

Level 1 Certificate Solomon Yogalates™ Method Correspondence Program

HOME STUDY SCHEDULE

► = Reading/Colouring

► = Reviewing

► = Assessment Task (email all assessment to office once completed)

WEEK Log in hours per week !!	ANATOMY	Yogalates/pranayama Personal Practice	Yoga Philosophy/ Pranayama	Pilates Yogalates	Teacher Training (TT) theory/practical
1	<p>Read and complete Yogalates Anatomy Manual Part 1</p> <p>Orientation/Skeletal System Read Anatomy & Asana: p19-23 Read Blandine: p1-6 & p7-8 Color ACB Plates 1 – 7 & 20-21 Complete & return review question sheet 1</p> <p>Skeletal system Read and complete Yogalates Anatomy Manual Part 1 Read Blandine: p25-32, 45-46 Color ACB: 24, 25, 27-29, 30, 31, 33, 35 & 36</p>	<p>Reading: Part 1 of the personal practice, teacher training and special needs workbook</p> <p>Watch instructional DVD part 1; take notes.... practice breathing 3 mornings</p> <p>Reading: Pranayama techniques in the Yogalates manual</p> <p>Practice DVD 1 x 2-4 days – (mornings preferable) include 5 mins basic pranayama practice i.e. belly breathing /full yogic breath Include 5 mins meditation in a comfortable position</p>	<p>Reading: Desikachar Introduction & chapter 1 No worksheet</p> <p>Read Intro to Pranayama handout on assessment disk</p> <p>Read Yoga History handout Complete worksheet</p>	<p>Reading: Ch. 1-7 Yogalates Book</p> <p>Worksheet 1 Yogalates principles</p> <p>Reading: Pilates History handout on assessment disk</p> <p>Quiz 1 Pilates History</p>	
2	<p>Skeletal system Read Blandine: p40-44 Color ACB: 37, 38, 40, 42 & 43 Complete & return review question sheet 2</p> <p>Connective Tissue Read and complete Yogalates Anatomy Manual Part 2 Read Asana & Anat p7-10 p14-15 Read Blandine: p11-12 Color ACB: 10, 11, 12, 13, 17 Complete and return review question sheet 3</p>	<p>DVD 1 & 2 2-4 days alternating (mornings preferable) include pranayama practice and meditation Complete personal practice worksheet</p>	<p>Reading: Desikachar Chapter 2 Complete worksheet</p>	<p>Reading: Yogalates Girdles of strength and synergy/Core stability (Yogalates manual)</p> <p>Reading: Back to basics handout</p> <p>Quiz 2 Back to Basics</p>	

3	<p>Articular system Read and complete Yogalates Anatomy Manual Part 2 Read Asana & Anatomy p11-12 Read Blandine: p105-110 Color ACB: 22, 23, 32, 34</p>	<p>DVD 1 & 2 2-4 days alternating (mornings preferable) include pranayama practice and meditation</p>	<p>Reading: Desikachar Chapter 8 Complete worksheet</p>	<p>Watch instructional DVD part 1- take notes for have a go assignment</p> <p>Reading: Instruction for the Neutral Spine/ Abdominal, Pelvic and Thoracic Girdles (Yogalates manual)</p> <p>Reading: Neutral Spine sections (Yogalates manual)</p>	<p>Reading: Read Part II of the personal practice, teacher training and special needs workbook before attempting any of the teacher training practicals.</p>
4	<p>Articular system Read Blandine: p112-113 Read Blandine p81-84, 33-39, 47-52, 192-200 Color ACB: 26, 39, 41 Read Asana & Anatomy; p30-39 Complete and return review question sheet 4</p>	<p>DVD 1 & 2 2-4 days alternating (mornings preferable) include pranayama practice and meditation Complete personal practice worksheet</p>	<p>Reading: Desikachar Chapter 9 Complete worksheet</p>	<p>Read Yogalates manual – Teaching clients checklist pg 91-93 and</p> <p>Worksheet 2 Neutral Spine</p>	<p>TT prac 1 Have a go assignment (2 clients) based on the instructional DVD (due week 5)</p>
5	<p>Levers & functional movement Read and complete Yogalates Anatomy Manual Part 2 Read Asana & Anatomy p24-25 & 74-75 Color ACB: 44, 45, 16, 69 Complete and return review question sheet 5</p>	<p>DVD 1 & 2 2-4 days alternating (mornings preferable) include pranayama practice and meditation</p>	<p>Reading: Desikachar Chapter 11</p>	<p>Reading: Key instructions for alignment (Yogalates manual)</p> <p>Yogalates principles (section IV manual) through to example structure and formats</p>	<p>TT prac 1 cont'd Have a go assignment (2 clients) based on the instructional DVD (due week 6)</p>
6	<p>Muscular system Read and complete Yogalates Anatomy Manual Part 3 Read Asana & Anatomy p34-36 Read Blandine: p98-104 Color ACB: 14, 46, 48, 49, 50, 51</p>	<p>DVD 1 & 2 2-4 days alternating (mornings preferable) include pranayama practice and meditation</p>	<p>Desikachar Chapter 11 worksheet</p> <p>Read Science of the breath foreword/intro chapter 1 see pranayama folder fill in notes in science of the breath worksheet NOT DUE till 5 week prac</p>	<p>Worksheet 3 Key Instructions</p>	<p>TT prac 2 Teach DVD 1 part 1 (2 clients) (due week 7)</p>

7	Muscular system Continue reading Anatomy Manual Part 3 Read Asana & Anatomy p37-38 Read Blandine: p114-129 Color ACB: 54-59	DVD 1 & 2 2-4 days alternating (mornings preferable) include pranayama practice and meditation	Reading: Desikachar Chapter 12	Review: Neutral spine, TA and TB sections (Yogalates manual)	TT prac 3 Teach DVD 1 parts 1 & 2 (2 clients) (due week 8)
8	Muscular system Continue reading Anatomy Manual Part 3 Read Blandine: p64-80 Color ACB: 52, 53, 61-67	DVD 1 (2-4 days) (mornings preferable) include pranayama practice and meditation Complete personal practice worksheet	Complete worksheet Chapter 12 Read Science of the breath chapter 2 see pranayama folder fill in notes in science of the breath worksheet NOT DUE till 5 week prac		
9	Major Assignment – Muscular System Due week 13 or earlier	DVD 2 2-4 days (mornings preferable) include pranayama practice and meditation	Read Science of the breath chapter 3 see pranayama folder fill in notes in science of the breath worksheet NOT DUE till 5 week prac	Exam 1 Neutral spine, TA & TB	
10	Respiratory system Read and complete Yogalates Anatomy Manual Part 3 b Read Blandine: p87-91 Read Yogalates: p34-38 Color ACB: 129-135 Complete & return Review Question sheet 6 Muscular System - Assignment Due week 13 or earlier	DVD 2 2-4 days (mornings preferable) include pranayama practice and meditation	Reading: Desikachar Chapter 10 Complete worksheet	Watch instructional DVD part 2 Asana Sanskrit Contra indications Special needs Take notes	TT prac 4 Teach DVD 2 parts 1 & 2 (2 clients) (due week 11)
11	Study week	Personal practice is advised yet optional in the study weeks			
12	Study week				
13	Cardiovascular system Read and complete Yogalates Anatomy Manual Part 3b Read Asana & Anatomy: p16 Color ACB: 101-106 Complete & return Review question sheet 7	DVD 4 2-4 days (mornings preferable) include pranayama practice and meditation	Reading: Desikachar Chapter 14	Review: Watch instructional DVD part 2 and Review: Sanskrit names for asana Contra indications Special needs Take notes	TT prac 5 Teach DVD 2 (2 clients) (due week 14)

14	<p>Nervous system Read and complete Yogalates Anatomy Manual Part 4 Color ACB: 70-73, 75-77, 81, 86-89, 85 Nervous system Color ACB: 90-94 Complete & return review question sheet 8</p>	<p>DVD 4 2-4 days (mornings preferable) include pranayama practice and Nadi shodana (alternate nostril breathing as on DVD 4) and some meditation</p> <p>Complete personal practice worksheet</p>	<p>Complete worksheet Chapter 14</p> <p>Read Science of the breath chapter 4 pg 72 – 93 see pranayama folder fill in notes in science of the breath worksheet NOT DUE fill 5 week prac</p>	<p>Worksheet 4 Sanskrit Due now</p> <p>Review: Key principles in teaching clients and classes (Yogalates manual)</p> <p>Key instructions for alignment (Yogalates manual)</p>	
15	<p>Digestive system Read and complete Yogalates Anatomy Manual Part 4 Color ACB: 136-137, 140, 141, 142, 143, 144, 145 Complete & return review question sheet 9</p>	<p>DVD 3 & 4 2-4 days alternating mornings preferable include pranayama practice and Nadi shodana (alternate nostril breathing as on DVD 4) and some meditation</p>	<p>Reading: Desikachar Chapter 15 Complete worksheet</p>	<p>Review: For Mid course exam</p> <p>Yogalates girdles/core stability and summary (Yogalates manual)</p>	<p>TT prac 6 Teach DVD 4 (2 clients) (due week 16)</p>
16	<p>Endocrine system Read and complete Yogalates Anatomy Manual Part 4 Colour ACB: 151-156 Complete & return review question sheet 10</p> <p>Reproductive system Color ACB: 157-164 Complete & return review question sheet 11</p>	<p>DVD 3 & 5 2-4 days alternating (mornings preferable) include pranayama practice and Nadi shodana (alternate nostril breathing as on DVD 4) and some meditation</p>	<p>Review: 8 limb handout</p>	<p>Exam 2 Mid Course Review: End of week Watch instructional Dvd part 2</p> <p>Asana Sanskrit Contra indications Special needs Take notes</p>	
17	<p>Lymphatic system Read and complete Yogalates Anatomy Manual Part 4 Read Asana & Anatomy p17 Color ACB 121-126</p> <p>No worksheet for the Lymphatic system</p> <p>Complete & return Essay Principles of Asanas & the Systems</p>	<p>DVD 3 & 5 2-4 days alternating (mornings preferable) include pranayama practice and Nadi shodana (alternate nostril breathing as on DVD 4) and some meditation</p>	<p>Philosophy 8 limb quiz Due now</p> <p>Read Science of the breath chapter 4 pg 93 – 112 see pranayama folder fill in notes in science of the breath Worksheet Due Now</p>		<p>TT prac 7 Teach DVD 3 (2 clients) (due week 17)</p> <p>Review: Read Part IV (Yogalates manual) structure and format and session planning</p> <p>Design 2-4 classes Due First class in 5 week</p>

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18	Weeks 18 to 20 are study weeks. It is time to revise the body of the work. In particular the <i>summary of mat work and special needs and summary of asana and special needs (See summaries in the index).</i>			Read client protocol Oh& S in workplace (Yogalates manual) which will be included in the final exam	During the 5 weeks face to face you will teach 1 to 1 sessions and will be assessed on both these and 1.5 hour public classes structured by you.
19					
20					
Commence 5 week prac					