

Fall 2008 Avalon TT Breakdown - Aug. 15th - Nov. 23rd

August 15th Opening Circle - All Instructors – 2hrs.

Module I, The Art of Teaching w/ John Berg – 30hrs.

Sat. Aug. 16th Introduction
Sat. Aug. 23rd Structure, Sequencing & Teaching
Sat. Aug. 30th Intuition, Function & Practicality
Sat. Sept. 6th Teaching, Sequencing & Ethics
Sat. Sept. 13th Teaching, Sequencing & Ethics
Sat. Oct. 11th Practical Information
Sun. Nov. 9th Group Class
Sun. Nov. 23rd Group Class

Module II, Fundamentals of Practice w/ Kelly McGonigal – 16hrs.

Sun. Aug. 17th The Foundation of Asana Practice
Sun. Sept. 7th Deconstructing and Resurrecting Asanas
Sun. Sept. 14th Personal Practice and Sangha
Sat. Nov. 22nd Teaching as a Yoga Practice

Module III, Styles– 24 hrs.

Sun. Aug. 24th Ethics of Yoga Max Strom
Sat. Sept. 20th Pre-natal Yoga Pat
Sun. Sept. 21st Iyengar Basics Birgit
Sun. Oct. 5th Iyengar Basics Birgit
Sun. Oct. 12th Iyengar Basics Birgit
Sun. Oct. 19th Iyengar Basics Birgit
Sat. Nov. 1st Anatomy of Backcare Priya
Sun. Nov. 2nd Anatomy of Backcare.cont. Priya
Sat. Nov. 15th Universal Principles of Alignment Chrissy
Sun. Nov. 16th Restorative Yoga Pat

Module IV, Pranayama & Energy Movement w/ Samantha Shakti Brown – 11hrs.

Wed. Oct. 1st The Breath as the Gateway to the Esoteric Anatomy
Sat. Oct. 25th Opening to Shakti I & II
Sat. Nov. 8th Creating a Safe Sacred Space + Empowering the Teacher Within

Module V, Ayurveda w/ Sumitra Peterson – 15hrs.

Wed. Aug. 20th History & Philosophy
Wed. Aug. 27th Understanding Tridosha
Wed. Sept. 3rd Purification & Tonification
Wed. Sept. 10th Living in Balance
Wed. Oct. 8th Additional Session w/ Special Guest

Module VI, Anatomy & Physiology w/ Kelly McGonigal – 20hrs.

Wed. Sept. 17th Breath
Wed. Sept. 24th Understanding Muscles and Movement, Part 1
Sat. Oct. 4th Understanding Muscles and Movement, Part 2
Wed. Oct. 15th How the Body Learns and Changes
Sat. Oct. 18th Avoiding Injuries
Wed. Oct. 29th Stress, Relaxation, Meditation, and the Mind-Body Relationship

Module VII, Philosophy w/ Anirudh Shastri – 20hrs.

Sun. August 31st Introduction to the Yogic Path + Five Modifications
Fri. Sept. 5th Sanskrit – Understanding the Language
Fri. Sept. 12th The Eight Limbs of Yoga
Fri. Oct. 3rd The Practice of Meditation
Fri. Oct. 17th PYS aphorisms + Intro. to Bhagavad Gita
Sun. Oct. 26th Eight Limbs of Yoga + Asana (active practice)
Fri. Nov. 7th Self-Management
Fri. Nov. 14th BG – Yoga of Ethics