Hello! Namaste,

Thank you very much for your patience as I navigated the straits of the Apple repair process with my not-even-a-year-old laptop. After several weeks, I’m up and running. If you reached out to me during the last few, and I didn’t respond, please resend. I’m back from the stone age!

As we conclude our first foundational year of the training this coming April, we’ll spend much of our time together engaged in review, refinement, and integration. The second year begins in October 2018, so you’ll have plenty of time to finish up anything due in April, and as well prepare for the start of the second year.

Here are the assignments for our second *antara* (in between). In keeping with your suggestion, due dates for the below assignments are staggered, so please check and record each one. We are in the process of revising the Spanda® website. I’ll let you know when the password protected page with the course content and hand-outs is back up—we anticipate mid-to-late January. I think you’ll find the homework fascinating, integrating and fun! As always, just let me know what questions you may have along the way. ☺

***MEDITATION***

Please read, ***Meditation and its Practice,*** by Swami Rama. If you’ve graduated from a Himalayan Institute training, this will be familiar, but is worth reviewing as we take this work into a therapeutic context. If you haven’t, then you’re in for a treat! This is a clear exposition of meditation and it’s “how-to” from an academically sound yoga lineage. It’s a short book—perhaps take notes on each of the four chapters.

If you do not now have a meditation practice, this would be a good time to begin one. We’ll focus on the koshic level of mind in April. And if you have trouble getting a practice started, work with that, perhaps journaling occasionally about the difficulties you encounter. If meditation is currently a part of your life, you may wish to collect any issues or questions you may have about its practice, or experiences you are having. We will discuss according to your interest and need.

***RADICAL HEALING***

In ***Radical Healing***, by Rudolph Ballentine, M.D., please read **Chapter 7: Nutrition**, and **Chapter 8: A Lighter and Clearer You.** Dr. B has evolved from having a very heavy hand with both of these topics. See if you can spot his evolution and the remnants of his hard-lined former point of view as you read. Carrie and I both believe each of these areas are deeply personal, and perhaps more than any other area of lifestyle change, are linked to our fundamental personality constructs and feelings. What do you think?Please commit your view and anything else of interest to your (insights, curiosity, concern) on these two subjects of nutrition and detox to informal writing. Up to one page per topic covers it; more is fine! **These two pages are due March 1, 2018:** send to symt@spandayoga.com.

Please continue on in **Chapter 10, Energy and Breath**, we left off on page 411, at *When to See a Professional*. And also read **Chapter 11, Healing as Transformation**. I think you will find these chapters entering the realms of deeper koshic layers and the work very timely and interesting!

And please have a look through the **Resources** section beginning on page 501. Familiarize yourself with the **Self Help Index and Home Medicine Kit.** This index is worth its weight and then some as it primarily summarizes the collection of tools with commentary by this extraordinarily skillful eclectic pioneer in natural healing.

***AYURVEDIC BASICS***

In, ***The Complete Book of Ayurvedic Home Remedies***, by Vasant Lad, BAMS, MASc., please read **Chapter 4: How We Can Stay Healthy,** and **Chapter 5: Ayurvedic Lifestyle: The Ultimate Preventive Medicine**. You can skim Chapters 6 and 7 as you like. They are on breathing and meditation, which we go into in greater depth.

In **Chapter 8**, Dr. Demers and I both disagree with Dr. Lad’s approach to diet here, as you may recall Carrie mentioning. Although the information may be valid to some degree, we feel that herbs can and do modify foods well, and that being so strict with “food rules” is most often counter-productive. It is overly prescriptive for our tantric approach of self-exploration and self-empowerment. So, feel free to disregard or skim for basic information. Within Chapter 8, please read, pp. **96-99**, and **102**, and **104** to *Relationship of the Gunas and Doshas.*

Read at leisure (I suggest a page a day) **Part III: Secrets of Ayurvedic Self-Healing: An Encyclopedia of Illnesses and Remedies.** This is another terrific resource, with most of the remedies and practices falling within our scope.

In relation to our exploration of Ayurvedic basics, please explore the following and turn in what your write by **March 1, 2018,** send to symt@spandayoga.com:

1) Choose a Dosha Balancing Action you’d like to explore. Do it consistently for at least a month (feel free to continue if it is serves you well). Write a 1-3 paragraph summary about what you notice to be turned in.

2) Assess what your body most needs in terms of nourishing or cleansing?

Do an experiment with a nourishing or cleansing action for one month:

FYI: If Vata excess in Vata season (Sept thru Dec), choose nourishing

If Kapha excess in Kapha season (From Jan thru April), choose cleansing

Some nourishing actions:

* More sleep
* Oiling (includes massage)
* Heavier (Vata pacifying) diet
* More hydration
* Relaxation practice/Restorative poses for 10-20 minutes
* Herbs that are tonics (Adaptogens, Nervines)

Some cleansing Actions:

* More exercise (and/or more Agni sara!)
* Lighter (Kapha pacifying) diet; consider juice/broth fasting for 2-3 days
* More hydration (this is not a typo)
* Lymph massage/dry brushing  (invigorating)
* Pranayama practices that are invigorating (bastrika, kapalabhati)
* Herbs that supporting cleaning organs: Triphala, Trikatu, liver detox

Write a 1-3 paragraph summary of what you notice.

3) Watch yourself (with compassion). Identify one habit you have that doesn’t serve you. See if you can identify its origin. Be curious/interested. Write a paragraph of your observations (you don't need to share this if you don’t wish to.)

***VINYASA KRAMA***

This assignment has two parts. Please review the *vinyasa krama* notes from the November module.

1. Prepare a short *vinyasa krama* practice to show in April (within your capacity) using all the parts of the full *vinyasa* practice: inhale with movement, retention with *jaladhara bandha*, exhale with movement, retention with *mula* and *uddiyana bandha, ujjayi* breathing, and visualization of *agni*.

You can show the practice from *samasthiti dandasana*, from warrior pose, or from some other pose of your choice. If the full practice is not currently within your capacity for any reason, please do only what you are able, and talk us through the parts counter-indicated for you. If for instance, retention is counter-indicated, you would simply say, “retention here” instead of doing it.

1. Design a practice sequence that uses a form of *vinyasa krama* as well as whatever other practices, such as static asana, meditation, pranayama, relaxation, etc. for a particular purpose. For instance, you might design a practice for a college student’s study break, for stiff healthy seniors to get moving in the morning, for menstrual cramps, or for anything else of interest to you.

You can use the full classical form if relevant, or more likely, use aspects of it, like 3 inhales and 3 exhales for each pose action, or something similar. Once you design the practice, write it out so someone else could do it. Use stick figures with your instructions. You’ll turn in this practice on paper as well as a short explanation of why you chose to do what you chose to do. This is due in April when we meet.

***RELAXATION AND NIDRA***

Sorry to have to do this to you, but I’m requiring you to relax! ☺ Please review the types of relaxation practice we covered at the different *koshic* layers. To complete this homework, if you like, record your own voice directing you through the practices and then use that recording for your practice. This is also a good way to check your pacing, voice volume, tone, etc., from a pedagogical perspective. Practice each relaxation practice at least once (in this case, more is better!) See which ones you find useful, and see how it goes to work a few in here and there. Working practices in is good experience too, as you’ll be counseling folks on how fit practice into their lives—a vital aspect of our work!

Our purpose here is for you to have your own relationship and experience of the effects of these profound yet so very accessible techniques. Resultantly, you’ll gain confidence in prescribing and sharing them with others. I’ve attached what I led, and given one reference in our materials (there are more) for each practice below. Here’s a list of practices we went over:

1. Systematic Tension Relaxation (see attached)
2. Guided or Systematic Relaxation (EWY, 128-129, SciofBreath, 86-88)
3. Rotation of Consciousness (see attached)
4. Diaphragmatic Breathing (EWY 156-157)
5. Two-to-one Breathing (EWY 157-158)
6. Alternate Nostril Breathing (EWY 159)
7. Sixty-One Points (within Yoga Nidra Mod 2 Manual Day 7)
8. Visualization: Safe Space/Favorite Place (see attached)
9. Autogenic Training (see attached)
10. Navel Radiation Pranayama (EWY 157)
11. Bhuta Shuddhi (Ascending Breath variation within Yoga Nidra Mod 2 Manual Day 7)
12. Dance! ☺
13. Fun exercise; walk in nature, else that nourishes and relaxes you, pleasant pastime (Walking Med Mod 2 Manual Day 8)
14. Asana (You got this!)
15. Yoga Nidra (Mod 2 Manual Day 7)

***POSTURE REVIEW***

While there are literally thousands of yoga practices and variations, I’ve organized the main yoga *asanas* I’d like you to be sure to know and name according to this method of yoga therapy on the attached posture review sheet. Please review it. If you find you are not familiar with the practice, or use a different name or names for it, you can look up what you’ll be responsible for in this training in *Every Woman’s Yoga*, which has descriptions of the practices, and at times, less challenging and more challenging versions of them as well.

***PROP INTEGRATION***

Please see the Prop-a-Thon Practice Homework attached.

***CHAKRA STUDY***

Please see the Chakra Assignment attached.

***CONDITION RESEARCH***

Please see the Condition Research Assignment attached.

***REQUIRED VIDEOS***

Please view these videos. Each is roughly around 12 minutes in length.

On Swami Rama

Part One:

<https://www.youtube.com/watch?v=S1sZNbRH2N8>

Part Two:

<https://www.youtube.com/watch?v=s07V08JKO3M>

On the Pelvic Floor:

<https://www.youtube.com/watch?v=P3BBAMWm2Eo>

<https://www.youtube.com/watch?v=q0Ax3rLFc6M>

On drawing stick figures ☺:

<https://www.youtube.com/watch?v=iGkGBcFDl-s>

***CHECK IN AND SHARING***

Please meet up with someone from the course at least one time between now and April. This could be in person, by Skype, Google Hangout, Zoom, some other electronic media, or by phone. As before, you can share the time, deciding ahead that you will each have 30 minutes to talk about what you’d like, or you can together decide how you’d like to use your meeting time. Please focus on some aspect of the course material. It may be useful to schedule an hour and a half together, if possible, so you have time to share a bit about other things as well! This counts as one practicum hour.

You will have emailed your Condition Research topic to me by February 1st. Please make an arrangement with me to meet with me by phone by February 15. Make the arrangement by then, and then in our call, we’ll talk over your idea, resources, and proceeding. The best way to set this up is to email (symt@spandayoga.com) and offer a couple of time options. This call counts as one mentorship hour.

***ANATOMY INTEGRATION***

Please review your notes and review sheets from our time with Lauree. Then choose a yoga posture that you feel activates the shoulder girdle and/or back muscles. Using your Essential Anatomy (thank you, Kerry!) phone app, coloring book, the Internet, our text, or any other anatomical sources you find useful, figure out and list these things about the pose. In your chosen yoga pose . . .

1. What, are the important actions in the shoulders and the back? For example: straighten (or extend) both arms; raise them up to the sides (or abduct); Arch (or extend) the whole spine; Move the shoulder blades toward the spine; externally rotate the upper arm/humerus.
2. Which muscles are engaged? Can you discern if they are in concentric contraction?
3. Can you discern which muscles (if any) are engaged in eccentric contractions?

## Describe the “rotator cuff’ and name its four muscles.

1. Describe some of the actions or functions of the deeper, small muscles of the back.
2. What bones comprise the shoulder girdle?

***ANATOMY STUDY***

Please read the chapters on the lower body in *The Anatomy of Exercise & Movement*. They are: **Chapter 8: The Hip Joint, Chapter 9: The Knee Joint, and Chapter 10: The Ankle and Foot.** She has lots of good examples of how the muscles work in these areas. General understanding is what we’re about, so let go of the need for details—unless that is where your interest lies! ☺

In, *The Anatomy Coloring Book*, I’ve added our final group of coloring, **Group Five**, with most important plates in bold. If you are not into the coloring, please read the text, again *focus on the gist of the main topics* on each plate. The plate numbers are from the 2002 edition. The plates with asterisks are extra, so while very useful, they are optional. Just like anatomical structure, our understanding of anatomy comes to us in layers.

Group One

Plate 1: Anatomic Planes and Sections

Plate 2: Terms of Position and Direction

\*Plate 11: Tissues: Fibrous Connective Tissue

\*Plate 12: Tissues: Supporting Connective Tissue

\*Plate 20: Long Bone Structure

Plate 21: Axial/Appendicular Skeleton

Plate 22: Classifications of Joints

Plate 23: Terms of Movement

Plate 27: Vertebral Column

\*Plate 28: Cervical and Thoracic Vertebrae

\*Plate 29: Lumbar, Sacral, Coccygeal Vertebrae

Plate 30: Bony Thorax

Group Two

Plate 61. Muscles of the Gluteal Region

Plate 62. Muscles of the Posterior Thigh

Plate 63. Muscles of the Medial Thigh

Plate 64. Muscles of the Anterior Thigh

Group Three

Plate 31 Pectoral Girdle & Arm Bone

Plate 32 Glenohumeral Joint

Plate 33 Forearm bones

Plate 36 Upper Limb Joints in Review

Plate 45 Integration of Muscle Action

Plate 49 Deep Muscles of Back

Plate 50 Muscles of Thorax & Posterior Wall

Plate 51 Muscles of Anterior Abdominal Wall and Inguinal Region

Plate 54 Muscles of Scapular Stabilization

Plate 55 Muscles of Musculotendinous Cuff

Plate 56 Movers of Shoulder Joint

\*Plate 57 Movers of Elbow & Radioulnar Joint

Group Four

Plate: 70: Nervous System: Organization

Plate 71: Functional Classification of Neurons

Plate 84: Spinal Nerves and Nerve Roots

\*Plate 85: Spinal Reflexes

Plate 92: ANS: Sympathetic Division (1)

Plate 93: ANS: Sympathetic Division (2)

Plate 94: ANS Parasympathetic Division

Plate 129: Respiratory System: Overview

Plate 130: External Nose, Nasal Septum, and Nasal Cavity

\*Plate 131: Paranasal Air Sinuses

Plate 132: Pharynx and Larynx

\*Plate 133: Lobes and Pleurae of the Lungs

Plate 134: Lower Respiratory Tract

Plate 135: Mechanism of Respiration

**Group Five**

**Plate 3: Systems of the Body 1**

**Plate 4: Systems of the Body 2**

Plate 5: Regions of the Body (Anterior)

Plate 6: Regions of the Body (Posterior)

Plate 7: Cavities and Linings

**Plate 13: Tissues: Muscles**

**\*Plate 14: Tissues: Skeletal Muscle Microstructure**

**Plate 15: Tissues: Nervous**

**Plate 16: Neuromuscular Integration**

\*Plate 17: Integration of Tissues

\*Plate 24: Bones of the Skull

Plate 26: Temporomandibular Joint

**Plate 37: Hip Bone, Pelvic Girdle & Pelvis**

**\*Plate 38: Male & Female Pelves**

**Plate 39: Sacroiliac & Hip Joints**

**Plate 40: Thigh & Leg Bones**

**Plate 41: Knee Joint**

**Plate 42: Ankle & Foot Bones**

**Plate 43: Bones/Joints in Review**

**Plate 45: Integration of Muscle Action**

**Plate 48: Neck: Anterior & Lateral Muscles**

**Plate 52: Muscles of the Pelvis**

**Plate 53: Muscles of the Perineum**

**Plate 102: Scheme of Blood Circulation**

**Plate 121: Lymphocyte Circulation**

**Plate 122: Immune (Lymphoid System) Introduction**

**Plate 136: Digestive System Overview**

**Plate: 151: Endocrine System: Introduction**

Let me know if you have any questions. All my very best to you and yours in the new year!

Jaime