

Pink Lotus Yoga Professional Yoga and Teacher Training  
 Brief: Independent Work Hours Spring/Summer 2016

**30 INDEPENDENT WORK HOURS. TRANSFER TO IW LOG WHEN WORK IS COMPLETED.**

4/1-4/3: Modules 1 and 2	3 hr IW: viewing/studying Keynote slides 2 hr IW: journaling before next modules
4/8-4/10: Modules 3 & 4	3 hr IW: studying slides/watching required videos/listening to podcast 1 hr IW: prepare to teach Yin postures for PTE 1 hr IW: Off the Mat and into the World Writing Assignment (will be collected)
4/22-4/24: Modules 5 & 6	2.5 hr IW: studying Keynote Slides 2 hr IW: Journaling 30 min IW: Mentoring Session with Marcia before 4/29
4/29-5/1: Modules 7 & 8	1 hr: IW: Keynote slides (Amrit Yoga and videos) 1.5 hr: IW: Review Slides on Premodern Yoga History, Philosophical Terms, Yinatomy, Energy Anatomy and Yin chart 2.5 hr IW: PTE Prep over the Weekend (assigned Fri p.m.)
5/13-5/15: Modules 9 & 10	3 hr IW: View and study Keynote Slides on Yangatomy and Muscles 2 hr IW: View and study Keynote Slides on The Modern History of Hatha and Vinyasa Yoga
5/20-5/22: Ms 11 and 12	5 hr IW: preparing for Independent Study Project (ISP) report this weekend

**ADDITIONAL INDEPENDENT HOURS NEEDED FOR GRADUATION: 20**

No limit on the hours you can earn here in any category, but consult with me before undertaking anything. You will track your own time spent on the IW log provided at our training webpage. You can start earning these 20 hours once training has started

\*journaling/writing

\*student teaching at PLY after 5/22 (track prep, teaching, and debriefing time)

\*read recommended texts list at our webpage and write reader response (open approach) piece at least two pages long

\*watch recommended films and documentaries at our webpage and write reader response (open approach) piece at least two pages long

\*volunteer at PLY with special projects (e.g., marketing, events, spring cleaning, window design)

\*community volunteering with brief written report analyzing if/how/what yamas and niyamas come into play within you/community with which you are engaging

\*create something and share it with your classmates (poem, story, monologue, script, film, piece of artwork, etc.)

\*compile and type up a list of your favorite 'yoga class' music

\*create and type up class sequences (e.g., beginners, themed, all-levels, multi-style, etc.)

\*prep for a presentation/review of concepts and topics covered in training

\*one-on-one mentoring sessions with program director