

Module	Module Content	# of Hours
T501	Sun Salutes Clinic	2
T502	Standing Poses Clinic	2
T503	Backbends with Shoulder Flexion Clinic	2
T504	Backbends with Shoulder Extension Clinic	2
T505	Inversions with Shoulder Flexion Clinic	2
T506	Inversions with Shoulder Extension Clinic	2
T507	Seated Poses Clinic	2
T508	Arm Balances Clinic	2
T509	Restoratives Clinic	2
T510	Spinal Twists Clinic	2
T511	Ashtanga in the tradition of KPJ and American Ashtanga	2
T512	Ashtanga Surya Namaskar Vinyasa, Count, Drishti and Architecture Part 1	2
T513	Ashtanga Surya Namaskar Vinyasa, Count, Drishti and Architecture Part 2	2
T514	Ashtanga Standing Poses Vinyasa, Count, Drishti and Architecture	2
T515	Ashtanga Finishing Poses Vinyasa, Count, Drishti and Architecture	2
T516	Ashtanga Primary Series Vinyasa, Count, Drishti and Architecture Part 1	2
T517	Ashtanga Primary Series Vinyasa, Count, Drishti and Architecture Part 2	2
T518	Ashtanga Primary Series Vinyasa, Count, Drishti and Architecture Part 3	2
T519	Where the Wild Things Aren't: Taking Shelter on your Mat	2
T520	Starting And Continuing a Home Practice Part 1	2
T521	Starting And Continuing a Home Practice Part 2	2
T522	Starting And Continuing a Home Practice Part 3	2
T523	Starting And Continuing a Home Practice Part 4	2
T524	Pranayama 1 (Intro and Practice)	2
T525	Pranayama 2	1
T526	Pranayama 3	1
T527	Pranayama 4	1
T528	Pranayama 5	1
T529	Pranayama 6	1
T530	Advisor Meeting	0.75
T531	Advisor Meeting	0.75
T532	Advisor Meeting	0.75
T533	Advisor Meeting	0.75
T534	Ashtanga Practice	44
	<b>Total Number of Contact Hours for This Class Category</b>	<b>100</b>
TM501	How to Get Hit On: Maximizing Your Digital Presence	3
TM502	Hands On Adjustments 1	3
TM503	Hands On Adjustments 2	3
TM504	Hands On Adjustments 1	3
TM505	Hands On Adjustments 2	3
TM506	Hands On Adjustments 1	3
TM507	Hands On Adjustments 2	3
TM508	How to Cue to Individuals in Group Classes	3
TM509	Sequencing for Transformation: Focus on the Body 1	3
TM510	Sequencing for Transformation: Focus on the Body 2	3
TM511	Sequencing for Transformation: Focus on the Body 3	3
TM512	Teaching Tools Clinic: Verbal Cueing Techniques	3
TM513	Teaching Restorative Yoga	3
TM514	Teaching Beginners	3
TM515	The Biz: Yoga as A Career Part 1	3
TM516	The Biz: Yoga as A Career Part 2	3
TM517	Panel Discussion: Topic TBA	2
	<b>Total Number of Contact Hours for This Class Category</b>	<b>50</b>
AP501	Anatomy and Practice of Pick Up and Jump Back	2
AP502	Anatomy and Practice of Ujjayi Pranayama and the Bandhas	2
AP503	Sun Salutations: Anatomy, Physiology and Risk Factors	3
AP504	Anatomy & Physiology of Standing Poses	3
AP505	Anatomy & Physiology of Standing Poses	3
AP506	Anatomy & Physiology of Backbends	3
AP507	Anatomy & Physiology of Seated Poses	3
AP508	Anatomy & Physiology of Restoratives	3
AP509	Anatomy of Core Musculature	3
AP510	Anatomy of the Shoulder	3
AP511	Anatomy of the Knee and Hip	2
	<b>Total Number of Contact Hours for This Class Category</b>	<b>30</b>
PLE501	Yoga Sutras 1	3
PLE502	Yoga Sutras 2	3
PLE503	Yoga Sutras 3	3
PLE504	Yoga Sutras 4	3
PLE505	When Facts Aren't Enough: Understanding Myth in Spiritual Endeavor	3
PLE506	Bhagavad Gita 1	3
PLE507	Bhagavad Gita 2	3
PLE508	Bhagavad Gita 3	3
PLE509	The Hatha Yoga Pradipika	3
PLE510	Connecting the Dots: Chakras, Hindu Mythology and Mantra	3
	<b>Total Number of Contact Hours for This Class Category</b>	<b>30</b>
PRAC501	Peer Review 1	3
PRAC502	Peer Review 2	3
PRAC503	Peer Review 3	3
PRAC504	Peer Review 4	3
PRAC505	Peer Review 5	3
PRAC506	Peer Review 6	3
PRAC507	Peer Review 7	3
PRAC508	Peer Review 8	3
PRAC509	Peer Review 9	3
PRAC510	Peer Review 10	3
PRAC511	In-Class Assisting	30
	<b>Total Number of Contact Hours for This Class Category</b>	<b>60</b>
	<b>Total Number of Contact Hours for Course</b>	<b>270</b>