

ADVANCED YOGA STUDIES AND TEACHER TRAINING PROGRAM
MARCH 16th- JUNE 3rd, 2007 SCHEDULE

	DATE	LOCATION	TIMES	TOPIC
Friday	3/16/2007	IRV	6:00-9:00pm	INTRO & ORIENTATION
Saturday	3/17/2007	HB	12:00-6:00pm	SUN SALUTES
Monday	3/19/2007	HB	6:00-8:00pm	ASSISTED PRACTICE
Thursday	3/22/2007	IRV	6:30-8:30pm	ASSISTED PRACTICE
			8:30-9:30pm	PRACTICE TEACHING SUN SALUTES
Friday	3/23/2007	IRV	6:00-9:00pm	BREATH AND BANDHAS
Saturday	3/24/2007	HB	12:00-6:00pm	STANDING POSES
Monday	3/26/2007	HB	6:00-8:00pm	ASSISTED PRACTICE
Thursday	3/29/2007	IRV	6:30-8:30pm	ASSISTED PRACTICE
			8:30-9:30pm	REVIEW- STANDING & SUN SALUTES
Friday	3/30/2007	IRV	6:00-9:00pm	PRACTICE TEACH STANDING POSES
Saturday	3/31/2007	HB	12:00-6:00pm	SEATED POSES
Monday	4/2/2007	HB	6:00-8:00pm	ASSISTED PRACTICE
Thursday	4/5/2007	IRV	6:30-8:30pm	ASSISTED PRACTICE
			8:30-9:30pm	REVIEW
Friday	4/6/2007	IRV	6:00-9:00pm	SEATED POSES
Saturday	4/7/2007	HB	12:00-6:00pm	BACKBENDS AND INVERSIONS
Monday	4/9/2007	HB	6:00-8:00pm	ASSISTED PRACTICE
Thursday	4/12/2007	IRV	6:30-8:30pm	ASSISTED PRACTICE
			8:30-9:30pm	REVIEW BACKBENDS AND INVERSIONS
Friday	4/13/2007	IRV	6:00-9:00pm	HEALTH COURSE
Saturday	4/14/2007	HB	12:00-6:00pm	HEALTH COURSE
Sunday	4/15/2007	IRV	12:00-6:00pm	HEALTH COURSE
Monday	4/9/2007	HB	6:00-8:00pm	ASSISTED PRACTICE
Thursday	4/19/2007	IRV	6:30-8:30pm	ASSISTED PRACTICE
			8:30-9:30pm	REVIEW- HEALTH COURSE
Friday	4/20/2007	IRV	6:00-9:00pm	ANATOMY & PHYSIOLOGY
Saturday	4/21/2007	HB	12:00-6:00pm	FUNDAMENTAL ACTIONS OF ASANAS
				ART OF SEQUENCING
Monday	4/23/2007	HB	6:00-8:00pm	ASSISTED PRACTICE
Thursday	4/26/2007	IRV	6:30-8:30pm	ASSISTED PRACTICE
			8:30-9:30pm	REVIEW
Friday	4/27/2007	IRV	6:00-9:00pm	ANATOMY & PHYSIOLOGY
Saturday	4/28/2007	HB	12:00-6:00pm	YOGA PHILOSOPHY
Sunday	4/29/2007	HB	12:00-6:00pm	YOGA PHILOSOPHY- SADHANA
Monday	4/30/2007	HB	6:00-8:00pm	ASSISTED PRACTICE
Thursday	5/3/2007	IRV	6:30-8:30pm	ASSISTED PRACTICE
			8:30-9:30pm	REVIEW- SADHANA
Friday	5/4/2007	IRV	6:00-9:00pm	ANATOMY & PHYSIOLOGY
Saturday	5/5/2007	HB	12:00-6:00pm	PRACTICE TEACHING ROUTINE
Sunday	5/6/2007		12:00-6:00pm	QUESTIONS AND PRACTICE TEACHING
				YOGA PHILOSOPHY
Monday	5/7/2007	HB	6:00-8:00pm	ASSISTED PRACTICE
Thursday	5/10/2007	IRV	6:30-8:30pm	ASSISTED PRACTICE
			8:30-9:30pm	REVIEW
Friday	5/11/2007	IRV	6:00-9:00pm	ANATOMY & PHYSIOLOGY
Saturday	5/12/2007	HB	12:00-6:00pm	ASANA MODIFICATIONS, INJURIES
Sunday	5/13/2007		12:00-6:00pm	PRACTICE TEACHING



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				ABOUT BEING A YOGA TEACHER
				BUSINESS OF YOGA
Monday	5/14/2007	HB	6:00-8:00pm	ASSISTED PRACTICE
Thursday	5/17/2007	IRV	6:30-8:30pm	ASSISTED PRACTICE
			8:30-9:30pm	REVIEW
Friday	5/18/2007	IRV	6:00-9:00pm	ANATOMY & PHYSIOLOGY
Sunday	5/20/2007	IRV	12:00-6:00pm	ART OF TEACHING
				QUESTIONS AND PRACTICE TEACHING
Monday	5/21/2007	HB	6:00-8:00pm	ASSISTED PRACTICE
Thursday	5/24/2007	IRV	6:30-8:30pm	ASSISTED PRACTICE
			8:30-9:30pm	REVIEW
Friday	5/25/2007	IRV	6:00-9:00pm	PREPARE CLASS FOR TEACHING
Saturday	5/26/2007	HB	12:00-6:00pm	PRACTICE TEACHING
				REVIEW FOR FINAL
Monday	5/28/2007	HB	6:00-8:00pm	ASSISTED PRACTICE
Thursday	5/31/2007	IRV	6:30-8:30pm	PRACTICE- ASTNS HELP
			8:30-9:30pm	REVIEW
Friday	6/1/2007	IRV	6:00-9:00pm	WRITTEN EXAM
Saturday	6/2/2007	HB	12:00-6:00pm	PRACTICUM EXAM
Friday	6/8/2007	IRV	6:00-9:00pm	GRADUATION



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