

**Level 1 certificate Solomon Yogalates™ Method
Correspondence Program – 2006 - 07**

HOME STUDY SCHEDULE

WEEK Log in hours per week !!	ANATOMY	Yogalates and Pranayama Personal Practice	Yoga Philosophy	Pilates Yogalates	Teacher Training theory/practical
1 16/10- 20/10	<p>Orientation/Skeletal System Anatomy & Asana: p19-23 Blandine: p1-6 & p7-8 ACB Plates 1 – 7 & 20-21 Complete & return review questions</p> <p>Skeletal system Blandine: p25-32, 45-46 ACB: 24, 25, 27-29, 30, 31, 33, 35 & 36</p>	<p>Watch instructional DVD part 1; take notes.... practice breathing 3 mornings</p> <p>DVD 1 x 2-4 days - mornings preferable</p> <p>Including Pranayama read YL manual Pages 282-283</p> <p>Pranayama practice 5 min belly breathing Full yogic breath</p> <p>5minutes meditation in a comfortable position</p>	<p>Read Desikachar Introduction No worksheet</p> <p>Yoga History handout Simon Borgs Email worksheet due</p>	<p>Read Ch. 1-4 YL Book</p> <p>Read Neutral spine manual pg 10 - 19</p> <p>Read Pilates History handout answer worksheet due</p> <p>complete quiz (email) All Assessment sheets emailed</p>	
2 23/10-27/10	<p>Skeletal system Blandine: p40-44 ACB: 37, 38, 40, 42 & 43 Complete & return review questions</p> <p>Connective Tissue Asana & Anatomy p7-10 p14-15 Blandine: p11-12 ACB: 10, 11, 12, 13, 17 Complete and return review questions</p>	<p>DVD 1 & 2 (2-4 days alternating) mornings preferable</p> <p>Email worksheets</p> <p>Including Pranayama read YL manual Pages 282-283</p> <p>Pranayama practice 5 min belly breathing Full yogic breath</p> <p>5minutes meditation in a comfortable position</p>	<p>Read Desikachar Chapter 1 No worksheet</p> <p>Chapters 2 Email worksheet due</p>	<p>Read Ch 5-7 YL Book</p> <p>Yogalates principles 1 worksheet All Assessment sheets emailed</p> <p>Read Core stability Yogalates manual pg 25</p>	

<p>3 29/10-3/11</p>	<p>Articular system Asana & Anatomy p11-12 Blandine: p105-110 ACB: 22, 23, 32, 34</p>	<p>DVD 1 & 2 (2-4 days alternating) mornings preferable</p> <p>Including Pranayama read YL manual Pages 282-283</p> <p>Pranayama practice 5 min belly breathing Full yogic breath</p> <p>5minutes meditation in a comfortable position</p>	<p>Read Desikachar Chapters 8 Worksheet due</p>	<p>Yogalates principles 2 wrksht Watch instructional DVD part 1; take notes for have ago assignment Read Yogalates manual pg 47 – 66 Instructions for girdles</p> <p>Back to Basics hand out Quiz Worksheet due</p>	
<p>4 6/11-10/11</p>	<p>Articular system Blandine: p112-113 Blandine p81-84, 33-39, 47-52, 192-200 ACB: 26, 39, 41 Asana & Anatomy; p30-39 Complete and return review questions</p>	<p>DVD 1 & 2 (2-4 days alternating) mornings preferable</p> <p>Email worksheets</p> <p>Pranayama practice 5 min belly breathing Full yogic breath</p> <p>5minutes meditation in a comfortable position</p>	<p>Read Desikachar Chapter 9 worksheet due</p>	<p>Read Yogalates manual – Teaching clients checklist pg 89 – 91 and basic key instructions – YL Manual pg 67</p>	<p>Have a go assignment (2 clients) based on the instructional DVD (due week 6)</p>
<p>5 13/11- 17/11</p>	<p>Levers Asana & Anatomy p24-25 & 74-75 ACB: 44, 45, 16, 69 Complete and return review questions</p>	<p>DVD 1 & 2 2-4 days alternating) mornings preferable Pranayama practice 5 min belly breathing Full yogic breath</p> <p>5minutes meditation in a comfortable position</p>	<p>Read Desikachar Chapters 11 See worksheet Due wk 6</p>		<p>Have a go assignment (2 clients) based on the instructional DVD (due week 7)</p>
<p>6 20/11-24/11</p>	<p>Muscular system Asana & Anatomy p34-36 Blandine: p98-104 ACB: 14, 46, 48, 49, 50, 51</p>	<p>DVD 1 & 2 (2-4 days alternating) mornings preferable</p> <p>Pranayama practice 5 min belly breathing Full yogic breath</p> <p>5minutes meditation in a comfortable position</p> <p>Email worksheets</p>	<p>Chapter 11 worksheet due</p>		<p>Teach DVD 1 part 1 assignment (2 clients) (due week 8)</p>

7 27/11-1/12	Muscular system Asana & Anatomy p37-38 Blandine: p114-129 ACB: 54-59	DVD 1 & 2 (2-4 days alternating) mornings preferable Pranayama practice 5 min belly breathing Full yogic breath 5minutes meditation in a comfortable position	Read Desikachar Chapters 12 See worksheet Due wk 8		Teach DVD 1 part 1 & 2 assignment (2 clients) (due week 9)
8 4/12-8/12	Muscular system Blandine: p64-80 ACB: 52, 53, 61-67	DVD 1 (2-4 days) mornings preferable Email worksheets Pranayama practice 5 min belly breathing Full yogic breath 5minutes meditation in a comfortable position	Chapter 12 worksheet due	Neutral spine and Tb TA Exam preparation Read YL manual Importance of neutral spine pg 11-19 and TB TA sections in manual pg 47 - 66	
9 11/12-15/12	Major Assignment – Muscular System Due week 13 or earlier	DVD 2 (2-4 days) mornings preferable Pranayama practice 5 min belly breathing Full yogic breath 5minutes meditation in a comfortable position	Read Desikachar Chapters 12 See worksheet Due wk 11	Neutral spine and TB TA exam	
10 18/12- 22/12	Respiratory system Blandine: p87-91 Yogalates: p34-38 ACB: 129-135 Complete & return Review Questions Muscular System - Assignment Due week 13 or earlier	DVD 2 (2-4 days) mornings preferable Pranayama practice 5 min belly breathing Full yogic breath 5minutes meditation in a comfortable position	Read Desikachar Chapter 10 worksheet due	Watch instructional Dvd part 2 Asana Sanskrit Contra indications Special needs Take notes	Teach DVD 2 parts 1 & 2 assignment (2 clients) (due week 12)
11 25/12-29/12	XMAS Break				
12 2/1-5/1	New years break				

<p>13 8/1-12/1</p>	<p>Cardiovascular system Asana & Anatomy: p16 ACB: 101-106 Complete & return Review questions</p>	<p>DVD 4 (2-4 days) mornings preferable</p> <p>Pranayama practice 5 min belly breathing Full yogic breath</p> <p>5minutes meditation in a comfortable position</p>	<p>Read Desikachar Chapters 14 See worksheet Due wk 13</p>	<p>Watch instructional Dvd part 2</p> <p>Asana Sanskrit Contra indications Special needs Take notes</p>	<p>Teach DVD 2 All assignment (2 clients) (due week 14)</p>
<p>14 15/1-19/1</p>	<p>Nervous system ACB: 70-73, 75-77, 81, 86-89, 85</p> <p>Nervous system ACB: 90-94 Complete & return review questions</p>	<p>DVD 4 (2-4 days) mornings preferable</p> <p>Email worksheets Pranayama practice 5 min belly breathing Full yogic breath Nadi shodana Alternative nostril DVD 4</p> <p>5minutes meditation in a comfortable position</p>	<p>Chapter 14 Worksheet due</p>	<p>Sanskrit – English Quiz Due now</p> <p>Re read – YL manual Teaching clients checklist pg 89 – 91 Basic key instructions – YL Manual pg 67</p>	
<p>15 22/1-26/1</p>	<p>Digestive system ACB: 136-137, 140, 141, 142, 143, 144, 145 Complete & return review questions</p>	<p>DVD 3 & 4(2-4 days alternating) mornings preferable</p> <p>Pranayama practice 5 min belly breathing Full yogic breath Nadi shodana Alternative nostril DVD 4</p> <p>5minutes meditation in a comfortable position</p>	<p>Read Desikachar Chapters 15 Worksheet Due</p>	<p>Preparation mid course exam Read Yogalates manual Core stability pg 25 – 42 and Yogalates girdles and summary pg 68 - 70</p>	<p>Teach DVD 4 All assignment (2 clients) (due week 16)</p>
<p>16 29/1-2/2</p>	<p>Endocrine system ACB: 151-156 Complete & return review questions</p> <p>Reproductive system ACB: 157-164 Complete & return review questions</p>	<p>DVD 3 & 5 (2-4 days alternating) mornings preferable</p> <p>Pranayama practice 5 min belly breathing Full yogic breath Nadi shodana Alternative nostril DVD 4</p> <p>5minutes meditation in a comfortable position</p>	<p>Review 8 limb handout</p>	<p>Mid Course exam Girdles</p> <p>End of week Watch instructional Dvd part 2</p> <p>Asana Sanskrit Contra indications Special needs Take notes</p>	

<p>17 5/2- 9/2</p>	<p>Lymphatic system Asana & Anatomy p17 ACB 121-126</p> <p>Complete & return Essay Principles of Asanas & the Systems</p> <p>DUE First class in 5 week prac</p>	<p>DVD 3 & 5 (2-4 days alternating) mornings preferable</p> <p>Pranayama practice 5 min belly breathing Full yogic breath Nadi shodana Alternative nostril DVD 4</p> <p>5minutes meditation in a comfortable position</p>	<p>Philosophy 8 limb quiz Due now</p>	<p>Read basic keys Instructions manual pg 67and structure and format session planning pg 73 – 77</p> <p>Basic key instruction Quiz</p>	<p>Teach DVD 3 all assignment. (2 clients) (due week 17</p> <p>Read manual re structure and format and session planning page 73 -88</p> <p>Design 4 classes Due First class in 5 week prac</p>
<p>18 12/2-16/2</p>	<p>Projection & preparation 5 week practical</p>	<p>Due in 5 week prac Special needs graph quiz Yogalates mat graph quiz</p> <p>Pranayama quiz 4 breaths Belly , full yogic , nadi shodana, ujjhai</p>	<p>Due in 5 week prac Teacher training prac X 4</p>	<p>Due in 5 week prac Read client protocol Oh&S in workplace</p> <p>Prep Final exam</p>	
<p>19 19/2-23/2</p>					
<p>Commence 5 week prac Saturday 24/02/07</p>					