

200 HR EXTENDED TEACHER TRAINING PROGRAM 2012-2013

UPDATED 1/11/2012

DAY	DATE	LOCATION	TIMES	TOPIC
Friday	5/25/2012	HB- St A	6:00-9:00pm	INTRO & ORIENTATION
Sunday	5/27/2012	IRV- ST B	10am-4pm	SUN SALUTES
Monday	5/28/2012	HB- St A	6:00-7:30pm	ASSISTED PRACTICE
Friday	6/22/2012	HB- St A	4:30-6:00pm	ASSISTED PRACTICE
			6:00-9:00pm	PRACTICE TEACH SUN SALUTES; BREATH AND BANDHAS
Saturday	6/23/2012	IRV- Med Rm	10am-4pm	PHILOSOPHY COURSE
Sunday	6/24/2012	IRV- Med Rm	10am-4pm	PHILOSOPHY COURSE
Monday	6/25/2012	HB- St A	6:00-7:30pm	ASSISTED PRACTICE
Friday	7/27/2012	HB- St A	4:30-6:00pm	ASSISTED PRACTICE
Friday		HB- St A	6:00-9:00pm	STANDING POSES
Saturday	7/28/2012	IRV- Med Rm	10am-4pm	AYURVEDA COURSE
Sunday	7/29/2012	IRV- Med Rm	10am-4pm	AYURVEDA COURSE
Monday	7/30/2012	HB- St A	6:00-7:30pm	ASSISTED PRACTICE
Friday	8/24/2012	HB- St A	4:30-6:00pm	ASSISTED PRACTICE
			6:00-9:00pm	PRACTICE TEACH STANDING POSES
Saturday	8/25/2012	IRV- Med Rm	10am-4pm	SEATED POSES
Sunday	8/26/2012	IRV- ST B	10am-4pm	PRACTICE TEACH SEATED POSES; ANT & PHYS
Monday	8/27/2012	HB- St A	6:00-7:30pm	ASSISTED PRACTICE
Friday	9/28/2012	HB- St A	4:30-6:00pm	ASSISTED PRACTICE
Friday		HB- St A	6:00-10:00pm	ANATOMY & PHYSIOLOGY
Saturday	9/29/2012	IRV- Med Rm	10am-4pm	BACKBENDS AND INVERSIONS
Sunday	9/30/2012	IRV- St B	10am-4pm	PRACTICE TEACH BACKBENDS AND INVERSIONS
Monday	10/1/2012	HB- St A	6:00-7:30pm	ASSISTED PRACTICE
Friday	10/26/2012	HB- St A	4:30-6:00pm	ASSISTED PRACTICE
Friday		HB- St A	6:00-10:00pm	ANATOMY & PHYSIOLOGY
Saturday	10/27/2012	IRV- Med Rm	10am-4pm	FUNDAMENTAL ACTIONS OF ASANAS; ART OF SEQUENCING
Sunday	10/28/2012	IRV- St B	10am-4pm	SEQUENCING & PRACTICE TEACHING
Monday	10/29/2012	HB- St A	6:00-7:30pm	ASSISTED PRACTICE
Friday	11/30/2012	HB- St A	4:30-6:00pm	ASSISTED PRACTICE
Friday		HB- St A	6:00-10:00pm	ANATOMY & PHYSIOLOGY
Saturday	12/1/2012	IRV- Med Rm	10:00-4:00pm	ART OF TEACHING; ABOUT BEING A YOGA TEACHER
Sunday	12/2/2012	IRV- St B	10am-4pm	PRACTICE TEACHING
Monday	12/3/2012	HB- St A	6:00-7:30pm	ASSISTED PRACTICE
Friday	1/25/2013	HB- St A	4:30-6:00pm	ASSISTED PRACTICE
Friday		HB- St A	6:00-10:00pm	ANATOMY & PHYSIOLOGY TEST
Saturday	1/26/2013	IRV- Med Rm	10:00-4:00pm	ASANA MODIFICATIONS, INJURIES
Sunday	1/27/2013	IRV- ST B	10:00-4:00pm	PRACTICE TEACHING
Monday	1/28/2013	HB- St A	6:00-7:30pm	ASSISTED PRACTICE
Friday	2/22/2013	HB- St A	4:30-6:00pm	ASSISTED PRACTICE
Friday		HB- St A	6:00-9:00pm	WRITTEN EXAM
Saturday	2/23/2013	IRV- Med Rm	10:00-4:00pm	PRACTICE TEACHING
Sunday	2/24/2013	IRV- ST B	10am-4pm	PRACTICE TEACHING
Monday	2/25/2013	HB- St A	6:00-7:30pm	ASSISTED PRACTICE
Friday	3/22/2013	HB- St A	4:30-6:00pm	ASSISTED PRACTICE
Friday		HB- St A	6:00-9:00pm	PRACTICE TEACHING
Saturday	3/23/2013	IRV- Med Rm	10am-4pm	PRACTICUM EXAM (Please note: times may change depending on class size)
Sunday	3/24/2013	IRV- ST B	10am-2pm	PRACTICUM EXAM (Please note: times may change depending on class size)
Friday	3/29/2013	HB- St A	6:30-8:00pm	GRADUATION