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 Buddha
Dropbox System explained
Expectations
  o 20 yoga classes – signed if at a different studio
  o Seva (Service) – 7 hours
  o Attendance – 85%
  o Practice teaching -once in teams
  o Practice teaching for Pamela– once in teams
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
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 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:  
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
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 Meditation 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**
Beginner 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
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**
Beginner 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
Deliver your Coaching Write up to Your client & Give one copy printed and stapled to Pamela

**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
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.