The following is a working/moving Agenda. Meditations, pranayama and spiritual exercises will be assigned as the group merges and the energies shift. This agenda is based upon what was experience in 2016/2017.

The Symmes Studio of Elemental OM
11928 Montgomery Road, Cincinnati, Ohio 45249
Sundays, 1 – 5 pm weekly

- You may miss 4 classes total of your choosing. Please notice we have accounted for holidays in the Agenda below.
- You are required to attend the Hope Springs Getaway Weekend without exception. This is the weekend of September 22, 23, and 24 in Peebles, Ohio located just 1 hour from Cincinnati and included in the price of the program.
- You are required to attend and keep a signature sheet of 20 yoga classes practiced at EOM studios or other accredited studio. You are encouraged to attend more. You are encouraged to attend Instant Yogi, New to Yoga classes in particular.
- You must co-teach the community class a minimum of 1 time. You will teach in partnership towards the end of the training. This 1 experience will be on a Saturday probably around 4 pm and is a FREE open community class.
- You must complete 7 hours of Seva or Service. This can be a volunteer activity you already participate in or you are encouraged to help out around the studio checking students in, tidying up, teaching community classes, etc.

Week 1, Sunday, August 20th
(August 21st marks a visible solar eclipse)
Yoga & Meditation (Learning to Meditate, 7 days 11 minutes) led by Pamela Quinn,
Yoga Pose: Legs Up the Wall
Pranayama: 1 minute breath
Meet & Greet with Pamela, Who are you?
Meet your Yoga Buddhi
Dropbox System explained
Expectations

- 20 yoga classes – signed if at a different studio
- Seva (Service) – 7 hours
- Attendance – 85%
- Practice teaching -once in teams
- Practice teaching for Pamela– once in teams

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- Contemplation Exercises
- Coaching Exercises (2)
- Plan a 4 week workshop

Goal Setting & Objectives
Introduction to Yoga
Hatha Yoga Lineage
Raja Yoga

Week 2, August 27th
Sharing and Establishing our Sangha
1. Do you or what are your intentions for teaching yoga?
2. What strengths do you bring?
3. What challenges do you face?
4. What is your goal for utilizing yoga as a means by which to transform?

- 1.5 hours yoga practice
- 20 minutes Yoga Nidra (Yogi Sleep)

Meditation: 1 minute breath
Yoga Pose: Side Lying Stretch
Introduction to Ayurveda
Receive Nature's Medicine, chapters 1 & 13

Week 3, September 3….NO CLASS, Labor Day Weekend

Week 4, September 10th
Yoga Practice: Beginner's Series
Pranayama: Durga Breath
Meditation: Learning to Meditate
Yoga Pose: Lying in Traction
Introduction to Meditation

Week 5, September 17th
Yoga Practice: Beginner's Series
Yoga Pose: Bringing foot forward with balance and building pace & stability.
Removing the habit of bringing leg out and around
Pranayama: 1 minute breath
Meditation: Learning to Meditate
Introduction to the Energy Body

Week 6, September 22th – 24th…
HOPE SPRINGS WEEKEND GETAWAY. This is a MUST attend situation.
(Separate Agenda will be provided for this weekend)
Yoga Practice: Beginner's Series

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Pranayama: Alternate Nostril Breathing
Meditation: Kirtan Kriya
Coaching: Recognize the Need for Change
Week 1 of The Elemental Cleanse

Week 7, October 1
Kirtan Kriya
Passed out wheels and started astrology exploration
Week 2 of The Elemental Cleanse

Week 7, October 8
Yoga Practice: Beginner's Series
Pranayama:
Meditation: Kirtan Kriya
Coaching: Buddy up and let them talk
Week 3 of The Elemental Cleanse

Week 7, October 15
Yoga Practice: Beginner's Series
Pranayama:
Meditation: Kirtan Kriya
Coaching: Set Accountability Goals
Week 4 of The Elemental Cleanse

Week 8, October 22
Yoga Practice: Beginner's Series
Meditation: Kirtan Kriya
Ayurveda, Eating for your Dosha
hOMework…..begin working on your personal plan due November 5th

Week 9, October 29
Practical Majik…The Power of Mantra
Yoga Practice: Kundalini Yoga Practice to Activate the Ajna Chakra
Personal meditation practice continues to be yoga nidra.

Week 10, November 5
Yoga Practice: Sun Salutations and playshop to empower you to teach.
Presentation: Sun Salutations and their meanings
Meditation: Yoga Nidra

Week 11, November 12th
Practice: Beginner's Sequence led by Pamela Quinn
Meditation: So Hung

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Beginner's Sequence and Why we Do it the way we do
Theming A Class
7 Spiritual Laws: **Law of Karma**..choose the most nourishing choice, root chakra

Week 12, November 19th
Corpse Pose, Wind Relieving Pose, Alligator Twist, practice teaching
Death from a Yogic Perspective
The Dhatus or Tissues of the Body
Meditation for a Calm Heart
Coaching: Apply least effort to biggest obstacle.
7 Spiritual Laws: **The Law of Least Effort**, let it flow let it go, sacral chakra

Week 13, November 26th...No Class it is Thanksgiving Weekend
Continue Meditation for a Calm Heart

Week 14, December 3
Practice Led by Pamela Quinn
Focus on Mountain Pose and your Core Beliefs.
Michelle Griffith, Core Values...3 principles to guide you for life
Continue Medtation for a Calm Heart
Seven Spiritual Laws: **The Law of Intention and Desire**, Solar Chakra

Week 15, December 10
Beginner's Series led by Pamela Quinn
Poses: Child's pose, cat cow, down dog
Meditation Practice: Nadi Cleansing to flush Karma
Initiate a 7 day cleanse to make better food choices (Week 4 of Cleanse do-over)
Practice teach...down dog photos and observations.
The Law of Giving and Receiving

Week 16, December 17th
The Law of Detachment

Week 17, December 24th....no class Christmas Eve
Week 18, December 31st...no class New Year's Eve

Week 19, January 7th
Beginnner Sequence led by Pamela Quinn
Poses: Focus on Standing forward fold, runner's lunge, mountain pose, and plank with 8 limbs modification.
Meditation Practice: Eck Ong Kar Sat Gur Prasaad, 11 minutes assigned
Explore: How a Yoga teacher heals a room

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Practice teach each other
Law of Dharma…finding meaningful purpose

Week 20, January 14th
Beginner's Series led by Pamela Quinn
Extended Meditation….Connecting to Source
7 Spiritual Laws of Success: Law of Pure Potentiality, Crown Chakra

Week 21, January 21st
Beginnner Sequence led by Pamela Quinn
Ahimsa
Seven Spiritual Laws:
32 minutes Eck Ong Kar

Week 22, January 28th
Beginner's Series led by Pamela Quinn
Satya
The Endocrine System and Chakras

Week 23, February 4th
Yoga led by Pamela
Asteya
Coaching Others Presentation
Assign Coaching Partners
Shiva Mantra Meditation

Week 24, February 11
Yoga led by Pamela
Brahmacharya
Coaching Interview Process

Week 25, February 18th
Yoga led by Pamela
Aparigraha
Coaching Q & A, working session

Week 26, February 25th
Beginner's Series led by Pamela Quinn
Saucha
Pranayama: ASSIGNED BY COACH
Meditation: ASSIGNED BY COACH
Spiritual exercise: ASSIGNED BY COACH
Food & Routine: ASSIGNED BY COACH

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Deliver your Coaching Write up to Your client & Give one copy printed and stapled to Pamel

Week 27 March 4
Beginner's Series led by Pamela Quinn
Santosha
Pranayama: ASSIGNED BY COACH
Meditation: ASSIGNED BY COACH
Spiritual exercise: ASSIGNED BY COACH
Food & Routine: ASSIGNED BY COACH

Week 28, March 11th
Tai Yoga Massage with Mindy Ayers

Week 29, March 18th
Sequencing a Yoga class yoga assignment
Tapas

Week 30, March 25
The Spine…forward folds and back bends
Svadhyaya

Week 31, April 1st….no class Easter Sunday

Week 32, April 8
Review of Koshas and energy body
Ishvara Pranidhana
Teaching a yoga class appropriate for all…rethinking your sequence

Week 33 April 15th
Sequencing Led by Laura Granado

Week 34, April 22nd
Earth Day Celebration and Meditation, theming a class

Week 35, April 29th
Ujjiyay breathing, Vagus Nerve…Koshas…
Dream Yoga

Week 36, May 6th
The Vata Lifestyle
Dream Yoga Art Project

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Week 37, May 13th....No Class, Mother's Day

Week 38, May 20th
Twists....

Week 39, May 27th...no class Memorial Weekend

Week 40, June 3rd
The Pitta Lifestyle

Week 41...June 10th
Pranayama Workshop led by Lorraine Becker
Assign a pose with meaning for each to teach

Week 42, June 17th...No class, Father's Day

Week 43, June 24th
Ayurvedic Herbal Remedies led by Pamela
Teaching a Pose with Meaning led by the Teachers in Training

Week 44, July 1
The Kapha Lifestyle
Yoga led by Pamela
Teaching a pose with meaning

Week 45, July 8
Pre Natal Yoga with Liz Viviano

Week 46, July 15th
Yoga led by Teachers in Training
Assignment: Due on graduation...CREATING A WORKSHOP
INTERVIEW PROCESS FOR YOUR NEW COACHING BUDDHI

Week 47, July 22
Yoga led by Teachers in Training
DELIVER YOUR COACHING PROCESS TO YOUR BUDDHI
Pitta Subdosha....Sadhoka
Meditation: Per your coach, 7 days

Week 48, July 29th
Yoga led by Teachers in Training
KUNDALINI
INTRODUCTION TO AYURVEDA....PRACTICE TEACHING

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Week 49, August 5th
Yoga led by Teachers in Training
THE BUSINESS/ETHICS OF TEACHING YOGA led by Pamela Quinn

Week 50, August 12th
Yoga led by Pamela
THE BUSINESS/ETHICS OF TEACHING YOGA led by Pamela Quinn

Week 51, August 19th
Who Is God
Graduation
Everyone bring a dish to share and fun for all.

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