

YTT Weekend 3 Reading Assignment

YTT Training Manual--Learning Environment Guidelines

Review Professional Behavior and Ethical Conduct Pg 1-4

Review Conscious Communication Pg 1-5 - 1-7

YTT Training Manual--Yoga Philosophy

Review Yoga Philosophy 2-15 - 2-17

Read Yoga Philosophy Sankhya Darsana 2-18 - 2-20

YTT Training Manual--Teaching Yoga

Read Create and Hold Sacred Space Pg 3-2 - 3-4

Read Art of Assisting Pg 3-15 - 3-19

Review Opening a Yoga Class: Welcome and Center Pg 3-21 --3-21

YTT Training Manual- Asana

Read Adho Mukha Svanasana-Pg 5-6 - 5-7

Review Previous Postures and Assists

- Tadasana
- Utkatasana
- Uttanasana
- Anjaneyasana
- Virabhadrasana I & II
- Utthita Parshvakonasana
- Sukasana
- Baddha Konasana
- Anatasana
- Supta Padangusthasana
- Prasarita Padottansana
- Virasana

Use the YTT Manual to gain support for Practice Teach 1