

Prison Yoga Project

Yoga, Social Justice, & Leadership

A 200 Hour Yoga Teacher Training Program
Course Syllabus

Program Dates:

Access to Online Introduction upon program registration

Access to Online Course Material: Jun 29, 2022

Live Sessions

- Thursday Jul 7, 2022 - July 21, 2022 5:00pm- 8:30pm EST
- Thursday Aug 4, 2022 - Sep 29, 2022 5:00pm- 8:30pm EST
- Sunday Aug 21, 2022 11:00am- 3:00pm EST

**Beginning Week 2, the Zoom Room will open early to allow for greetings and social time. The Zoom Room will also remain open for up to one hour at the close of class for gathering, discussion, and community time.*

Final Sequencing Practicums will be scheduled between Oct 3, 2022 -October 14, 2022

Closing Circle & Graduation Ceremony : Sunday Oct 16, 2022 11:00am- 3:00pm EST

Online Introduction Content

Access to the Introduction will be available upon program registration. This section provides an overview of what to expect from the training as well as a collection of videos and reflection questions that set the foundation for the topics we will explore further throughout the program.

Program Introduction / Learning Objectives

Program Forms

Navigating the Training

Who is/is not in the yoga room? Establishing a Welcome Space

Examining Obstacles to Social Justice

Yoga, Social Justice, & Leadership Course Syllabus

Week 1

Exploring the first module of our program will offer the opportunity for us to begin to meet one another as community and build the foundation of learning we will navigate together. The online learning Module One provides a detailed summary of each module section: Methodology, Yoga Philosophy, Embodied Anatomy, Postures & Sequencing, and Reflections & Self Study. During our first live session, we will share space in council with introductions, review the syllabus and course expectations, as well as beginning our discussion of Module One.

Live Session Agenda:

Thursday Jul 7, 2022 5pm-8:30pm EST

Centering & Welcome

Opening Council

Course Overview

Discussions:

- Clarifying Consent & Establishing Boundaries
- Normalizing Competency & Growth
- Accessible & Inclusive Yoga

Movement Practice

- Anatomy Intro with Directional Planes

Practical Breakout Session

- Guiding Mountain Pose & Relaxation Pose

Invitational Self-Study Mindfulness Activity (*Assigned at the end of each live session*):

- Through the week, observe your posture & breath throughout your day

Week 1 Online Content:

Module 1 Foundations of Facilitating Yoga

Methodology

Our Stress Response

Redefining the “Yoga Industry”

The Importance of Living Your Yoga

Mindfulness and Embodiment

Recognizing Harm & Clarifying Consent

Yoga Philosophy

History of Yoga
Styles of Yoga

Embodied Anatomy

The Skeletal System
The Muscular System

Postures and Sequencing

Understanding Anatomical Directional Planes

Reflection and Self Study

The final section of each online module contains questions about the material and offers optional self study prompts.

Week 2 Live Session Agenda:

Thursday Jul 14, 2022 4:50pm -8:30pm EST

4:45-5pm Zoom Space Social Time

Centering & Welcome

Discussions:

- 8 Limbs, Sutras, and Social Justice
- Exploring Breath
- Bones, Joints, & Muscles Overview

Movement Practice

- Spinal Movement, Range of Motion, & Breath Awareness

Practical Breakout Session

- Guiding Spinal Movement, Range of Motion, & Breath

Invitational Self-Study Mindfulness Activity (*Assigned at the end of each live session*):

- Observing your embodied energy & “activations”/triggers

Week 2 Online Content:

Module 2 Understanding Breath

Methodology

Benefits of The Exhale
Guiding Pranayama

Yoga Philosophy

The 8 Limbs of Yoga
Yoga Sutras

Embodied Anatomy

The Respiratory System

Postures and Sequencing

Normalizing Moderation, Growth, and Competency
Posture Resources

Reflection and Self Study

See online module or PDF Copy for questions

Week 3 Live Session Agenda:

Thursday Jul 21, 2022 4:45pm-8:30pm EST

4:45-5pm Zoom Space Social Time

Centering & Welcome

Discussions:

- Exploring Assumptions & Biases through the lens of Ahimsa (Non-Harm)
- Trauma-Informed Sequencing
- Building Foundation- Structural Anatomy 1

Movement Practice

- Demonstration of Discharge/Energy Release Sequence

Practical Breakout Session

- Guiding a Discharge/Energy Release Sequence

Invitational Self-Study Mindfulness Activity (*Assigned at the end of each live session*):

- Observe Spine Support and Core Engagement

Week 3 Online Content:

Module 3 Rooted in Service

Methodology

Introduction to Sequencing
Trauma-Informed Sequencing / Putting it all Together

Yoga Philosophy

Ahimsa
Seeing Self, Seeing Individuals; Listening & Learning
Identifying Assumptions & Perceptions

Embodied Anatomy

From the Ground Up; Rooting through the Feet
Building Core Awareness
Exploring the Spine

Postures and Sequencing

Discharge/Energy Release Sequencing
Posture Resources

Reflection and Self Study

See online module or PDF Copy for questions

Week 4

Jul 28, 2022 - **NO LIVE SESSION THIS WEEK**

You may use this time as you'd like! Feel free to explore course content, review previous material, meet with fellow cohort members, or rest far away from electronics.

Week 5 Live Session Agenda:

Thursday **Aug 4, 2022 4:45pm-8:30pm EST**

4:45-5pm Zoom Space Social Time
Centering & Welcome
Discussions:

- Personal & Global Truths
- Invitational Cueing / Active & Authentic Listening
- Building Strong Foundations: Structural Anatomy 2

Movement Practice

- Demonstration of Dynamic Warm-up Sequencing

Practical Breakout Session

- Guiding a Dynamic Warm-up

Invitational Self-Study Mindfulness Activity (*Assigned at the end of each live session*):

- Observe your Focus, Attention, & Emotion

Week 5 Online Content:

Module 4 Uncovering Truths

Methodology

Invitational Cueing / Accessible Offerings

Guiding the Room; Cueing for Confidence and Accessibility

Active and Authentic Listening

Yoga Philosophy

Satya, Exploring our Truth

Global Truths

Aligning Your Path

Embodied Anatomy

Hip/Pelvic Joints & Structure

Knees & Ankles

Postures and Sequencing

Spinal Movement / Warming up the Spine

Dynamic Warm-up Sequencing

Postures

Reflection and Self Study

See online module or PDF Copy for questions

Week 6 Live Session Agenda:

Thursday Aug 11, 2022 4:45pm-8:30pm

4:45-5pm Zoom Space Social Time

Centering & Welcome

Discussions:

- Learn, Teach, Collaborate : Considering Asteya (Non-Stealing)
- Guiding to Participants Needs
- The Nervous System

Movement Practice

- Demonstration of Centering Practice

Practical Breakout Session

- Guiding a Centering Practice

Invitational Self-Study Mindfulness Activity (*Assigned at the end of each live session*):

- Observe Hip and Shoulder sensations and take time to move as needed

Week 6 Online Content:

Module 5 Giving and Taking

Methodology

Teaching for the Participants' Needs

Avoiding the Yoga Show

Yoga Philosophy

Asteya and Giving

The Gifts of Knowledge: Being a Learner, Teacher & Collaborator

Confronting the Thieves in our Heads

Patriarchy & The Fear of Empowering the Oppressed

Embodied Anatomy

Shoulder Joints & Structure

Wrists & Elbows

Postures and Sequencing

Centering Practice Sequencing

Posture Resources

Reflection and Self Study

See online module or PDF Copy for questions

Week 7 Live Session Agenda:

Thursday Aug 18, 2022 4:45pm-8:30pm EST

4:45-5pm Zoom Space Social Time

Centering & Welcome

Discussions:

- Addiction of Privilege & Consumption
- Afflictions of the Human Condition: The Kleshas
- The Nervous System & Yoga

Movement Practice

- Demonstration of Strength & Mobility Sequencing

Practical Breakout Session

- Guiding a Strength & Mobility Sequence

Invitational Self-Study Mindfulness Activity (*Assigned at the end of each live session*):

- Observe your physical balance and stability

Week 7 Online Content:

Module 6 The Social Disease of Excess

Methodology

Rethinking Ability, Injury, & Mobility (Mental & Physical)

Yoga Philosophy

Brahmacharya & The Social Disease of Excess & Replacement

Exploring Personal Consumption

Embodied Anatomy

Addiction and the Mind/Body Connection

Comparative Discussion – Kleshas

Postures and Sequencing

Strength & Mobility Sequencing

Permission to be Powerful

Posture Resources

Reflection and Self Study

See online module or PDF Copy for questions

Week 7.5 HalfWay Sunday Session

Live Session Agenda:

SUNDAY Aug 21, 2022 10:45am-3pm EST

10:45-11am Zoom Space Social Time

Centering & Welcome

Mid-Session Council

Discussions:

- Barriers to Letting Go
- Setting Intentions
- Chakras

Movement Practice

- Demonstration of Focus & Concentration Sequencing

Practical Breakout Session

- Guiding a Focus & Concentration Sequence

Invitational Self-Study Mindfulness Activity (*Assigned at the end of each live session*):

- Observe Sleep & Rest patterns

Week 7.5 Online Content

Module 7 Clarifying Opportunity

Methodology

Setting Intentions

Finding The Unexpected Support System

Yoga Philosophy

Aparigraha

Honoring the Path

Embodied Anatomy

The Nervous System - Neuroscience of Trauma
The Chakra System - A Comparative Look

Postures and Sequencing

Connection & Focus Sequencing
Posture Resources

Reflection and Self Study

See online module or PDF Copy for questions

Week 8 Live Session Agenda:

Thursday Aug 25, 2022 4:45pm-8:30pm EST

4:45-5pm Zoom Space Social Time

Centering & Welcome

Discussions:

- Following Our Moral Compass
- Energy Locks & Bandhas
- Yin & Yoga Nidra

Movement Practice

- Demonstration of Integration & Relaxation Sequencing with Yin Yoga & Yoga Nidra

Practical Breakout Session

- Guiding an Integration & Relaxation Sequence

Invitational Self-Study Mindfulness Activity (*Assigned at the end of each live session*):

- Consider your Personal Movement Practice

Week 8 Online Content

Module 8 Exposing the Dirt & Working for Clarity

Methodology

Focusing on Rest - Yoga Nidra

Deeper Balance - Yin Yoga

Joint & Connective Tissue - Exploring Yin Yoga

Yoga Philosophy

Saucha

Exposing the Dirt

Clearing the Clutter Within

Following your Moral Compass On & Off the Mat

Embodied Anatomy

The Endocrine System

Energy Locks (Bandhas)

Postures and Sequencing

Integration & Relaxation Sequencing

Postures

Reflection and Self Study

See online module or PDF Copy for questions

Week 9 Live Session Agenda:

Thursday Sep 1, 2022 4:45pm-8:30pm EST

4:45-5pm Zoom Space Social Time

Centering & Welcome

Discussions:

- Considering Contentment
- Normalizing Props
- Connective Tissue & Fascia

Movement Practice

- Self-Massage Activity

Practical Breakout Session

- Group Sequence Workshop

Invitational Self-Study Mindfulness Activity (*Assigned at the end of each live session*):

- Consider your Personal Meditation Practice

Week 9 Online Content:

Module 9 Interpreting Contentment

Methodology

Exploring Chair Yoga
Using Props/Creative Props

Yoga Philosophy

Santosa & Interpreting Contentment
No Justice, No Peace
Hurt People, hurt people. Healing People, see people

Embodied Anatomy

Skin, Fascia & Connective Tissue
Comparative Discussion – Koshas

Postures and Sequencing

Guiding for Hips, Shoulders, and Spine
Posture Resources

Reflection and Self Study

See online module or PDF Copy for questions

Week 10 Live Session Agenda:

Thursday September 8, 2022 4:45pm-8:30pm EST

4:45-5pm Zoom Space Social Time
Centering & Welcome

Discussions:

- Yoga as a Revolutionary Force
- Self Care
- Exploring the Vayus

Practical Breakout Session

- Group Sequencing Workshop

Invitational Self-Study Mindfulness Activity (*Assigned at the end of each live session*):

- Consider Your Hobbies & Play Time

Week 10 Online Content

Module 10 Yoga as a Revolutionary Force

Methodology

Pratyahara
Practicing Dharana
Exploring Dhyana

Yoga Philosophy

Tapas
Yoga as a Revolutionary Force
Practice, Self-Care, and Support Systems

Embodied Anatomy

Detoxifying & True Yogic Benefits - Science of Postures for Immune Function
Digestive System
Comparative Philosophy- Vayus

Postures and Sequencing

Incorporating Meditation & Pranayama
Posture Resources

Reflection and Self Study

See online module or PDF Copy for questions

Week 11 Live Session Agenda:

Thursday Sep 15, 2022 4:45pm-8:30pm EST

4:45-5pm Zoom Space Social Time

Centering & Welcome

Discussions:

- Knowledge & Understanding
- Guiding Youth
- Considering Class Themes

Practical Breakout Session

- Group Sequencing Workshop

Invitational Self-Study Mindfulness Activity (*Assigned at the end of each live session*):

- Observing Life Balance

Week 11 Online Content:

Module 11 Empowerment & Changing the Narrative

Methodology

Instructing Youth

Review Neuroscience of Yoga / Impact of Youth Trauma

Establishing a Class Theme

Yoga Philosophy

Svadyaya

Yoga as a Path to Self and Collective Liberation

Justifiable Rage

Embodied Anatomy

The Cardiovascular System

The Heartbeat & The Breath: Instructing Self Soothing

A Comparative Look at the Nadis

Postures and Sequencing

Youth Classes

Posture Resources

Reflection and Self Study

See online module or PDF Copy for questions

Week 12 Live Session Agenda:

Thursday September 22, 2022 4:45pm-8:30pm EST

4:45-5pm Zoom Space Social Time

Centering & Welcome

Discussions:

- Working for a Just & Equitable Future
- Mitigating the Risk of Burn-Out
- Avoiding Injury

Practical Breakout Session

- Final Sequence Brainstorm Workshop

Invitational Self-Study Mindfulness Activity (*Assigned at the end of each live session*):

- Observe your Wellbeing

Week 12 Online Content:

Module 12 Working for a Just & Equitable Future

Methodology

Mitigating the Risk of Burn-Out

The “Discipline” of Practice - Teaching Commitment to Self

Incorporating Mudras

Yoga Philosophy

Isvarapranidhana

Working for a Just & Equitable Future

Aligning your Higher Purpose - Past, Current, & Future Social Justice Work

Embodied Anatomy

Embracing Self - Unique Gifts of Body Design

Postures and Sequencing

Muscle Fatigue, Injury, & Recovery

Posture Resources

Reflection and Self Study

See online module or PDF Copy for questions

Week 13 Live Session Agenda:

Thursday Sep 29, 2022 4:45pm-8:30pm EST

4:45-5pm Zoom Space Social Time

Centering & Welcome

Discussions:

- Raga Yoga & Samadi
- Next Steps

- Q&A

Practical Breakout Session

- Preparing Your Final Sequence

Week 13 Online Content:

Module 13 Service as a Facilitator

Methodology

Service as a Facilitator - Karma Yoga

Seeing, Hearing, Speaking - Taking Social Justice Beyond the Mat

Yoga Philosophy

Bhakti Yoga - Connecting with Ritual

Jnana Yoga- Continuing the Quest for Knowledge & Understanding

Overview of Jnana Yoga

Comparative Discussion - Bhagavad Gita

Embodied Anatomy

Yogic Purification and (mis)Perceptions of “Healthy”

A Look at Ayurveda

Ayurvedic Exploration– Doshas

Revisiting Balance - Gunas

Postures and Sequencing

Taking Next Steps

Final Practice Sequences

Reflection and Self Study

See online module or PDF Copy for questions

Week 14 & Week 15

Oct 3, 2022 - October 14

Submit Final Yama & Niyama Reflection

Schedule & Facilitate Your Final Practicum (Live or Video Submission)

Week 16 Live Session Agenda:

SUNDAY Oct 16, 2022 10:45am-3:00pm EST

10:45-11am Zoom Space Social Time

Closing Council

Presentation of Certificates