

300-hr YTT

Sample Weekend Schedule w/ Trina Altman

Saturday: 8am - 5pm

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

8 - 9:30am: morning sadhana

9:30-10am: break, snack, bathroom, etc.

10 -1pm: workshop 1 - Movement Science Meets Asana - A New Paradigm

1 - 2pm: lunch, q & a

2 - 5pm: workshop 2 - A New Beginning: An Updated Approach to Prepare You and Your Students for Asana

Sunday: 8am - 5pm

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

8 - 9:30am: morning sadhana

9:30-10am: break, snack, bathroom, etc.

10-1pm: workshop 3 - Corrective Exercise Introducing Creativity and Critical Thinking Into Your Classes

1-2pm: lunch, q & a

2- 5pm: workshop 4 - Putting it All Together: A Revolutionary and Non-dogmatic Approach to Asana

**Each guest instructor will have full creative liberty to deviate from this schedule as they see fit