

SPRING 8 ~ WEEKEND YTT

HOURS

MONDAYS: 7:30PM-8:45PM

WEDNESDAYS: 6:00PM-9:00PM

FRIDAYS: 6:00PM-9:00PM

SATURDAYS: 8:30AM-5:30PM

SUNDAYS: 8:30AM-5:30PM

DATES

1. IMMERSION I: MARCH 13- MARCH 17
2. IMMERSION II: MARCH 20- MARCH 24
3. IMMERSION III: APRIL 3- APRIL 7
4. IMMERSION IV: APRIL 10- APRIL 14
5. IMMERSION V: APRIL 24- APRIL 28
6. IMMERSION VI: MAY 8- MAY 12
7. IMMERSION VII: MAY 15- MAY 19
8. IMMERSION VIII: MAY 22- MAY 26

IMMERSION I

FOUNDATIONS

- Community Introductions
- Program Overview
- The History of Yoga
- Basic Evolution
- 108 Sun Salutations Practice
- Pranayama
- Art of Meditation
- Asana Lab: warm-up asanas and movements of the spine
- Sun Salutations
- The Anatomy of Chakras
- Meditation Lecture
- Asana Practice
- Student Teach

- Introduction to the 8-Limb Path
- Sanskrit

IMMERSION II

- 8-Limbs of Yoga
- Anatomy of Breath & Science of OM
- Asana Lab: Standing Postures
- Practice Teach
- Drishtis & Bandhas
- Anatomy Systems & Regions
- Meditation & Practice
- Essential Yoga Anatomy (Part 1)
- Koshas, kleshas, chakras, nadis, and prana vayus

IMMERSION III

- The Yoga Sutras Of Patanjali
- The Blueprint Of A Yoga Class |The Art Of Intelligent Sequencing + Notes On Intuitive Assisting
- Types of Cues
- Practice
- Asana Lab & Student Teaching
- Alignments Foundation/Asana Categories + Cleansing Techniques
- Sequencing of Pranayama
- Ujjayi, Nadi Shodhana, and Kapalabhati
- Essential Yoga Anatomy (Part II)
- Tadasana the Blueprint Pose

IMMERSION IV

- Music & Yoga
- Nervous System & Yoga
- Practice and Student Teach
- Asana Lab: Balancing Postures
- Quiz
- Trauma Informed Yoga
- Fascia & MFR
- Functional Anatomy and Injury Prevention
- Modifications
- Props
- Chanting, mantras, and mudras

IMMERSION V

- Practice
- Voice + Projection + Do's/Don't Of Cueing
- Asana Lab: Lower Body & Forward Bends
- Student Teach
- Authenticity
- Music Lecture Part Two
- Business of Yoga
- Ethics
- Self Care through Yoga and Ayurveda

IMMERSION VI

- Sequencing Workshop
- Transitions
- Special Populations
- Class Management
- Chair Yoga
- Arm Balances and Inversions

- Pre/Post Natal Yoga

I M M E R S I O N VII

- Presentations
- Student Teach Meditation
- Student Teach Pranayama
- Continuing Education
- Liability insurance, waivers, invoicing

I M M E R S I O N VIII

- Practicums
- Test
- Feedback
- Audition Process
- Mentorship