

Homework TT200 Month 4 January 2024		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	Chakras, January 15th, 2024 5:30-7:30 pm, with Ann B	
Topic Conference Call	Raja Yoga - Pratyahara & Mediation, January 22nd, 2024 5:30-7:00 with Molly	
Resource	Books & Anatomy Course	
Yamas and Niyamas	Read Yamas and Niyamas: Asteya Chapter p59-74	
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 #3 Nonstealing/Asteya (featuring Deb Adele) from Yoga With Sara - https://youtu.be/uSdEhcPAy5k?si=Yvn3O6b2C_JizOOx 2) "Yoga Board" Yama 3: Asteya: Nonstealing - LauraGyoga - https://youtu.be/qsCi3sK-pBs?si=bVvHkU84n13651QU	
Yamas Check In	Be ready to check-in at TT weekend with Asteya and the questions from p73-74	
Making a Change for Good	Do 30 Day Awareness Practice. Read p90-128	
TT200 Handbook	Appendix Pages 311-312 Specialized Yoga Program could help Women with Urinary Incontinence	
The Breathing Book - DF	Read p88-104 Catching Your Breath	
Yoga Mind Body Spirit-DF	Read p232- 250 Restorative Postures and Breathing Practices	
TT200 Handbook	Appendix Pages 315-318 Relax & Renew with Judith Lasater	
Anatomy of Yoga 1 Course	Section 9 - Trunk & Spine & intro to core - 1 hr	
Resource	E-campus - SomaYoga Anytime, or your local studio	
Assessment	Answer assessment questions from Weekend 4.	
Audio MP3	Listen to "Being A Teacher" by Judith Lasater on the audio MP3 in preparation of the next weekend. Prepare a comment, question or upper-most learning.	
Relaxation CD	Listen to Tracks 7&8, practice 61 Points on Self and practice teaching to 1 student.	
Resource	Personal Home Practice & Preparation	
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.	
	Prepare for Dyads for next month!	
Personal Home Practice	Practice the following things for 3x a week for 15 minutes: Diaphragmatic breathing, Diagonal Arch & Curl, Washcloth, Internal/External Rotation, Seated Rotation, Therapeutic Strip or variation, 2 pranayama practices.	
Weekend 5 Student AM Practicum	Assigned Teacher Training Practicum. If you are signed up for Weekend 5, please practice and prepare your 60 Minute Practicum to teach for the morning practice.	
Community Practicum	Create a 10 hour practicum in your community prep, plan and start between now and graduation.	
Recommended	E-campus	
SomaYoga Approach to Classic Asana	Optional resource: "SomaYoga Approach to Classic Asana" - review any of the asana that you would like more practice.	