

**Avalon Teacher Training**  
**Fall 2008**

Aug. 15<sup>th</sup> – Nov. 23<sup>rd</sup>:

- Aug. 15<sup>th</sup> 8:15-10:15pm: Opening Circle (Intro. + General Overview). All Instructors **PR**
- Aug. 16<sup>th</sup> 12:15-4:15pm: Module I, The Art of Teaching-section (Introduction). **John TM**
- Aug. 17<sup>th</sup> 1:00-5:00pm: Module II, Fundamentals of Yoga (The Foundation of Asana Practice). Kelly **T**
  
- Aug. 20<sup>th</sup> 6:30-9:30pm: Module V, Ayurveda (History & Philosophy). **Sumitra PLE**
- Aug. 23<sup>th</sup> 12:15-4:15pm: Module I, The Art of Teaching (Structure, Sequencing & Teaching). **John TM**
- Aug. 24<sup>th</sup> 1:00-5:00pm: Module III, Special Guest!!! (.....) . **Max Strom T**
  
- Aug. 27<sup>st</sup> 6:30-9:30pm: Module V, Ayurveda (Understanding Tridosha). **Sumitra PLE**
- Aug. 30<sup>th</sup> 12:15-4:15pm: Module I, The Art of Teaching (Intuition, Function & Practicality). **John TM**
- Aug. 31<sup>st</sup> 1:00-5:00pm: Module VII, Philosophy (Introduction to Patanjali & Five Modifications of Mind). **Shastri PLE**
  
- Sept. 3<sup>rd</sup> 6:30-9:30pm: Module V, Ayurveda (Purification & Tonification). **Sumitra PLE**
- Sept. 5<sup>th</sup> 8:15-10:15pm: Module VII, Philosophy (Sanskrit – Understanding the Language). **Shastri PLE**
- Sept. 6<sup>th</sup> 12:15-4:15pm: Module I, The Art of Teaching (Teaching, Sequencing & Ethics). **John TM**
- Sept. 7<sup>th</sup> 1:00-5:00pm: Module II, Fundamentals of Yoga (Deconstructing and Resurrecting Asanas). Kelly **T**
  
- Sept. 10<sup>th</sup> 6:30-9:30pm: Module V, Ayurveda (Living in Balance). **Sumitra T**
- Sept. 12<sup>th</sup> 8:15-10:15pm: Module VII, Philosophy (Eight Limbs of Yoga by Patanjali). **Shastri PLE**
- Sept. 13<sup>th</sup> 12:15-4:15pm: Module I, The Art of Teaching (Teaching, Sequencing & Ethics). **John TM**
- Sept. 14<sup>th</sup> 1:00-5:00pm: Module II, Fundamentals of Yoga (Personal Practice and Sangha). Kelly **T**
  
- Sept. 17<sup>th</sup> 6:30-9:30pm: Module VI, Anatomy & Physiology (Breath). **Kelly A&P**
- Sept. 20<sup>th</sup> 12:15-4:15pm: Module III, Pre-natal Yoga (Dos and Don'ts) **Pat T**
- Sept. 21<sup>st</sup> 1:00-5:00pm: Module III, Iyengar Basics (Foundations of Your Personal Practice). **Birgit T**
  
- Sept. 24<sup>th</sup> 6:30-9:30pm: Module VI, Anatomy & Physiology (Understanding Muscles and Movement, Part 1). **Kelly A&P**
- Sept. 27<sup>th</sup> **Break**
- Sept. 28<sup>th</sup> **Break**
  
- Oct. 1<sup>st</sup> 6:30-9:30pm: Module IV, Pranayama & Energy Movement (The Breath as the Gateway to the Esoteric Anatomy). **Samantha T**
- Oct. 3<sup>rd</sup> 8:15-10:15pm: Module VII, Philosophy (The Practice of Meditation). **Shastri PLE**

- Oct. 4<sup>th</sup> 12:15-4:15pm: Module VI, Anatomy & Physiology (Understanding Muscles and Movement, Part 2). Kelly A&P
- Oct. 5<sup>th</sup> 1:00-5:00pm: Module III, Iyengar Basics (Combining Skills: Mind-Body-Breath). Birgit T
- Oct. 8<sup>th</sup> 6:30-9:30pm: Module V, Ayurveda (Additional Session). Sumitra T
- Oct. 11<sup>th</sup> 12:15-4:15pm: Module I, The Art of Teaching-section (Practical Information). John TM
- Oct. 12<sup>th</sup> 1:00-5:00pm: Module III, Iyengar Basics (Combining Skills: Mind-Body-Breath cont.). Birgit T
- Oct. 15<sup>th</sup> 6:30-9:30pm: Module VI, Anatomy & Physiology (How the Body Learns and Changes). Kelly A&P
- Oct. 17<sup>th</sup> 8:15-10:15pm Module VII, Philosophy (PYS Aphorisms + Intro. to Bhagavad Gita). Shastri PLE
- Oct. 18<sup>th</sup> 12:15-4:15pm: Module VI, Anatomy & Physiology (Avoiding Injuries). Kelly A&P
- Oct. 19<sup>th</sup> 1:00-5:00pm: Module III, Iyengar Basics (Combining Skills: Mind-Body-Breath cont.). Birgit T
- Oct. 25<sup>th</sup> 12:15-4:15pm: Module IV, Pranayama & Energy Movement (Opening to Shakti Part I and II). Samantha T
- Oct. 26<sup>th</sup> 1:00-5:00pm: Module VII, Philosophy (The Eight Limbs of Yoga & Asana – note: This will be an active class). Shastri PLE
- Oct. 29<sup>th</sup> 6:30-9:30pm: Module VI, Anatomy & Physiology (Stress, Relaxation, Meditation, and the Mind-Body Relationship). Kelly A&P
- Nov. 1<sup>st</sup> 12:15-4:15pm: Module VI, Anatomy of Backcare (Yoga for the spine). Priya Khetrapal T
- Nov. 2<sup>nd</sup> 1:00-5:00pm: Module VI, Anatomy of Backcare (Yoga for the spine cont.). Priya Khetrapal T
- Nov. 7<sup>th</sup> 8:15-10:15pm: Module VII, Philosophy (Self-Management). Shastri PLE
- Nov. 8<sup>th</sup> 12:15-4:15pm: Module IV, Pranayama & Energy Movement (Creating a Safe Sacred Space) Samantha T
- Nov. 9<sup>th</sup> 1:00-5:00pm: Module I, The Art of Teaching (Group Class). John TM
- Nov. 14<sup>th</sup> 8:15-10:15pm: Module VII, Philosophy (Yoga of Ethics). Shastri PLE
- Nov. 15<sup>th</sup> 12:15-4:15pm: Module III, Anusara (Univarsal Principals). Chrissy T
- Nov. 16<sup>th</sup> 1:00-5:00pm: Module III, Restorative Yoga (Learning to Relax) Pat T
- Nov. 22<sup>nd</sup> 12:15-4:15pm: Module II, Fundamentals of Yoga (Teaching as a Yoga Practice) Kelly T
- Nov. 23<sup>rd</sup> 1:00-3:00pm: Module I, The Art of Teaching (Group Class). John TM
- Nov. 23<sup>rd</sup> 3:00-5:00pm: Closing Circle – **All Instructors!!! PR**