

6 Hours Self-Study

Please try to watch/read prior to the training if possible

| Topic | Article, podcast, or video link | Approx. Minutes to read/watch | Links to authors/speakers if not listed | Completed | Deeper study, if interested |
|--|--|-------------------------------|---|--------------------------|--|
| DAY 1 | | | | <input type="checkbox"/> | |
| Yoga History | Yoga Origin, History, Development | 15 | | <input type="checkbox"/> | Ayurveda and Healing |
| | Krishnamacharya Therapeutic Aspects of Yoga: Yoga Therapy | 14 | | <input type="checkbox"/> | Yoga in India & Yoga in the West |
| Yoga Research | Yoga and Trauma | 10 | | <input type="checkbox"/> | |
| Koshas | Yoga Therapy/Healing Racialized Trauma | 10 | | <input type="checkbox"/> | Yoga Philosophy: Koshas |
| Avidya/Svadyaya | Avdiya/Svadyaya | 6 | | <input type="checkbox"/> | Supremacy and Psychology |
| Gunas | Gunas | 5 | | <input type="checkbox"/> | |
| Practice the assigned 5 minute trauma informed sequence to teach tomorrow | | 60 | | <input type="checkbox"/> | |
| DAY 2 | | | | <input type="checkbox"/> | |
| Cultural Appropriation | Interview on Cultural Appropriation in Yoga | 53 | Kallie Schut Jonelle Lewis | <input type="checkbox"/> | |
| | 8 Signs your practice is culturally appropriated | 10 | | <input type="checkbox"/> | Good Ancestor: Yoga Roots |
| | Exploring Yoga and the Impact of Cultural Appropriation | 25 | | <input type="checkbox"/> | Individualism: Maslow and BlackFeet |
| | Vinyasa Killed Yoga | 50 | | <input type="checkbox"/> | Namaste Master Class |
| Spiritual Bypassing | White Privilege in Yoga Pants | 5 | | <input type="checkbox"/> | |
| | Spiritual bypassing, racism, gas lighting | 5 | | <input type="checkbox"/> | |
| | Intent vs. Impact | 5 | | <input type="checkbox"/> | |
| Capitalism | How to challenge capitalism in yoga | 5 | | <input type="checkbox"/> | |
| | Hindu symbols and consumerism | 5 | | <input type="checkbox"/> | |
| Inclusivity | A letter to white yoga teachers | 5 | | <input type="checkbox"/> | |
| | Teaching Inclusive Yoga | 7 | | <input type="checkbox"/> | |
| | Internalized Oppression | 5 | | <input type="checkbox"/> | |
| | Accessibility and the Subtle Body | 7 | | <input type="checkbox"/> | Yoga, Disability and Transformation |
| | Trauma and inclusivity. | 5 | | <input type="checkbox"/> | |
| Social Justice in Yoga | White supremacy and yoga , healing, activism, social justice | 17 | | <input type="checkbox"/> | |
| | White supremacy in yoga | 5 | | <input type="checkbox"/> | |
| Create and turn in ahimsa plan | | 26 | | <input type="checkbox"/> | |
| Total minutes (360) | | 360 | | <input type="checkbox"/> | |