

# Outline and Yoga School Schedule

## DATES 2021

### Saturday Teacher Training Session

8:30:00 AM	10:00:00 AM	Master class -Techniques/Training/Practice
10:00:00 AM	10:15:00 AM	Break
10:15:00 AM	12:30:00 PM	Yoga Philosophy Lifestyle Ethics
12:30:00 AM	1:30:00 PM	Lunch Break
1:30:00 PM	2:00:00 PM	Yoga Nidra
2:00:00 PM	3:30:00 PM	Class Design/Assisting/Sequencing/Practice T
3:30:00 PM	3:45:00 PM	Break
3:45:00 PM	5:30:00 PM	Methodology (Didatic and Experiential
5:30:00 PM	6:30:00 PM	Wrap up and closing (Discussions)

1. September 11/12
2. October 9/10
3. November 13/14
4. December 11/12
5. January 8/9
6. February 12/13
7. March 12/13
8. April 9/10
9. May 14/15
10. June 11/12
11. July 9/10
12. August 13/14  
Graduation

### Sunday Teacher Training Session

9:30:00 AM	11:00:00 AM	Yoga Practice
11:00:00 AM	01:00:00 PM	Methodology
01:00:00 AM	02:00:00 PM	Lunch Break
2:00:00 PM	03:30:00 PM	Anatomy & Physiology
2:30:00 PM	04:00:00 PM	Master class-Techniques/Training/Practice
04:00:00 PM	05:00 PM	Yoga Philosophy Lifestyle Ethics
05:00:00 PM	5:30:00 PM	Wrap up and closing

Example of teaching hours:

Sa 10 hours, Su 8 hours. = 18 hours per weekend

Every 2<sup>nd</sup> weekend of the month

*Please note the start and end times on Friday, Saturday and Sunday. These never vary. The time given to each topic does vary, depending on what is being studied each weekend. This schedule is for the non-residential program offered through Wholistic Yoga Center and not for residential programs or other Integrative Yoga Therapy programs. Please note that students in non-residential Yoga Teacher Training will also need to participate in weekly Yoga classes outside of this schedule. there will also be reading, written home work and an internship to complete before certification.*

**Included in the History and Philosophy section are the following:**

- The History and evolution of Yoga as it moved from India to the West
- The 5 koshas (levels of our being)
- The 8 fold path including the Yamas and Niyamas (the 10 disciplines of Yoga)
- Dual and non-dualistic philosophies of Yoga
- Meet with a-traditional Swami
- The 5 Kleshas (the obstacles to personal growth)
- The Chakras (energy centers)
- Business practices and ethics

**In Asana Focus we will study:**

- The details of alignment for yoga postures
- The difference between the form and the function of the poses
- How to adapt/modify postures for particular needs
- Sequencing
- Anatomy (is an online yoga Anatomy program 20 non-contact hours)
- Physiology
- The benefits of the poses
- Contraindications
- English and Sanskrit names
- Somatics
- Chair Yoga

**Some of the topics covered in Methodology are:**

- Pranayama (Breathing Practices)
- Meditation
- Relaxation Techniques
- Mudra (hand gestures for directing energy)
- Class Construction -content and organization (complete exploration of each element of a class including; opening, warm-ups, posture sequence, guided relaxation and closing)
- Teaching Techniques-finding your authentic style
- Use of Themes and Education to create meaningful classes
- Yoga Nidra
- Practice Teaching (Being a Lead teacher. We will practice with each other)