

200-hr YTT

Sample Weekend Schedule

Friday: 6pm - 9pm

5:45-6pm arrive, greet and get settled

6-7pm: monthly *satsang* or “sharing of truths” - a checking in of sorts around the learning, sharing what resonates and what doesn't in our personal practice.

7-8pm: philosophy fridays! discuss next yoga sutra (1.2 *Yogash Chitta Vritti Nirodhah*) and yama/niyama

8-9pm: introduce first group of asanas (standing) go over benefits & contraindications as well as intentions

Saturday: 8am - 4pm

7:45-8am: arrive, greet and get settled

8-9:30am: morning sadhana to include movement, breath work and meditation

9:30-9:45am: break - restroom, snack, reset

9:45-11:45am: lesson - experiential anatomy: all about the feet; finding neutral pelvis; 5 actions of the spine;

11:45-12:15pm: lunch - BYOL :) bring a light, nutritious meal to eat on site

12:15-1:15pm: lesson - 4 functions of the mind; journal time; co-listening

1:15-2:00pm: introduce/demonstrate *tadasana*, *vira 1-3*, *utkatasana*

2-2:15pm: break - restroom, snack, reset

2:15-3:45pm: practice teaching in small groups

3:45-4pm: assimilation/*savasana*

Sunday: 8am - 4pm

8-9:30am: morning sadhana to include movement, breath work and meditation

9:30-9:45am: break - restroom, snack, reset

9:45-11:45am: lesson - intro to hip joint; intro to shoulder joint

11:45-12:15pm: lunch - bring your own light, nutritious meal to eat on site

12:15-2:00pm: lesson - common misalignments/injuries in standing postures

2-2:15pm: break - restroom, snack, reset

2:15-3:25pm: practice teaching in small groups

3:25-3:45pm: assimilation/*savasana*

3:45-4pm: good-bye's and clean-up