

Spring 2010 TT Breakdown
Feb. 19th - May 30th

February 19th Opening Circle - All Instructors – 2hrs.

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

Sat. Feb. 20th The Foundation of Asana Practice

Sat. Feb. 27th Uniting Opposites in Yoga Practice

Sat. May 15th Moving the Mind

Sat. May 22nd Ethics of Teaching Yoga

Module II, The Art of Teaching – 26hrs. with Kelly and Birgit

Sun. Feb. 21st Introduction

Sun. Feb. 28th Structure, Sequencing & Teaching

Sun. March 14th Intuition, Function & Practicality

Sun. March 28th Teaching & Sequencing I

Sun. April 4th Teaching & Sequencing II

Sun. April 18th Practical Information

Sun. May 30th Group Class

Module III, Techniques 1 w/ Birgit Reimer – 24hrs.

Sat. March 7th Iyengar Basics Birgit

Sat. March 20th Iyengar Basics Birgit

Sat. April 3rd Iyengar Basics Birgit

Sat. April 17th Iyengar Basics Birgit

Sat. April. 24th Iyengar Basics Birgit

Sun. May 2nd Group Class Birgit

Module IV, Techniques II – 22hrs.

Wed. April 7th Adjustments Samantha

Wed. April 14th Therapeutics Monica

Sun. May 9th Anatomy of Backcare Priya

Sun. May 16th Anatomy of Backcare cont. Priya

Sun. May 23rd Pre-natal Yoga Pat

Sat. May 29th Restorative Yoga Pat

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

Wed. Feb. 24th History & Philosophy
Wed. March 3rd Understanding Tridosha
Wed. March 10th Purification & Tonification
Wed. March 17th Living in Balance
Wed. March 24th Ayurveda Overview

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

Sat. March 6th Breath
Sat. March 13th Avoiding Injuries in Asana Practice
Sat. March 27th Understanding Muscles and Movement
Sat. May 1st How the Body Learns and Changes
Sat. May 8th Stress, Relaxation, Meditation, and the Mind

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

Fri. March 5th The Eight Limbs of Yoga
Fri. March 19th Sanskrit – Understanding the Language
Sun. March 21st Introduction to Patanjali & Five Modifications of Mind
Fri. April 9th The Practice of Meditation
Fri. April 23rd PYS Aphorisms + Intro. to Bhagavad Gita
Sun. April 25th Eight Limbs of Yoga + Asana (active practice)
Fri. May 7th Self-Management
Fri. May 14th BG – Yoga of Ethics

Sun. May 30th – Closing Circle / All Instructors – 2hrs.