

Homework TT200 Month 3 December 2023		HOMEWORK COMPLETION CHECK LIST
Resource	Zoom Conference Calls (always same link: Meeting ID: 863 0415 8070 Passcode: truenorth)	
Weekend Highlight?	Send a TT weekend highlight to Susan at 218-722-9642	
Topic Conference Call	Making A Change 1 - Monday December 11, 2023 5:30-7:30pm with Ann M	
Resource	Books & Anatomy Course	
Yamas and Niyamas	Read Yamas and Niyamas: Satya Chapter p43-58	
Yamas Videos (See YN playlist link for ALL videos: https://youtube.com/playlist?list=PLgA6a_bDax8LsdbmHyCNPqBgQjKAehFHY&si=CSpfm9vG3AgYOuvT)	Watch these two videos. (See playlist) 1) Yamas #2 Truthfulness/Satya (featuring Deb Adele) from Yoga With Sara - https://youtu.be/cyaZhaCvIW8?si=Vri8ullsLjKeCzel 2) "Yoga Board" Yama 2: Satya: Truthfulness - LauraGyoga - https://youtu.be/hEzjHM5I6OE?si=vUVh9FS2Klq0JVvZ	
Yamas Check In	Be ready to check-in at TT weekend with Satya and the questions from p57-58	
Making a Change for Good	Read Making a Change for Good (p.1-89) in preparation for December 11th conference call	
The Breathing Book - DF	Read p69-87 Catching Your Breath	
Anatomy of Yoga 1 course	Section 4 Structure & Function of Soft Tissue - 1 hr 34 min	
Yoga Mind Body Spirit-DF	Read p125-130 Sun Sals	
Resource	E-campus - SomaYoga Anytime, or your local studio	
Assessment	Use quiz questions from Weekend 3 to test your knowledge.	
Relaxation MP3	Listen to tracks 5 & 6; practice on yourself and practice teaching to 1 student with Handbook pgs 187-188	
E-campus	Practice the Sun Salutations with Ann B. video	
Recorded Classes	Practice the Beginning SomaYoga Classes 6, 7 & 8 on E-Campus	
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) 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	
Weekend 4 Student Practicum	Assigned Teacher Training Practicum. If you are signed up for Weekend 4, please practice and prepare your 60 Minute Practicum to teach for the morning practice.	
Breath Awareness Practice	Explore Your Choice of Diaphragmatic breathing, 1:1.5 breathing, nadi shodana, prana vayus in your home practice as you are inspired.	
Ayurveda Home Practices	Pick 1-2 Ayurveda practices from Dinacharya & daily routine to practice this month. Law of Opposites Practice: Look at the 10 pairs of qualities. Choose one pair of opposites that you want to observe within yourself, and practice the law of opposites for balancing, increasing, or pacifying your nature.	
Prepare for In-House Dyad	Build 2-3 classic poses using somatics and therapeutics learnings from all weekends, include Therapeutic Spinal strip in teaching and teach 60 minute dyad practice, including guided relaxation of your choice. We suggest practicing this with a partner from your cohort or friend or family.	
Recommended	E-campus	
E-campus Courses	You will find SomaYoga for Classic Asana course on e-campus as an optional resource. review any of the asana that you would like more practice with	
E-campus Courses	Review if needed: Watch the Therapeutic Spinal Strip Course . This will help prepare for practicums and teaching next month	