YOGA SHAKTI
WELLNESS CENTER
www.yogashaktiwellnesscenter.com

2015-2016 500 Hour Advanced Teacher Training Program
7/31/2015- 12/16/2016

Meeting Dates and Times:
Fridays 6-9:00pm, Saturdays and Sunday 10am-4pm, Some days and times may vary – see grid below for details
UPDATED 10/15/2015

MEETING DATE & TIME	TOPIC(S) COVERED	LOCATION
Friday 7/31/2015 6-9pm	Introduction and overview of the program	HB
Saturday 8/1/2015 10am-4pm	Adjustments and modifications clinic. Physiology of stretching.	Irv Med Rm
Sunday, 8/2/2015 10am – 4pm	Adjustments in Sun Salutes and basic standing poses.	Irv St B
Friday 8/28/2015 6-9pm	Adjustments in basic seated poses	HB
Saturday 8/29/2015 10am-4pm	Anatomy and Physiology intro to group project. Adjustments in basic backbends and inversions.	Irv Med Rm
Sunday 8/30/2015 10am-4pm	Complete adjustments for 200 hr poses	IRV- St B
Friday 9/25/2015 6-9pm	Advanced Standing & standing balance poses.	HB
Saturday 9/26/2015 10am-4pm	Principles of class sequencing. Anatomy and Physiology : Standing and standing balance poses	Irv Med Rm
Sunday 9/27/2015 10am-4pm	Group presentations on standing and standing balance AP pose details.	IRV- St B
Friday 10/23/2015 6-9pm	Review of Bandhas and practice poses for the bandhas. Adjustments for Bandha poses.	HB
Saturday 10/24/2015 10am-4pm	Anatomy & Physiology: Bandhas & abdominal muscles Adjustments in Standing poses	Irv Med Rm
Sunday 10/25/2015 10am-4pm	Teach standing and standing balance sequence in pairs Group presentations on bandhas and abdominal muscles. Homework: create a bandha poses sequence	Irv St B
Friday 11/6/2015 6-9pm	Advanced Inversions	HB
Saturday 11/7/2015 10am-4pm	Anatomy & Physiology - Inversions Teach bandha poses sequence.	Irv Med Rm Irv St B
Sunday 11/8/2015 10am-4pm	Teach bandha poses sequence. Practice adjustments in bandha poses and inversions. Homework: create an inversions poses sequence	Irv St B/Med Rm
Friday 12/4/2015 6-9pm	Advanced arm balances.	HB

Saturday 12/5/2015 10am-4pm	Group presentations on inversions Teach inversions sequence.	Irv Med Rm
Sunday 12/6/2015 10am-4pm	Teach inversions sequence. Anatomy & Physiology – Arm Balances Homework: create an arm balances poses sequence	Irv St B
Friday 1/22/2016 6-9pm	Advanced Seated poses	HB
Saturday 1/23/2016 10am-4pm	AP arm balances group presentations Teach inversions sequence.	Irv Med Rm
Sunday 1/24/2016 10am-4pm	Teach arm balances sequence. Advanced Seated poses Homework: create a seated poses poses sequence	Irv St B
Friday 2/26/2016 6-9pm	Advanced Backbends	HB
Saturday 2/27/2016 10am-4pm	Anatomy & Physiology – Seated poses Teach arm balances sequence.	Irv Med Rm
Sunday 2/28/2016 10am-4pm	Teach arm balances sequence. Anatomy & Physiology – Seated poses Homework: create a backbends poses sequence	Irv St B
Friday 3/18/2016 6-9pm	Anatomy & Physiology- Backbends	HB
Saturday 3/19/2016 10am-4pm	Group presentations on seated poses. Teach seated sequence.	Irv Med Rm
Sunday 3/20/2016 10am-4pm	Teach seated sequence. Anatomy & Physiology presentations- backbends	Irv Med Rm
Friday 4/29/2016 6-9pm	Anatomy & Physiology- research paper. Teaching private lessons and private lesson case study.	HB
Saturday 4/30/2016 10am-4pm	Teach seated sequence. Teaching private lessons and private lesson case study.	Irv Med Rm
Sunday 5/1/2016 10am-4pm	Teach seated sequence. Private lesson plans Homework: Start choosing a topic for AP paper; set up Private lessons & finish private lesson plans	Irv Med Rm
Friday 5/20/2016 6-9pm	Advanced sequencing.	Irv Med Rm
Saturday 5/21/2016 1:30-4:30pm	Sanskrit Basics	HB
Sunday 5/22/2016 10am-4pm	Teach backbends sequence. Private lesson case studies progress report. Homework: Work on AP paper & Private lessons	Irv Med Rm
Friday 6/24/2016 6-9pm	Advanced sequencing- private lessons	HB
Saturday 6/25/2016 10am-4pm	Sanskrit Basics Teach backbend sequence.	Irv Med Rm
Sunday 6/26/2016 10am-4pm	Teach Advanced sequencing. Ayurvedic principles for the yoga practice; Anatomy & Physiology Research paper- incorporating Ayurveda. Homework: Work on AP paper & Private lessons	Irv St B
Friday 7/29/2016 6-9pm	Private lesson case studies presentations.	HB
Saturday 7/30/2016 10am-4pm	The Yoga of sound- Chants and Mantras. Teach Advanced sequencing.	Irv Med Rm
Sunday 7/31/2016 10am-4pm	Teach Advanced sequencing. Private lesson case studies presentations Homework: Work on AP paper & practice Sanskrit & mantras	Irv St B

Friday 8/26/2016 6-9pm	Anatomy & Physiology- research papers. Preliminary presentation.	HB
Saturday 8/27/2016 10am-4pm	Basics of Meditation. Teach Advanced sequencing.	Irv Med Rm
Sunday 8/28/2016 10am-4pm	Teach Advanced sequencing. Advanced sequencing- developing workshops. Homework: Work on workshop & practice Sanskrit & mantras; complete AP paper	Irv St B
Friday 9/23/2016 6-9pm	Anatomy & Physiology- research papers. Full presentations.	Irv Med Rm
Saturday 9/24/2016 10am-4pm	Teach Advanced sequencing Basics of Meditation.	Irv Med Rm
Sunday 9/25/2016 10am-4pm	Teach Advanced sequencing Anatomy & Physiology- research papers. Full presentations. Homework: Work on business plan, workshop & practice Sanskrit & mantras	Irv St B
Friday 10/21/2016 6-9pm	Anatomy & Physiology- research papers. Full presentations.	Irv Med Rm
Saturday 10/22/2016 10am-4pm	The Yoga of Mind and Ego. Teach Advanced sequencing.	Irv Med Rm
Sunday 10/23/2016 10am-4pm	Teach Advanced sequencing. The business of yoga. Creating a business plan Homework: Work on business plan, workshop & practice Sanskrit & mantras	Irv St B
Friday 11/11/2016 6-9:00pm	Workshop presentations	Irv Med Rm
Saturday 11/12/2016 10am-4pm	The Yoga of Mind and Ego. Teach Advanced sequencing	Irv Med Rm
Sunday 11/13/2016 10am-4pm	Teach Advanced sequencing Workshop presentations Homework: Final completion of all projects	Irv St B
Friday 12/9/2016 6-9:00pm	Business of yoga. Present business/overall plan	HB
Saturday 12/10/2016 10am-4pm	Business of yoga. Present business/overall plan	Irv Med Rm
Sunday 12/11/2016 10am-4pm	Business of yoga. Present business/overall plan and final overview	Irv Med Rm
Friday 12/16/2016	Graduation.	HB