



2011 300 Hour Advanced Teacher Training Program 9/11/2011- 4/29/2012

YTT Meeting Dates and Times:

Fridays 6-9:00pm and Sunday 10am-4pm, Some days and times vary – see grid below for details

UPDATED 9/28/11

YTT MEETING DATE & TIME	TOPIC(S) COVERED	LOCATION
Sunday 9/11/2011 10am-4pm	Introduction and overview of the program. Adjustments and modifications clinic. Physiology of stretching.	IRV
Friday, 9/16/2011, 6:00-9:00pm	Adjustments in Sun Salutes and basic standing poses.	HB
Sunday 9/18/2011, 10am-4pm	Adjustments in basic standing poses and basic seated poses.	IRV
Friday 9/23/2011, 6-9pm	Adjustments in basic seated poses.	HB
Sunday 9/25/2011, 10am-4pm	Adjustments in backbends and inversions.	IRV- St B
Friday 9/30/2011, 6-9pm	Anatomy and Physiology intro to group project.	IRV- Med Rm
Sunday 10/2/2011, 10am-4pm	Principles of class sequencing. Advanced Standing & standing balance poses.	IRV- St B
Friday 10/7/2011, 6-9pm	Anatomy and Physiology : Standing and standing balance poses	IRV- Med Rm
Sunday 10/9/2011 10am-4:00pm	Teach standing and standing balance sequence. Group presentations on standing and standing balance AP pose details.	IRV- St B
Friday 10/14/2011 6-9pm	Finish AP presentations on standing poses.	IRV- Med Rm
Sunday 10/16/2011 10am-4:00pm	Teach standing and standing balance sequence. Practice adjustments in standing & standing balance poses in pairs.	IRV- St B
Friday 10/21/2011, 6-9pm	Review of Bandhas and practice poses for the bandhas Anatomy & Physiology: Bandhas & abdominal muscles	HB
Sunday 10/23/2011 10am – 4pm	Teach bandha poses sequence. Practice adjustments in bhanda poses.	IRV- Med Rm
Friday 10/28/2011, 6-9pm	Group presentations on bandhas and abdominal muscles.	IRV- Med Rm
Sunday 10/30/2011 10am-4pm	Teach bandha poses sequence. Practice adjustments in inversions.	IRV- St B

Friday 11/4/2011 6-9pm	Anatomy & Physiology - Inversions	HB
Sunday 11/6/2011 10am-4pm	Teach inversions sequence. Group presentations on inversions	IRV- Med Rm
Friday 11/11/2011, 6-9pm	Practice adjustments in arm balances.	IRV- Med Rm
Sunday 11/13/2011 10am – 4pm	Teach inversions sequence. Group presentations on inversions.	IRV- St B
Friday 11/18/2011, 6-9pm	Practice adjustments and assists in inversions and arm balances	IRV- Med Rm
Sunday 11/20/2011 10am-5pm	Teach arm balances sequence. Anatomy & Physiology – Arm Balances	IRV- St B
	<i>HAPPY THANKSGIVING NO CLASS 11/21-12/1/2011</i>	
Friday 12/2/2011, 6-9pm	AP arm balances group presentations	HB
Sunday 12/4/2011 10am-4pm	Teach arm balances sequence. Anatomy & Physiology – Arm Balances Group presentation.	IRV- Med Rm
Friday 12/9/2011 6-9pm	Seated poses	HB
Sunday 12/11/2011 10am-4pm	Teach arm balances sequence Seated poses.	IRV- St B
Friday 12/16/2011, 6-9pm	Anatomy & Physiology – Seated poses	HB
Sunday 12/18/2011 10am-6pm	Group presentations on seated poses.	IRV
	<i>WINTER HOLIDAY BREAK – NO CLASS 12/19/2011-1/5/2012</i>	
Friday 1/6/2012 6-9pm	Teach seated sequence.	HB
Sunday 1/8/2012 10:30-12:00pm	Teach seated sequence. Seated poses.	IRV
Friday 1/13/2012 6-9pm	Backbends	HB
Sunday 1/15/2012 10am-4pm	Teach seated sequence. Anatomy & Physiology- Backbends	IRV
Friday 1/20/2011 6-9pm	Anatomy & Physiology presentations- backbends	HB
Sunday 1/22/2011 10am - 4pm	Teach backbend sequence. Anatomy & Physiology- research paper.	IRV
Friday 1/27/2011 6:00-9:00pm	Posture analysis	HB
Sunday 1/29/2012 10am-4pm	Teach backbend sequence. Anatomy & Physiology- Discuss research paper.	IRV
Friday 2/3/2012 6-9pm	Advanced sequencing.	HB
Sunday 2/5/2012 10am -4pm	Teach Advanced sequencing. Teaching private lessons.	IRV
Friday 2/10/2012	Sanskrit Basics	HB

6:00-9:00pm		
Sunday 2/12/2012 10:30-12:00am	Teach Advanced sequencing. Private lesson case studies.	IRV
Friday 2/17/2012 6-9:00pm	Sanskrit Basics	HB
Sunday 2/19/2012 10am-4:30pm	Teach Advanced sequencing. Private lesson case studies.	IRV
Friday 2/24/2012 6-9:00pm	The Yoga of sound- Chants and Mantras	HB
Sunday 2/26/2012 10am-4:30pm	Teach Advanced sequencing. Anatomy & Physiology- research papers.	IRV
Friday 3/2/2012 6-9:00pm	Basics of Meditation.	HB
Sunday 3/4/2012 10am-4:30pm	Teach Advanced sequencing. Anatomy & Physiology- research papers.	IRV
Friday 3/9/2012 6-9:00pm	Basics of Meditation.	HB
Sunday 3/11/2012 10am-4:30pm	Teach Advanced sequencing Anatomy & Physiology- research papers.	IRV
Friday 3/16/2012 6-9:00pm	The Yoga of Mind and Ego.	HB
Sunday 3/18/2012 10am-4:30pm	Teach Advanced sequencing . Anatomy & Physiology- research papers.	IRV
Friday 3/23/2012 6-9:00pm	The Yoga of Mind and Ego.	HB
Sunday 3/25/2012 10am-4pm	Advanced sequencing.	IRV
Friday 3/30/2012 6-9:00pm	The Yoga of Mind and Ego.	HB
Sunday 4/1/2012 10am-4pm	Teach Advanced sequencing Yoga and Ayurveda.	IRV
Friday 4/6/2012 6:00-9:00pm	The business of yoga.	HB
Saturday 4/8/2012 10am-4pm	Teach Advanced sequencing Advanced sequencing- developing workshops	IRV
	NO CLASS SUNDAY 4/8/2012 HAPPY EASTER	
Friday 4/13/2012 6-9:00pm	Advanced sequencing- developing workshops.	HB
Sunday 4/15/2012 10am-4pm	Teach Advanced sequencing- random pick. Workshop presentation.	IRV
Friday 4/20/2012 6-10:00pm	Business of yoga.	HB
Sunday 4/22/2012 10am-6pm	Teach Advanced sequencing. Business of yoga.	IRV
Friday 4/27/2012 6:00-9:00pm	Final review	HB

Sunday 4/29/2012
12-4pm

Course completion
Graduation.

IRV