

# Adaptive Yoga for Essential Well-Being

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## Integration Checklist

Please check off these tasks as you complete them and turn in the requested assignments to be eligible for certification to teach.

### Section 1:

- Get a 2" binder that will be your manual
- Get graph paper to scribe your classes
- Print off Manual Cover Page for your manual
- Print off Complete Asana Index for your manual
- Print Introduction to Program Slide Deck for your manual
- Watch Introduction to Program and take notes
- Print Models for Understanding Yoga and Self slide deck for your manual
- Watch Models for Understanding Yoga and Self and take notes
- Print Beginners Guide to Breathing Slide Deck for your manual
- Watch Beginners Guide to Breathing and take notes
- Watch Sections of the Spine
- Take the quiz!

**To turn in: Journal on why you are here seeking yoga. 1 page.**

### Section 2

- Print Overview of the Sutras for your manual
- Watch Overview of the Sutras and take notes
- Print PNF - the Science of Movement article for your manuals. Read it and take notes
- Watch How to Scribe Stick Figures
- Print Introduction to the Poses Scribed Classes
- Practice Introduction to the Poses
- Scribe these classes in your own hand.
- Practice from these scribed classes 2x each.
- Journal on your experiences.
- Print Introduction to the Chair Poses Scribed Classes
- Practice Introduction to Chair Poses Classes  Scribe these classes in your own hand for your manual.

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- Practice these scribed classes 2x each.
- Journal on your experiences.

**To turn in: Make a pdf of two hand-scribed classes and one sheet of your practice scribing individual asanas 5x each.**

## Section 3

- Print Introduction to Forward Bends Slide Deck for your manual
- Watch Introduction to Forward bends Lecture and take notes
- Print Forward Bend Asana Template for your manuals. You may need to print more as we add more to the training.
- Print Forward Bends Scribed Classes
- Practice Forward Bends Classes
- Scribe Forward Bend Classes in your own hand for your manual
- Practice each class 2x.
- Journal on your experiences.
- Print Forward Bends Asanas Scribed
- Watch Forward Bend Asana Workshop.
- Practice each asana 3x and practice scribing each asana 5x
- Take notes on the Forward Bend Template.

**To turn in: Make a pdf of two hand-scribed classes and one sheet of your practice scribing individual asanas 5x each.**

## Section 4

- Print Introduction to Backward Bends Slide Deck for your manual
- Watch Introduction to Backward bends Lecture and take notes
- Print Backward Bend Asana Template for your manuals. You may need to print more as we add more to the training.
- Print Backward Bends Scribed Classes
- Practice Backward Bends Classes
- Scribe Backward Bend Classes in your own hand for your manual
- Practice each class 2x.
- Journal on your experiences.
- Print Backward Bends Asanas Scribed
- Watch Backward Bend Asana Workshop.

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- Practice each asana 3x and practice scribing each asana 5x.
- Take notes on the Backward Bend Template.

**To turn in: Make a pdf of two hand-scribed classes and one sheet of your practice scribing individual asanas 5x each.**