

200 HR TEACHER TRAINING PROGRAM MAY 2012

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 (Alternate option is T/Th 6:30-8pm in Irv)
Wednesday	5/30/2012	HB- St A	6:00-7:30pm	ASSISTED PRACTICE (Alternate option is T/Th 6:30-8pm in Irv)
Friday	6/1/2012	HB- St A	6:00-9:00pm	PRACTICE TEACH SUN SALUTES
Saturday	6/2/2012	IRV- Med Rm	10am-4pm	BREATH AND BANDHAS; ANATOMY & PHYSIOLOGY
Sunday	6/3/2012	IRV- St B	10am-4pm	STANDING POSES
Monday	6/4/2012	HB- St A	6:00-7:30pm	ASSISTED PRACTICE (Alternate option is T/Th 6:30-8pm in Irv)
Wednesday	6/6/2012	HB- St A	6:00-7:30pm	ASSISTED PRACTICE (Alternate option is T/Th 6:30-8pm in Irv)
Friday	6/8/2012	HB- St A	6:00-9:00pm	PRACTICE TEACH STANDING POSES
Saturday	6/9/2012	IRV- Med Rm	10am-4pm	SEATED POSES
Sunday	6/10/2012	IRV- St B	10am-4pm	PRACTICE TEACH SEATED POSES; ANT & PHYS
Monday	6/11/2012	HB- St A	6:00-7:30pm	ASSISTED PRACTICE (Alternate option is T/Th 6:30-8pm in Irv)
Wednesday	6/13/2012	HB- St A	6:00-7:30pm	ASSISTED PRACTICE (Alternate option is T/Th 6:30-8pm in Irv)
Friday	6/15/2012	HB- St A	6:00-9:00pm	ANATOMY & PHYSIOLOGY
Saturday	6/16/2012	IRV- Med Rm	10am-4pm	BACKBENDS AND INVERSIONS
Sunday	6/17/2012	IRV- St B	10am-4pm	PRACTICE TEACH BACKBENDS AND INVERSIONS
Monday	6/18/2012	HB- St A	6:00-7:30pm	ASSISTED PRACTICE (Alternate option is T/Th 6:30-8pm in Irv)
Wednesday	6/20/2012	HB- St A	6:00-7:30pm	ASSISTED PRACTICE (Alternate option is T/Th 6:30-8pm in Irv)
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 (Alternate option is T/Th 6:30-8pm in Irv)
Wednesday	6/27/2012	HB- St A	6:00-7:30pm	ASSISTED PRACTICE (Alternate option is T/Th 6:30-8pm in Irv)
Friday	6/29/2012	HB- St A	6:00-9:00pm	ANATOMY & PHYSIOLOGY
Sunday	7/1/2012	IRV- St B	10am-4pm	FUNDAMENTAL ACTIONS OF ASANAS; ART OF SEQUENCING
Monday	7/2/2012	HB- St A	6:00-7:30pm	ASSISTED PRACTICE (Alternate option is T/Th 6:30-8pm in Irv)
Thursday	7/5/2012	IRV- St A	6:30-8:00pm	ASSISTED PRACTICE
Friday	7/6/2012	HB- St A	6:00-9:00pm	ANATOMY & PHYSIOLOGY TEST
Sunday	7/8/2012	IRV- St B	10:00-4:00pm	SEQUENCING & PRACTICE TEACHING
Monday	7/9/2012	HB- St A	6:00-7:30pm	ASSISTED PRACTICE (Alternate option is T/Th 6:30-8pm in Irv)
Wednesday	7/11/2012	HB- St A	6:00-7:30pm	ASSISTED PRACTICE (Alternate option is T/Th 6:30-8pm in Irv)
Friday	7/13/2012	HB- St A	6:00-9:00pm	ART OF TEACHING; ABOUT BEING A YOGA TEACHER
Saturday	7/14/2012	IRV- Med Rm	10:00-4:00pm	ASANA MODIFICATIONS, INJURIES
Sunday	7/15/2012	IRV- St B	10:00-4:00pm	PRACTICE TEACHING
Monday	7/16/2012	HB- St A	6:00-7:30pm	ASSISTED PRACTICE (Alternate option is T/Th 6:30-8pm in Irv)
Wednesday	7/18/2012	HB- St A	6:00-7:30pm	ASSISTED PRACTICE (Alternate option is T/Th 6:30-8pm in Irv)
Friday	7/20/2012	HB- St A	6:00-9:00pm	PRACTICE TEACHING
Sunday	7/22/2012	IRV- ST B	10am-4pm	PRACTICE TEACHING
Monday	7/23/2012	HB- St A	6:00-7:30pm	ASSISTED PRACTICE (Alternate option is T/Th 6:30-8pm in Irv)
Wednesday	7/25/2012	HB- St A	6:00-7:30pm	ASSISTED PRACTICE (Alternate option is T/Th 6:30-8pm in Irv)
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 (Alternate option is T/Th 6:30-8pm in Irv)
Wednesday	8/1/2012	HB- St A	6:00-7:30pm	ASSISTED PRACTICE (Alternate option is T/Th 6:30-8pm in Irv)
Friday	8/3/2012	HB- St A	6:00-9:00pm	WRITTEN EXAM
Sunday	8/5/2012	IRV- ST B	10am-4pm	PRACTICE TEACHING
Monday	8/6/2012	HB- St A	6:00-7:30pm	ASSISTED PRACTICE (Alternate option is T/Th 6:30-8pm in Irv)
Wednesday	8/8/2012	HB- St A	6:00-7:30pm	ASSISTED PRACTICE (Alternate option is T/Th 6:30-8pm in Irv)
Friday	8/10/2012	IRV- Med Rm	4:00-8:15pm	PRACTICUM EXAM (Please note: times may change depending on class size)
Saturday	8/11/2012	IRV- Med Rm	10am-3:15pm	PRACTICUM EXAM (Please note: times may change depending on class size)
Sunday	8/19/2012	HB- St A	2:30-3:30pm	GRADUATION