brendan	1	PH719 Ayurveda Philosophy Discussion	
	Brendan	2	PH704 Introduction to Prakriti & Purusa	
	Brendan	3	AP706 Energy Medicine	
	Marie	2	AP705 Glands/Organs	
	Marie	4	AP730 Anatomy Topic In-depth	12
Mar 20-21	Brendan	6	PH719 Ayurveda Philosophy Discussion	
	Marie	6	AP730 Anatomy Topic In-depth	12
Apr 9-11	JJ	2	AP716 Alignment Principles for Lower Body	
		2	AP717 Alignment Principles for Upper Body	
		1.5	PH725 Introduction to Yoga Philosophy/History	
		1.5	PH726 Introduction to the Yoga Sutras	
		2	TM718 Upayam (Tools) of Yoga	
		4.5	TH701 Asana, Pranayama & Meditation	
		1.5	TH703 Asana, Pranayama & Meditation	15
May 22-23	Brendan	6	PH719 Ayurveda Philosophy Discussion	
	Marie	6	AP730 Anatomy Topic In-depth	12
Jun 26-27	Brendan	6	PH719 Ayurveda Philosophy Discussion	
	Marie	6	AP730 Anatomy Topic In-depth	12
Sept 24-26	JJ	2	AP718 Scoliosis	
		2	AP719 Therapy in the Classroom	
		2	TM709 Lesson Plans (4)	
		1.5	TM716 Brhmana, Langhana & Samana in Asana(3)	
		1.5	TM717 Vinyasa Krama in Asana (3)	
		4.5	TH701 Asana, Pranayama & Meditation	
		1.5	TH703 Asana, Pranayama & Meditation	15
Oct 8-10	JJ	2	TM711 Teaching Pranayama	
		2	TM712 Teaching Meditation	
		1.5	PH720 Qualities of a Teacher	
		3	PH707 Mahabharata & B. Gita	
		4.5	TH701 Asana, Pranayama & Meditation	
		2	TH703 Asana, Pranayama & Meditation	15
Nov 19-21	JJ	3	AP719 Therapy in the Classroom	
		1	PH721 Introduction to Bandhas, Mudras, Mantras, etc.	
		2	TM715 Teaching Mudras & Bandhas	
		6	TH701 Asana, Pranayama & Meditation	
		3	TH703 Asana, Pranayama & Meditation	15
Dec 10-12	JJ	1.5	PH708 Introduction to the Ramayana	
		1	PH716 Yoga of the Mind: Cit & Citta	
		1	PH717 The Kleshas	
		5	PR701 Practice Teaching w/Faculty	
		4.5	TH701 Asana, Pranayama & Meditation	
		2	TH703 Asana, Pranayama & Meditation	15

<b>2011</b>					
Jan TBA	JJ	1.5	PH722	Introduction to the Hatha Yoga Pradipika & the Kriyas	
		3	TM707	Teaching Beginner's Poses	
		1.5	TM708	Practice Teaching Poses	
		3	PR701	Practice Teaching w/Faculty	
		4	TH701	Asana, Pranayama & Meditation	
		2	TH703	Asana, Pranayama & Meditation	15
Feb TBA	Cynthia	10	PH709	Sanskrit	
					10
Mar TBA	TBA	10		Elective Hours/guest instructor	
					10
Apr TBA	JJ	2	TM707	Teaching Poses	
		1.5	TM708	Practice Teaching Poses	
		6	PR701	Practice Teaching w/Faculty	
		4	TH701	Asana, Pranayama & Meditation	
		1.5	TH703	Asana, Pranayama & Meditation	15
May TBA	JJ	7	PR701	Practice Teaching w/Faculty	
		1	TM707	Teaching Poses	
		4.5	TH701	Asana, Pranayama & Meditation	
		2.5	TH703	Asana, Pranayama & Meditation	15
Jun TBA	JJ	5	PR701	Practice Teaching w/Faculty	
		1.5	PH723	Introduction to the Vedas and the Shat Dharsanas	
		1	PH710	Introduction to the Upanishads	
		2	AP708	Energy Anatomy	
		4	TH701	Asana, Pranayama & Meditation	
		1.5	TH703	Asana, Pranayama & Meditation	15
Sep TBA	JJ	1.5	AP701	Introduction to Kundalini	
		1.5	AP702	Introduction to Marmas	
		2	AP707	Nadi Pariksa	
		1	TM714	Anatomy of Mantras	
		5	PR701	Practice Teaching w/Faculty	
		3	TH701	Asana, Pranayama & Meditation	
		1	TH703	Asana, Pranayama & Meditation	15
Oct TBA	JJ	2.5	AP703	Ailments of the Chakras	
		2.5	AP704	Emotions of the Chakras	
		1.5	PH724	The Pancha Mayas	
		7	PR701	Practice Teaching w/Faculty	
		1.5	TH703	Asana, Categories of, benefits of, etc.	15

Nov TBA	JJ	2	TM719	Sensing Energy of Your Students	
		2	TM720	Moving Energy of Your Students	
		4	PR701	Practice Teaching w/Faculty	
		3	TM721	Practice Teaching Pranayama	
		4	TH701	Asana, Pranayama & Meditation	
		1	TH703	Asana, Pranayama & Meditation	16
Dec TBA	JJ	8	PR701	Practice Teaching w/Faculty	
		4	TH701	Asana, Pranayama & Meditation	
		1	TH703	Asana, Pranayama & Meditation	
		1.5	PH701	Pancha Vayus	
		1.5	TM709	Lesson Plans	16

TOTAL CLASSROOM HOURS					280
Practicum Hours still needed (practicum lab hours to be completed by student--see below)					20
Total Hours Required before requesting the final exam					300

Practicum Hours to be Completed by Student on their own during the course of the training.					
		17	PR304	Substitute Teaching (or otherwise teaching on own)	
		3	PR303	Critiqued Teaching. YTT to be observed while teaching and critique given. Observation must be by faculty	
		20			

AP	35
TM	30
TH	75
PH	50
PR	70
PR LAB	20
EL	20
Preq	200
TOTAL	500