



PLEASE NOTE: ALL TIMES ARE IN EASTERN STANDARD TIME

*In addition students are required to take 24 yoga classes and observe 6 classes throughout the program.

WEEK	DATE	DAY	BEGIN	END	TOPIC
WEEK 1	Mar 19th	Friday	6:00 PM	9:00PM	Welcome- The Journey Begins
	Mar 20th	Saturday	11:00AM	6:00PM	History of Yoga & Philosophy
	Mar 21st	Sunday	11:00AM	6:00PM	Pranayama & Posture Clinic
WEEK 2	Mar 26th	Friday	6:00 PM	9:00PM	Philosophy & Living Yoga
	Mar 27th	Saturday	11:00AM	6:00PM	Teaching Methodology
	Mar 28th	Sunday	11:00AM	6:00PM	Posture Clinic
WEEK 3	Apr 9th	Friday	6:00 PM	9:00PM	The Art of Assisting
	Apr 10th	Saturday	11:00AM	6:00PM	Posture Clinic
	Apr 11th	Sunday	11:00AM	6:00PM	Practice Teach 1
WEEK 4	Apr 16th	Friday	6:00 PM	9:00PM	Teaching Skills in Action
	Apr 17th	Saturday	11:00AM	6:00PM	Anatomy Part 1
	Apr 18th	Sunday	11:00AM	6:00PM	Anatomy Part 2
WEEK 5	Apr 30th	Friday	6:00 PM	9:00PM	Meditation Techniques
	May 1st	Saturday	11:00AM	6:00PM	Posture Clinic
	May 2nd	Sunday	11:00AM	6:00PM	Practice Teach 2
WEEK 6	May 7th	Friday	6:00 PM	9:00PM	Sequencing Methodology
	May 8th	Saturday	11:00AM	6:00PM	Posture Clinic
	May 9th	Sunday	11:00AM	6:00PM	Integration / Practice Teach Prep
WEEK 7	May 21st	Friday	6:00 PM	9:00PM	Intro to the Chakras
	May 22nd	Saturday	11:00AM	6:00PM	Posture Clinic
	May 23rd	Sunday	11:00AM	6:00PM	Posture Clinic
WEEK 8	May 28th	Friday	6:00 PM	9:00PM	Teaching Skills and Prep
	May 29th	Saturday	11:00AM	6:00PM	Practice Teach 3
	May 30th	Sunday	11:00AM	6:00PM	Ethics & Business of Yoga/Ceremony

REQUIRED READING & ADDITIONAL COST

1. The Heart of Yoga: Developing a Personal Practice by T. K. V. Desikachar
2. Nourishing the Teacher: Inquiries, Contemplations & Insights on the Path of Yoga by Danny Arguetty
3. The Anatomy of Exercise and Movement by Jo Ann Staugard-Jones
4. Stargirl by Jerry Spinelli