

100 - Hour Enrichment Modules

— with Donna Winters —



Donna Winters

Yoga is a living practice that flourishes through the passing of knowledge from one practitioner to another. The Balanced Yoga University Enrichment Program allows students to explore what it truly means to live their yoga by broadening and deepening their understanding of the practice, history and philosophy of yoga. The Enrichment program is for students who are interested in taking their personal practice deeper and for those who are interested in teaching. We are offering the 100-hour Enrichment in module format (24 modules total) for students who are interested in a more in-depth study of specific aspects of yoga, but may need to space out their study to fit their schedule.* Students may focus on one area of study, such as philosophy, or mix and match topics. The immersion topics studied as part of this program are:

PHILOSOPHY IMMERSIONS: We will look at the cultural and societal environments in which yoga developed - starting with the Vedas and Upanishands and moving forward in time through Tantra. We will look at the practices that were part of each period and discuss their current relevance. Through the understanding that comes from discussion and study, we can begin to truly integrate yoga into our everyday lives and practice. Join these discussions on Sunday afternoons to deepen your understanding of the history and philosophy of yoga and how they may inform our daily lives and practice.

YOGA PRACTICES CLINICS: The practices clinics will have a discussion format on Saturday afternoons exploring the various movements found in asana, such as forward bending or backbending. These discussions will look at the anatomical, both subtle and western, and dynamic movements that inform postures. You can expect some exploration through movement and practice, but the focus will be on discussion. These sessions will set the tone and understanding for the Sunday morning practice, which will focus on the specific movement through a full asana practice. In weekend 6 we will discuss and practice various meditation techniques and approaches.

YOGA STYLE CLINICS: There are many styles of yoga practiced in the United States - but many students are unfamiliar with the basic tenets of each style of practice or with their founders. We will explore how these various "stylistic" practices are structured and their basic philosophy. These style clinics will be every Saturday morning and will include pranayama, meditation, and asana.

The general calendar will be as follows (please note individual session times and dates as there may be slight variations):

(Please note that all asana sessions will be geared toward all levels of student; however, some yoga experience is recommended. Please feel free to discuss questions or concerns with us.)

Saturday 9a.m. - 12 p.m.	Yoga Styles Practice (Yin, Iyengar, Anusara, Ashtanga, Kundalini, Bikram, Restorative)	\$60 ea./\$400 series (7 sessions)
Saturday 2 p.m. - 5 p.m.	Yoga Practices Discussion (Forward Bends, Backbends, Twists/Laterals, Inversions and Balances)	\$60 ea./\$500 series (all 9 sessions, Saturday and Sunday)
Sunday 9 a.m. - 12 p.m.	Yoga Practices Clinic	\$60 ea./\$500 series (all 9 sessions, Saturday and Sunday)
Sunday 1 p.m. - 5 p.m.	Philosophy Immersions	\$80 ea./\$500 series (7 sessions)

FULL INDIVIDUAL WEEKEND: \$250.00 FULL ENRICHMENT PROGRAM - ALL SIX WEEKENDS \$1,500.00

(Please note that full weekends and full program hours include additional personal reflection and discussion time not included in individual modules)

* ALL 24 modules plus 6 personal reflection modules must be completed for students in the Balanced Yoga 300-hour Professional Teaching Program before starting the professional component.

WEEKEND ONE — September 12-13

Introduction

(Please note: A review of the course syllabus will take place before beginning asana practice on Saturday morning.

General Asana Practice: Saturday, September 12, 9AM - 12PM

Philosophy Immersion: Saturday, September 12, 1- 5PM

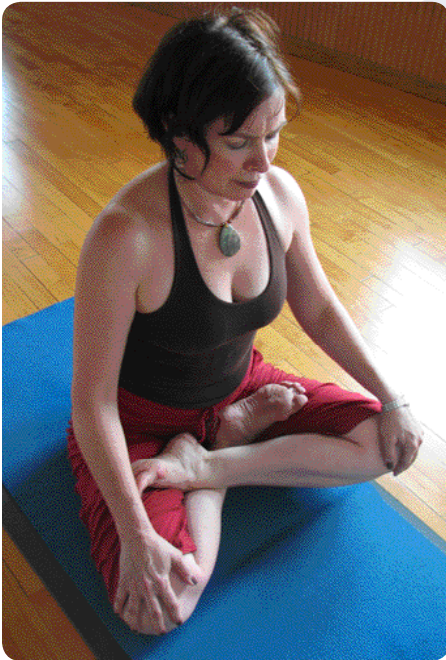
Discussion of Yin Yoga, meridians, and subtle body anatomy (chakras).

Yoga Style:Yin/Yang Practice: Sunday, September 13, 9AM - 12PM

Pranayama, meditation, Yin/Yang Practice. This session will lay the groundwork for the Sunday morning practice

Philosophy Immersion: Sunday, September 13, 1- 5PM

This session will lay the groundwork for our approach to practice and philosophy study for this program. Topics will include Ways of Knowing and Moving, East/West Philosophy, Scientific Method, Kosha Model, and a Philosophical Timeline. Although not required, this session is highly recommended for those taking this course in module format as it provides a focus and methodology for course study.



*"We have hands; we can stand on them if we want to. That's our privilege."
— Gilbert, Eat Pray Love*

WEEKEND TWO — September 26-27

Yoga Style; Iyengar Style Practice: Saturday, September 26, 9 AM - 12PM

Yoga Practice Discussion; Forward Bends: Saturday, September 26, 2 - 5PM

Discussion of forward bends. This session will lay the groundwork for the Sunday morning practice.

Yoga Practices Clinic: Forward Bending: Sunday, September 27, 9AM - 12PM
Pranayama, meditation, and a forward bending focused practice.

Philosophy Immersion: Sunday, September 27, 1 - 5PM

Pre Classical: The Vedas/Upanisads

WEEKEND THREE — October 10- 11

Yoga Style; Anusara Style Practice: Saturday, October 10 9 AM -2PM

Pranayama, meditation, and an Anusara - style practice.

Yoga Practices Discussion; Backbends: Saturday, October 10, 2PM - 5PM

Discussion of backbends. This session lays the groundwork for Sunday morning asana practice.

Yoga Practices Clinic; Backbends: Sunday, October 11 9AM - 12PM

Philosophy Immersion: Sunday, October 11, 1PM - 5PM

Epic Period: Bhagavad Gita

WEEKEND FOUR — October 24- 25

Yoga Style; Ashtanga Practice: Saturday, October 24, 9AM - 12PM

Yoga Practices Discussion; Twists and Laterals: Saturday, October 24, 2PM - 5PM

Discussion of twists and lateral postures. This session will lay the groundwork for the Sunday morning practice.

Yoga Practices Clinic: Sunday, October 25, 9AM - 12PM

Pranayama, meditation, and a twists and lateral focused practice.

Philosophy Immersion: Sunday, October 25, 1PM - 5PM

Samkhya and Classical Yoga: Yoga Sutras of Patanjali

WEEKEND FIVE — November 21- 22

Yoga Style; Kundalini Yoga : Saturday, November 21, 9AM - 12PM

Yoga Practices Discussion: Inversions/Balancing: Saturday November 21

2pm-5pm

Discussion of Inversions and Balancing. This session will lay the groundwork for the Sunday morning practice.

Yoga Practices Clinic; Inversions/Balancing: Sunday 9AM - 12PM

Philosophy Immersion: Sunday, November 22 1PM - 5PM

Post Classical: Tantra/Hatha Yoga

WEEKEND SIX — December 5- 6

Yoga Style; Bikram Style Practice: Saturday, December 5, 9AM - 12PM

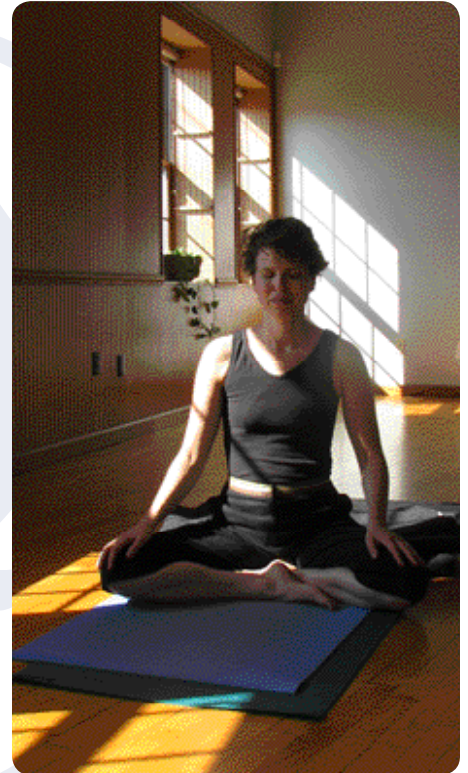
Yoga Practices Clinic: Saturday, December 5, 2PM - 5PM

Discussion and practice of various meditation techniques including mantra and yantra.

Yoga Style; Restorative Practice: Sunday, December 6, 9AM - 2PM

Philosophy Immersion : Sunday, December 6, 1PM - 5PM

Post Classical: Tantra continued.



See reverse side for Theme Modules at a Glance

Theme Modules at a Glance

Philosophy Immersions

Sundays 1PM - 5PM \$80/session or \$500/series

9/12	Subtle Body, Chakras, Meridians (Please note: This is a Saturday)
9/13	Philosophy Overview/ Ways of Knowing
9/27	Pre Classical: Vedas/Upanishads
10/11	Epic Period/Bhagavad Gita
10/25	Classical: Samkhya/Classical Yoga/Yoga Sutras of Patanjali
11/22	Post Classical: Tantra/Hatha Yoga
12/6	Post Classical: Tantra Continued

Yoga Styles Clinics

Saturdays 9AM - 12PM (\$60/session or \$400/series)

9/13	Yin (Please note: This is a Sunday)
9/26	Iyengar
10/10	Anusara
10/24	Ashtanga
11/21	Kundalini
12/5	Bikram
12/6	Restorative

Yoga Practices Clinics

Saturdays 2PM - 5PM

Sundays 9AM - 12PM \$60/session or \$500/series (each day is 1 session)

9/26	Forward Bends Discussion
9/27	Forward Bends Practice
10/10	Back Bend Discussion
10/11	Back Bend Practice
10/24	Twists/Lateral Discussion
10/25	Twists/Lateral Practice
11/21	Inversions/Balancing Discussion
11/22	Inversions/Balancing Practice
12/5	Meditation Techniques Practice

Enrichment Schedule 2009

October 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10 Anusara Style Practice Lunch 12-1 1-2:00 Discussion/Personal Reflection 2:00-5 Backbends
11 9-12 Backbend Practice * 12-1 Lunch 1-5 Philosophy: Epic Period: Bhagavad Gita **	12	13	14	15	16	17
18	19	20	21	22	23	24 Ashtanga Style Practice * 9-12 Lunch 12-1 1-2:00 Discussion/Personal Reflection 2:00-5 Twists/Laterals
25 9-12 Twist/Lateral Practice * 12-1 Lunch 1-5 Philosophy: Samkhya/ Classical Yoga (Yoga Sutras of Patanjali) **	26	27	28	29	30	31

December 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	1	2	3	4	5 9-12 Bikram Style Practice * Lunch 12-1 1-2:00 Discussion/Personal Reflection 2:00-5 Other Yogic Techniques
6 9-12 Restorative Practice * 12-1 Lunch 1-5 Tantra **	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

September 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6	7	8	9	10	11	12 9-10 Review Syllabus 10-12 General Practice * 12-1 Lunch 2-5 Yin Yoga, Meridians, Subtle Body/Chakras **
13 9-12 Yin Practice * 12-1 Lunch 1-5 Philosophy: Ways of Knowing & Knowing • Eastern Philosophy • Socratic Method • Philosophy: Timeline • Overview of Yogic Practices **	14	15	16	17	18	19
20	21	22	23	24	25	26 Iyengar Style Practice * 9-12 Lunch 12-1 1-2:00 Discussion/Personal Reflection 2:00-5 Forward Bends
27 9-12 Forward Bend Practice * 12-1 Lunch 1-5 Philosophy: Vedas/ Upanisads **	28	29	30	1	2	3

November 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
	16	17	18	19	20	21 Kundalini Style Practice * 9-12 Lunch 12-1 1-2:00 Discussion/Personal Reflection 2:00-5 Inversions/Balancing
22 9-12 Inversions/Balancing Practice * 12-1 Lunch 1-5 Philosophy: Tantra/Hatha Yoga **	23	24	25	26	27	28 HAPPY THANKSGIVING
29	30	1	2	3	4	

** See Course Reading List

* Please note that every practice will include Asana, Pranayama, and Meditation

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