**Unit 1: Root Energy System: Pelvis, spine, and tailbone**

January 21, 2015-January 30th, 2015

* **Objective**: Students will gain an understanding of the *root* energy system and connect its corresponding characteristics with their family history and body systems. Students will demonstrate and apply the knowledge through yoga-based movement, balance, and breathing techniques.
* **Poses**: Child’s pose, cat/cow, fire hydrant, hip circles, awkward airplane, low lunge, half splits, crescent lunge, grounded warrior 3, standing splits, kundaline’s descent, warriors 1,2, and peaceful.
* **Journal Reflection**: (1) Do you feel secure in your home, school, work (if applicable) and family life? Explain and elaborate.

**Unit 2: Sacral Energy System: Low abdominal region, pelvis, and hips**

February 2, 2015-February 13, 2015

* **Objective**: Students will gain an understanding of the *sacral* energy system and connect its corresponding characteristics with their sensory awareness and how comfortable one is in their own skin. Students will demonstrate and apply the knowledge through yoga-based movement, balance, and breathing techniques.
* **Poses**: Child’s pose, cat/cow, fire hydrant, hip circles, awkward airplane, low lunge, half splits, crescent lunge, grounded warrior 3, standing splits, kundaline’s descent, warriors 1,2, and peaceful. Discuss difference between square hips and stacked/open hips.
* **Journal Reflection**: (1) Make a list of the things you need to be your best self each day and include an amount that is ideal for you. (2) What are the sources of insecurities you experience?

**Unit 3: Solar Plexis System: Upper abdominal region**

February 16, 2015-February 27, 2015

* **Objective**: Students will gain an understanding of the *solar plexis* energy system and connection to the health and well-being of the liver, stomach, esophagus, gallbladder, digestive system and the pancreas as it is linked to weight. Students will demonstrate and apply the knowledge through yoga-based movement, balance, and breathing techniques.
* **Poses**: Spinal balance using core, mad dog, crescent lunge, revolved side angel, hip dips, side plank, cheetahs, mountain climbers, tripod headstands, boat poses, locust, sphinx, bridge, rabbit, and supine twist.
* **Journal Reflection**: Use the scale to determine the most accurate response activity.

**Unit 4: Heart Energy System: Heart, upper chest and upper back**

March 2, 2015-March 20, 2015

* **Objective**: Students will gain an understanding of the *heart* energy system and connection to the health and well-being of the heart, lungs, thymus, respiration, and circulation. Students will demonstrate and apply the knowledge through yoga-based movement, balance, and breathing techniques.
* **Poses**: Cobra with twists, bow, camel, sun salutations, goddess arm balances, triangle, revolve triangle, half moon, fallen warrior, and matsyasana with leg variations.
* **Journal Reflection**: Meditative visualization for inhale/exhale ie. Inhale in healing, exhale out hurt, inhale in love, exhale out negativity, strength/fear, peace/discomfort, aliveness/stagnancy etc..

**Unit 5: Throat Energy System: Throat, back of the neck, jaw**

March 23, 2015-April 3, 2015

* **Objective**: Students will gain an understanding of the *throat* energy system and connection to the health and well-being of our thyroid, cervical spine, tonsils, throat, jaw, mouth, and metabolism. Students will demonstrate and apply the knowledge through yoga-based movement, balance, and breathing techniques.
* **Poses**: Seated neck poses, tilt chin, neck rolls, forearm planks, forearm balances, dolphin, reverse table, fish pose, plow, and deaf man’s pose.
* **Journal Reflection**: Practice strong voice and confidence in the presence of others activity.

**Unit 6: Third Eye System: Center brow, between the eyes, base of skull**

April 13, 2015- May 1, 2015

* **Objective**: Students will gain an understanding of the *third* *eye* energy system and connection to the health and well-being of the pineal gland, pituitary gland, metabolism, body temperature, pain relief, and oxytocin. Students will demonstrate and apply the knowledge through yoga-based movement, balance, and breathing techniques.
* **Poses**: Trigger points, turbo eagle, warriors, baddha konasana, fish pose, and supine twist.
* **Journal Reflection**: Shifting perspective activity. Write about an emotionally charged situation or event from your point of view with as many details, opinions and feelings as you can.

**Unit 7: Crown Energy System: Top of head**

May 4, 2015-May 22, 2015

* **Objective**: Students will gain an understanding of the *crown* energy system and connection to the health and well-being of the brain, mind, pineal gland and biorhythms.. Students will demonstrate and apply the knowledge through yoga-based movement, balance, and breathing techniques.
* **Poses**: Rabbit, humble warrior, warrior 3, fish, and headstand/handstand variations.
* **Journal Reflection**: Self-reflection and assessment of individual’s growth and performance in yoga.

**Unit 8: Final Peer Performance**

May 25, 2015- June 10, 2015

* **Objective**: Students will work in quads to compose and lead a dynamic and unified class with the energy center theme that follows a proper, safe and challenging routine and builds on a progressive flow.