

# COURSE SYLLABUS

## **Segment One: Discovering Who You Are As A Student**

- 1.1 - Finding Your Teacher - A Daily Practice
- 1.2 - Authenticity - The Foundations Of Trust

## **Segment Two: What & Why of Creating Space**

- 2.0 - How & Why of Creating Space - An Intro To Segment Two
- 2.1 - Voice - Setting The Tone
- 2.2 - Cueing - Dissolving Habits
- 2.3 - Reading Your Class - Yoga Begins Now
- 2.4 - No Separation - Positioning & Collective Language
- 2.5 - Demonstrating - A Distraction In Disguise
- 2.6 - Sequencing - The Power In Simplicity
- 2.7 - Music - The How & Why

## **Segment Three: Relationship to Breath**

- 3.0 - Relationship To Breath - A Depth of Practice