

Homework TT200 Month 5 February 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	Anatomy Curriculum Summary, Feb 19, 2024, 5:30-7:30pm with Ann B	
Topic Conference Call	Waking Book, Monday Feb 26, 2024 5:30-7:30pm with Teri Sanders	
Resource	Books & Anatomy Course	
Yamas and Niyamas Book	Read Yamas and Niyamas: Brahmacharya Chapter p75-88	
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 #4 Nonexcess/Brahmacharya (featuring Deb Adele) from Yoga With Sara - https://youtu.be/KFTQwLR3GKo?si=3iOXvWzCucC2wRSO 2) "Yoga Board" Yama 4: Brahmacharya: Celibacy/Unity - Laura Gyoga - https://youtu.be/hAvNR_wmW-Y?si=sG-gGLn700eVGhnG	
Yamas Check In	Be ready to check-in at TT weekend with Brahmacharya and the questions from p87-88	
Waking	Read book and discuss at conference call	
Certification Homework	Create a 1pg essay on your experience of Making a Change for Good - Submit at this google form: https://forms.gle/oSP3zZamG4MNBd9P9	
TT200 Handbook	In Therapeutic Approach to Classic Asana section of the Student Handbook review: Cobra, Lunge, Plank, Side Plank & Bridge Pose and be prepared to discuss Bridge, Plank & Side Plank at weekend 6.	
Anatomy of Yoga 1 course	Section 8 - Lower Extremities - 2 hrs	
The Breathing Book - DF	OPTIONAL: Read p107-144 Room to Breathe	
Yoga Mind Body Spirit- DF	OPTIONAL: Read p205-230 Arm Balances and Upside-Down Poses	
Resource	E-campus - SomaYoga Anytime, or your local studio	
Assessment	Answer assessment questions from Weekend 5.	
In-House Practicum	Whoever needs to teach next weekend, prepare 60 minute practicum	
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	
Home Breath with SomaYoga Practice	Practice the following things you've learned for 3x a week for 10 minutes - Then 3 x week move into 20 minutes of the Thomas Hanna SomaYoga Cat Stretch. Finish with 7-10 minutes of conscious connection to essential breath and relaxation/shavasana.	
Home Practice	Practice Downward Facing Dog. What is your spine doing? Your hips? Your shoulders? Notice if your mobility, stability or strength have changed in any classic asana poses, considering your increased awareness and use of SomaYoga methodology bring insights to weekend 6.	