

| SEPTEMBER                |  |      |                               |                        |                 |                         |
|--------------------------|--|------|-------------------------------|------------------------|-----------------|-------------------------|
|                          |  | DATE | CURRICULUM HOURS              |                        |                 |                         |
|                          |  |      | Technique, Training, Practice | Anatomy and Physiology | Yoga Humanities | Professional Essentials |
|                          |  | 1    |                               |                        |                 |                         |
|                          |  | 2    |                               |                        |                 |                         |
|                          |  | 3    |                               |                        |                 |                         |
|                          |  | 4    |                               |                        |                 |                         |
|                          |  | 5    |                               |                        |                 |                         |
|                          |  | 6    |                               |                        |                 |                         |
|                          |  | 7    |                               |                        |                 |                         |
|                          |  | 8    |                               |                        |                 |                         |
|                          |  | 9    |                               |                        |                 |                         |
|                          |  | 10   |                               |                        |                 |                         |
|                          |  | 11   |                               |                        |                 |                         |
|                          |  | 12   |                               |                        |                 |                         |
|                          |  | 13   |                               |                        |                 |                         |
|                          |  | 14   |                               |                        |                 |                         |
|                          |  | 15   |                               |                        |                 |                         |
|                          |  | 16   |                               |                        |                 |                         |
|                          |  | 17   |                               |                        |                 |                         |
|                          |  | 18   |                               |                        |                 |                         |
|                          |  | 19   |                               |                        |                 |                         |
|                          |  | 20   |                               |                        |                 |                         |
| WEEK 1                   |  | 21   | 4                             |                        | 4               |                         |
| What Yoga Means          |  | 22   | 4                             | 1                      | 4               | 1                       |
|                          |  | 23   |                               |                        |                 |                         |
|                          |  | 24   |                               |                        |                 |                         |
|                          |  | 25   |                               |                        |                 |                         |
|                          |  | 26   |                               |                        |                 |                         |
|                          |  | 27   |                               |                        |                 |                         |
| WEEK 2                   |  | 28   | 1.5                           | 1                      | 4               | 1                       |
| History, Tantras & Vedas |  | 29   | 1.5                           |                        |                 |                         |
|                          |  | 30   |                               |                        |                 |                         |
|                          |  |      |                               |                        |                 |                         |
|                          |  |      |                               |                        |                 |                         |
| TOTAL CURRICULUM HOURS : |  |      | 11                            | 2                      | 12              | 2                       |

| OCTOBER                              |  |      |                               |                        |                 |                         |
|--------------------------------------|--|------|-------------------------------|------------------------|-----------------|-------------------------|
|                                      |  | DATE | CURRICULUM HOURS              |                        |                 |                         |
|                                      |  |      | Techinque, Training, Practice | Anatomy and Physiology | Yoga Humanities | Professional Essentials |
|                                      |  | 1    |                               |                        |                 |                         |
|                                      |  | 2    |                               |                        |                 |                         |
|                                      |  | 3    |                               |                        |                 |                         |
|                                      |  | 4    |                               |                        |                 |                         |
| WEEK 3                               |  | 5    | 2                             |                        | 4               |                         |
| Eight Limbs of Yoga                  |  | 6    | 2                             |                        |                 |                         |
|                                      |  | 7    |                               |                        |                 |                         |
|                                      |  | 8    |                               |                        |                 |                         |
|                                      |  | 9    |                               |                        |                 |                         |
|                                      |  | 10   |                               |                        |                 |                         |
|                                      |  | 11   |                               |                        |                 |                         |
| WEEK 4                               |  | 12   | 1.5                           | 5                      |                 |                         |
| Ancient Future                       |  | 13   | 1.5                           |                        |                 | 1                       |
|                                      |  | 14   |                               |                        |                 |                         |
|                                      |  | 15   |                               |                        |                 |                         |
|                                      |  | 16   |                               |                        |                 |                         |
|                                      |  | 17   |                               |                        |                 |                         |
|                                      |  | 18   |                               |                        |                 |                         |
| WEEK 5                               |  | 19   | 1.5                           | 4                      |                 |                         |
| Hatha Yoga                           |  | 20   | 1.5                           |                        |                 | 4                       |
|                                      |  | 21   |                               |                        |                 |                         |
|                                      |  | 22   |                               |                        |                 |                         |
|                                      |  | 23   |                               |                        |                 |                         |
|                                      |  | 24   |                               |                        |                 |                         |
|                                      |  | 25   |                               |                        |                 |                         |
| WEEK 6                               |  | 26   | 1.5                           | 4                      |                 |                         |
| Yoga Anatomy & Physiology :<br>Bones |  | 27   | 1.5                           | 4                      |                 | 1                       |
|                                      |  | 28   |                               |                        |                 |                         |
|                                      |  | 29   |                               |                        |                 |                         |
|                                      |  | 30   |                               |                        |                 |                         |
| TOTAL CURRICULUM HOURS :             |  |      | 13                            | 17                     | 4               | 6                       |

|                 |  |  |  |  |  |  |
|-----------------|--|--|--|--|--|--|
|                 |  |  |  |  |  |  |
| Purple = ONLINE |  |  |  |  |  |  |

| NOVEMBER   |  |      |                               |                        |                 |                         |
|--|--|------|-------------------------------|------------------------|-----------------|-------------------------|
|  |  | DATE | CURRICULUM HOURS              |                        |                 |                         |
|  |  |      | Techinque, Training, Practice | Anatomy and Physiology | Yoga Humanities | Professional Essentials |
|  |  | 1    |                               |                        |                 |                         |
| WEEK 7   |  | 2    | 2                             |                        | 2               | 4                       |
| Find your voice  |  | 3    | 2                             |                        |                 |                         |
|  |  | 4    |                               |                        |                 |                         |
|  |  | 5    |                               |                        |                 |                         |
|  |  | 6    |                               |                        |                 |                         |
|  |  | 7    |                               |                        |                 |                         |
|  |  | 8    |                               |                        |                 |                         |
| WEEK 8   |  | 9    | 2                             | 1                      | 2               | 4                       |
| Approval based teaching vs. Authentically you teaching         |  | 10   | 2                             |                        |                 |                         |
|  |  | 11   |                               |                        |                 |                         |
|  |  | 12   |                               |                        |                 |                         |
|  |  | 13   |                               |                        |                 |                         |
|  |  | 14   |                               |                        |                 |                         |
|  |  | 15   |                               |                        |                 |                         |
| WEEK 9   |  | 16   | 7                             |                        |                 | 1                       |
| Sacred Geometry & Asana Yoga                                   |  | 17   | 2                             |                        |                 |                         |
|  |  | 18   |                               |                        |                 |                         |
|  |  | 19   |                               |                        |                 |                         |
|  |  | 20   |                               |                        |                 |                         |
|  |  | 21   |                               |                        |                 |                         |
|  |  | 22   |                               |                        |                 |                         |
| BREAK  |  | 23   |                               |                        |                 |                         |
|  |  | 24   |                               |                        |                 |                         |
|  |  | 25   |                               |                        |                 |                         |
|  |  | 26   |                               |                        |                 |                         |
|  |  | 27   |                               |                        |                 |                         |
|  |  | 28   |                               |                        |                 |                         |
|  |  | 29   |                               |                        |                 |                         |
| WEEK 10  |  | 30   | 5                             |                        | 5               |                         |
| Ayurveda: the sister science of yoga. Discovering your Doshas. |  |      |                               |                        |                 |                         |

|                          |  |    |   |   |   |  |
|--------------------------|--|----|---|---|---|--|
|                          |  |    |   |   |   |  |
| TOTAL CURRICULUM HOURS : |  | 22 | 1 | 9 | 9 |  |

| NOVEMBER                                      |  |      |                               |                        |                 |                         |
|---|--|------|-------------------------------|------------------------|-----------------|-------------------------|
|   |  | DATE | CURRICULUM HOURS              |                        |                 |                         |
|   |  |      | Technique, Training, Practice | Anatomy and Physiology | Yoga Humanities | Professional Essentials |
| WEEK 10                                       |  | 1    | 1.5                           |                        |                 |                         |
| Sacred Geometry & Asana Yoga                  |  | 2    |                               |                        |                 |                         |
|   |  | 3    |                               |                        |                 |                         |
|   |  | 4    |                               |                        |                 |                         |
|   |  | 5    |                               |                        |                 |                         |
|   |  | 6    |                               |                        |                 |                         |
| WEEK 11                                       |  | 7    | 1.5                           |                        |                 |                         |
| ???   |  | 8    | 1.5                           |                        |                 |                         |
|   |  | 9    |                               |                        |                 |                         |
|   |  | 10   |                               |                        |                 |                         |
|   |  | 11   |                               |                        |                 |                         |
|   |  | 12   |                               |                        |                 |                         |
|   |  | 13   |                               |                        |                 |                         |
| WEEK 12                                       |  | 14   | 1.5                           | 3                      |                 |                         |
| Yoga Anatomy & Physiology : Connective Tissue |  | 15   | 1.5                           | 6                      |                 |                         |
|   |  | 16   |                               |                        |                 |                         |
|   |  | 17   |                               |                        |                 |                         |
|   |  | 18   |                               |                        |                 |                         |
|   |  | 19   |                               |                        |                 |                         |
|   |  | 20   |                               |                        |                 |                         |
| WEEK 13 : YTT Online                          |  | 21   | 1.5                           |                        | 4               |                         |
| Meditation & Mantra                           |  | 22   | 1.5                           |                        | 4               |                         |
|   |  | 23   |                               |                        |                 |                         |
|   |  | 24   |                               |                        |                 |                         |
|   |  | 25   |                               |                        |                 |                         |
|   |  | 26   |                               |                        |                 |                         |
|   |  | 27   |                               |                        |                 |                         |
| BREAK   |  | 28   |                               |                        |                 |                         |
|   |  | 29   |                               |                        |                 |                         |
|   |  | 30   |                               |                        |                 |                         |
| TOTAL CURRICULUM HOURS :                      |  |      | 10.5                          | 9                      | 8               | 0                       |

| JANUARY                               |  |      |                               |                        |                 |                         |
|---------------------------------------|--|------|-------------------------------|------------------------|-----------------|-------------------------|
|                                       |  | DATE | CURRICULUM HOURS              |                        |                 |                         |
|                                       |  |      | Techinque, Training, Practice | Anatomy and Physiology | Yoga Humanities | Professional Essentials |
|                                       |  | 1    |                               |                        |                 |                         |
|                                       |  | 2    |                               |                        |                 |                         |
|                                       |  | 3    |                               |                        |                 |                         |
| WEEK 14                               |  | 4    | 2                             | 1                      |                 | 5                       |
| Restorative                           |  | 5    | 2                             |                        |                 |                         |
|                                       |  | 6    |                               |                        |                 |                         |
|                                       |  | 7    |                               |                        |                 |                         |
|                                       |  | 8    |                               |                        |                 |                         |
|                                       |  | 9    |                               |                        |                 |                         |
|                                       |  | 10   |                               |                        |                 |                         |
| WEEK 15                               |  | 11   |                               |                        |                 |                         |
| ???                                   |  | 12   |                               |                        |                 |                         |
|                                       |  | 13   |                               |                        |                 |                         |
|                                       |  | 14   |                               |                        |                 |                         |
|                                       |  | 15   |                               |                        |                 |                         |
|                                       |  | 16   |                               |                        |                 |                         |
|                                       |  | 17   |                               |                        |                 |                         |
| WEEK 16                               |  | 18   | 1.5                           | 2                      |                 | 6                       |
| Trauma and Equality                   |  | 19   | 1.5                           |                        |                 |                         |
|                                       |  | 20   |                               |                        |                 |                         |
|                                       |  | 21   |                               |                        |                 |                         |
|                                       |  | 22   |                               |                        |                 |                         |
|                                       |  | 23   |                               |                        |                 |                         |
|                                       |  | 24   |                               |                        |                 |                         |
| WEEK 17                               |  | 25   | 1.5                           | 8                      |                 |                         |
| Yoga Anatomy & Physiology:<br>Muscles |  | 26   | 1.5                           |                        |                 |                         |
|                                       |  | 27   |                               |                        |                 |                         |
|                                       |  | 28   |                               |                        |                 |                         |
|                                       |  | 29   |                               |                        |                 |                         |
|                                       |  | 30   |                               |                        |                 |                         |
| TOTAL CURRICULUM HOURS :              |  |      | 10                            | 11                     | 0               | 11                      |

| FEBRUARY                    |  |      |                               |                        |                 |                         |
|-----------------------------|--|------|-------------------------------|------------------------|-----------------|-------------------------|
|                             |  | DATE | CURRICULUM HOURS              |                        |                 |                         |
|                             |  |      | Technique, Training, Practice | Anatomy and Physiology | Yoga Humanities | Professional Essentials |
| WEEK 18                     |  | 1    | 2                             |                        |                 | 8                       |
| RETREAT WEEKEND- Sequencing |  | 2    | 4                             |                        |                 | 6                       |
|                             |  | 3    |                               |                        |                 |                         |
|                             |  | 4    |                               |                        |                 |                         |
|                             |  | 5    |                               |                        |                 |                         |
|                             |  | 6    |                               |                        |                 |                         |
|                             |  | 7    |                               |                        |                 |                         |
| WEEK 19                     |  | 8    | 1.5                           |                        |                 | 8                       |
| Yoga Alliance               |  | 9    | 1.5                           |                        |                 |                         |
|                             |  | 10   |                               |                        |                 |                         |
|                             |  | 11   |                               |                        |                 |                         |
|                             |  | 12   |                               |                        |                 |                         |
|                             |  | 13   |                               |                        |                 |                         |
|                             |  | 14   |                               |                        |                 |                         |
| WEEK 20                     |  | 15   | 1.5                           |                        |                 |                         |
|                             |  | 16   | 1                             |                        |                 |                         |
|                             |  | 17   |                               |                        |                 |                         |
|                             |  | 18   |                               |                        |                 |                         |
|                             |  | 19   |                               |                        |                 |                         |
|                             |  | 20   |                               |                        |                 |                         |
|                             |  | 21   |                               |                        |                 |                         |
| WEEK 21                     |  | 22   |                               |                        |                 |                         |
|                             |  | 23   |                               |                        |                 |                         |
|                             |  | 24   |                               |                        |                 |                         |
|                             |  | 25   |                               |                        |                 |                         |
|                             |  | 26   |                               |                        |                 |                         |
|                             |  | 27   |                               |                        |                 |                         |
| WEEK 22                     |  | 28   |                               |                        |                 |                         |
|                             |  |      |                               |                        |                 |                         |
|                             |  |      |                               |                        |                 |                         |
|                             |  |      |                               |                        |                 |                         |
| TOTAL CURRICULUM HOURS :    |  |      | 11.5                          | 0                      | 0               | 22                      |



HOURS OF CURRICULUM ACCOUNTING SHEET

| Curriculum                    | REQUIRED HOURS | ACTUAL HOURS | % of Fulfillment | NOTES               |
|-------------------------------|----------------|--------------|------------------|---------------------|
| Techinque, Training, Practice | 75             | 78           | 104.00%          |                     |
| Anatomy and Physiology        | 30             | 40           | 133.33%          | 20 hours max online |
| Yoga Humanities               | 30             | 33           | 110.00%          | 20 hours max online |
| Professional Essentials       | 50             | 50           | 100.00%          |                     |
|                               |                |              |                  |                     |
|                               |                |              |                  |                     |
|                               |                |              |                  |                     |
|                               | Total Hours    | 201          |                  |                     |