

# Level 1 Certificate Solomon Yogalates™ Method Correspondence Program

## HOME STUDY SCHEDULE

- ▶ Reading/Colouring     
 ▶ Reviewing     
 ▶ Assessment item (email all assessments to office once completed)  
\* new edition of Anatomy of Movement in green

### Example Home Study Timetable Only

WEEK	Anatomy (An)	Personal Practice (PP) and pranayama	Yoga Philosophy (Ph) and pranayama	Pilates Yogalates (PY)	Teacher Training (TT) & (SF)
3	Articular system Read Yogalates Anatomy Manual Part 2 Read Asana & Anatomy p11-12 Read Blandine: p105-110 Colour ACB: 22, 23, 32, 34  Articular system Read Blandine: p112-113 Read Blandine p81-84, 33-39, 47-52, 192-200 Colour ACB: 26, 39, 41 Read Asana & Anatomy; p30-39 Complete An4 Articular System	DVD 3 2-4 days alternating (mornings preferable) include pranayama practice and meditation	Read Desikachar Chapter 8 Complete worksheet	Watch instructional DVD part 1- take notes for have a go assignment  Read Instruction for the Neutral Spine/ Abdominal, Pelvic and Thoracic Girdles (Yogalates manual)  Read Neutral Spine sections (Yogalates manual) Read Yogalates manual – Teaching clients checklist pg 91-93	Read Part II of the Personal Practice, teacher training and special needs workbook before attempting any of the teacher training practicals.  Start TT1 Have a go assignment (2 clients) based on the instructional DVD summary questions are completed due now
4	Levers & functional movement Read Yogalates Anatomy Manual Part 2 Read Asana & Anatomy p24-25 & 74-75 Colour ACB: 44, 45, 16, 69 Complete An5 Levers and functional movement	DVD 1 & 4 2-4 days alternating (mornings preferable) include pranayama practice and meditation  Complete PP2 Essay for personal practice (use same template as	Read Desikachar Chapter 9 Complete worksheet	Complete PY4 Neutral Spine (NS) worksheet Read Key instructions for alignment (Yogalates manual)  Yogalates principles (section IV manual) through	Watch instructional DVD part 2  Complete TT2 Teach DVD 1 part 1 & 2 (2 clients) (due week now)

		PP1 in PP folder)		to example structure and formats Complete PY5 Key Instructions worksheet	
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