

Homework TT200 Month 6 Homework - March 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	
Diversity Equity & Inclusion	Please listen to 36 minute podcast The Air We Breathe: Implicit Bias and Police Shootings : https://www.npr.org/2020/06/12/876073130/the-air-we-breathe-implicit-bias-and-police-shootings/ You are invited to explore some Implicit Bias tests at https://implicit.harvard.edu/implicit/index.jsp	
Diversity Equity & Inclusion Call	Understanding our Implicit Bias March 11th, 2024 5:30-7:30pm with Janet C	
Topic Conference Call	Business of Yoga, March 18th, 2024, 5:30pm-7:30pm with Ann B	
Resource	Books & Anatomy Course	
Yamas and Niyamas Book	Read Yamas and Niyamas: Aparigraha Chapter p89-103	
Yamas Videos (See YN playlist link for ALL videos: https://youtube.com/playlist?list=PLgA6a_bDax8LsdbmHyCNPqBgQjKAehFHY&si=CSpfm9vG3AgYUuvT)	Watch these two videos. (See playlist) 1) Yamas #5 Nonpossessiveness / Aparigraha (featuring Deb Adele) from Yoga With Sara - https://youtu.be/RXMKfmKd_IM?si=WJKPO-HBk05NZ6IP 2) "Yoga Board" Yama 5: Aparigraha: Generosity & My Tiny House - LauraGyoga - https://youtu.be/1ADRPtxuX3M?si=9_TRIZeLqylA6kFR	
Yamas Check In	Be ready to check-in at TT weekend with Aparigraha and the questions from p100-101	
Article and Extra Reading	In the Appendix of your Student Handbook, review Joel Kramer article "Yoga as Self Transformation" and notice where you have used this in your practice and teaching? Bring insights to Edges converstaion in weekend 6.	
Anatomy of Yoga 1 course	Section 5 Movement -1 hr 5 min, Section 6 Balance & Biomechanics -17 min & Section 7 Upper Extremities -1 hr 15 min	
Resource	E-campus - SomaYoga Anytime, or your local studio	
Assessment	Answer assessment questions from Weekend 6.	
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.	
Public Clinic Prep	Practice the tools for the Public Clinic. Find 1-2 people in your community to practice private session skills: intake paperwork, private session work and giving homepractices to support their goals.	
Public Clinic	Invite a student to attend our public clinic. E-mail us with person's name, phone and e-mail and timeslot, either 10:30am-noon or 3-4:30pm. First come, first serve, reserve your spot early :) We will start a waitlist.	
Community Practicum	Continue to work on your community practicum - Contact us with questions	
In-House Practicum	Whoever needs to teach next weekend, prepare 60 minute practicum	
Resource	Personal Home Practice & Preparation	
Personal Home Practice	Come up with a home practice for yourself to increase mobility, stability and strength in the areas needed to support your pre-inversion or inversion practices at home.	