

Homework TT200 Month 1 October 2023

Resource	Homework	HOMEWORK COMPLETION CHECK LIST
Resource	Zoom Conference Calls (always same link: Meeting ID: 863 0415 8070 Passcode: truenorth)	
Topic Conference Call	"Koshas" with Molly Monday, Oct 23rd 2023 5:30-7:00pm	
E-campus Month 1: Topic Video	Before Call: watch video on the Koshas, and be ready to discuss 1. "Is there a particular Kosha that you feel that is impacted negatively in your life at this time?" 2. "What are some practices that could support you in this Kosha for better well-being?" After Call: Choose 1 practice from the 6 Pillars that you practice	
Resource	Books & Anatomy Course	
TT200 Handbook	Please complete Student & Teacher Code of Conduct (p10), the Handbook Agreement & Student Likeness Release Form (pg 11) with your signatures (submit on e-campus Homepage > Logistics)	
TT200 Handbook	Read in Student Resources (p. 17-18 Student Handbook) "Yamas & Niyamas for TT weekends" (also on e-campus Yamas course).	
Yamas and Niyamas book	Read in Yamas & Niyamas book: "Preface" and "What Are The Yamas & Niyamas" pg 12-19, & Appendix 1 pg 181-185	
Yamas Videos (See YN playlist link for ALL videos: https://youtube.com/playlist?list=PLgA6a_bDax8LsdbmHyCNPqBgCjKAEhFHY&si=CSpfm9vG3AgYOuvT)	Watch these three videos (See playlist or e-campus Yamas course). 1) The Yamas & Niyamas - Exploring Yoga's Ethical Practice from Wise Living Tools - https://youtu.be/4qT7dzt7HNc?si=iafxhz38dekrHmyj 2) Yamas and Niyamas / Introduction and Overview (featuring Deb Adele) from Yoga With Sara - https://youtu.be/npn9kGt0_IY?si=eXSVCayJZWgjBdYZ 3) 8 Limbs of Yoga BOARD #1: YAMAS - The No's - Laura Gyoga - https://youtu.be/SZfLWhG5HHA?si=gwiU1KBT5E4sri9H	
Yamas Check In	Be ready to check-in with Yamas readings & insights for November TT200 weekend	
The Breathing Book - Donna Farhi	Read p3-46 Essential Breath Explained and the Breath that Moves Us	
Student Handbook	Somatic Approach to Yoga Article (p 307-310 in Appendix of Student Handbook)	
Anatomy of Yoga 1 course	Skip Section 1 and watch Section 2: The Foundation of Studying The Body Total time: 1 hour and 22 minutes	
Yoga Mind Body Spirit- Donna Farhi	OPTIONAL: Read p29-56 - Donna's Principles Explained, and Read p84-94 The Standing Postures	
Resource	E-campus - SomaYoga Anytime, or your local studio	
E-campus Online Library, or local studio	Attend one SomaYoga class per week minimum. This will be 24 classes minimum over the next 6 months. Use template (provided in your e-campus TT200 course Homework Grid section) to track your personal practices, and this record will be handed in prior to graduation. Your choices to attend are #1, Zoom in at Yoga North (complimentary & with any teacher), or #2, "SomaYoga Anytime" - the online library on e-campus.	
Resource	Personal Home Practice & Preparation	
Community Practicum	Teach a 45 minute asana practice with the asanas you learned the first weekend. Use Systematic Relaxation for Shivasana (Handbook pg 220-1) and teach to 2 students. Be prepared to teach this dyad practice weekend 2 of our training weekend.	
Personal Journal	Write a reflection on uppermost insights on the SomaYoga classes you attended - what is the same as other styles of yoga, what is different? Any awarenesses or changes in how your body feels or functions after these classes? Share 3 ways SomaYoga differs from other yoga you've experienced and 3 ways it's similar. Share 1 awareness or change in how your soma feels or functions after these SomaYoga classes.	
Personal Home Practice	*Notice your habits with propping, collapsing and yielding in sitting/standing/moving.	
Resource	E-campus	
E-campus Courses	Watch & practice again Beginning SomaYoga Series classes 1, 2, & 3 from Beginning Class Series, in your on-demand courses on e-campus	
E-campus Courses	You'll find the Therapeutic Spinal Strip Course in e-campus Courses. Watch all videos in this mini-course to be prepared for future teaching in weekend three.	
E-campus Courses	Listen to Tracks 1-3 of Relaxation MP3, practice Systematic Relaxation on Self and practice teaching to 1 student	
E-Campus Courses	You will find SomaYoga for Classic Asana course on e-campus as an optional resource . Suggested recordings: Welcome to SomaYoga, Lesson 1. Intro to Anatomical Terms & Planes of Movement, and Staff Pose: Danasana.	