YOGA SHAKTI
WELLNESS CENTER
www.yogashaktiwellnesscenter.com

200 HOUR TEACHER TRAINING , EXTENDED FORMAT, MAY 6th, 2016 TO APRIL 28th, 2017

DAY	DATE	LOCATION	TIME	TOPIC
Friday	5/6/2016	HB St A	6:00-9:00pm	INTRO & ORIENTATION
Saturday	5/7/2016	IRV Med Rm	10am-4pm	BREATH AND BANDHAS, PRANA AND BODY ENERGETICS
Sunday	5/8/2016	IRV ST B	10am-4pm	SUN SALUTES, ASSISTED PRACTICE
Friday	6/17/2016	HB St A	6:00-9:00pm	ASSISTED PRACTICE; PRACTICE TEACH SUN SALUTES
Saturday	6/18/2016	IRV Med Rm	10am-4pm	ANAT & PHYS; SEATED POSES
Sunday	6/19/2016	IRV ST B	10am-4pm	ASSISTED PRACTICE; STANDING POSES
Friday	7/15/2016	HB St A	6:00-9:00pm	ASSISTED PRACTICE; PRACTICE TEACH SEATED POSES
Saturday	7/16/2016	IRV Med Rm	10am-4pm	ANATOMY & PHYSIOLOGY; PRACTICE TEACH STANDING POSES
Sunday	7/17/2016	IRV ST B	10am-4pm	ASSISTED PRACTICE; BACKBENDS
Friday	8/12/2016	HB St A	6:00-9:00pm	ASSISTED PRACTICE; PRACTICE TEACH BACKBENDS
Saturday	8/13/2016	IRV Med Rm	10am-4pm	FUNDAMENTAL ACTIONS OF ASANAS; ANT & PHYS
Sunday	8/14/2016	IRV ST B	10am-4pm	ASSISTED PRACTICE; INVERSIONS
Friday	9/30/2016	IRV Med Rm	6:00-9:00pm	PHILOSOPHY COURSE
Saturday	10/1/2016	IRV ST B	12pm-6pm	PHILOSOPHY COURSE
Sunday	10/2/2016	IRV ST B	12pm-6pm	PHILOSOPHY COURSE ; SHAKTI MEDITATION COURSE
Friday	10/14/2016	HB St A	6:00-9:00pm	ASSISTED PRACTICE; PRACTICE TEACH INVERSIONS
Saturday	10/15/2016	IRV ST B	12pm-6pm	AYURVEDA COURSE
Sunday	10/16/2016	IRV ST B	12pm-6pm	AYURVEDA COURSE
Friday	11/11/2016	HB St A	6:00-9:00pm	ASSISTED PRACTICE; PRACTICE TEACHING
Saturday	11/12/2016	IRV ST B	12pm-6pm	ART OF SEQUENCING & PRACTICE TEACHING
Sunday	11/13/2016	IRV ST B	12pm-6pm	BUSINESS OF YOGA; PRACTICE TEACHING
Saturday	12/17/2016	IRV Med Rm	10am-4pm	SEQUENCING; ANT & PHYS
Sunday	12/18/2016	IRV ST B	10am-4pm	ASSISTED PRACTICE; GENTLE & RESTORATIVE POSES
Friday	1/13/2017	HB St A	6:00-9:00pm	ASSISTED PRACTICE; PRACTICE TEACHING
Saturday	1/14/2017	IRV Med Rm	10am-4pm	ART OF TEACHING; ABOUT BEING A YOGA TEACHER; ANT & PHYS
Sunday	1/15/2017	IRV ST B	10am-4pm	ASSISTED PRACTICE; ASANA MODIFICATIONS, INJURIES
Friday	2/17/2017	HB St A	6:00-9:00pm	ASSISTED PRACTICE; PRACTICE TEACHING
Saturday	2/18/2017	IRV Med Rm	10am-4pm	WRITTEN EXAM; PRACTICE TEACHING
Sunday	2/19/2017	IRV ST B	10am-4pm	PRACTICE TEACHING
Friday	3/17/2017	HB St A	6:00-9:00pm	PRACTICE TEACHING
Saturday	3/18/2017	IRV Med Rm	10am-4pm	PRACTICE TEACHING
Sunday	3/19/2017	IRV ST B	10am-4pm	PRACTICE TEACHING
Friday	4/21/2017	IRV Med Rm	6:00-9:00pm	PRACTICUM EXAM (times may change depending on class size)
Saturday	4/22/2017	IRV Med Rm	10am-4pm	PRACTICUM EXAM (times may change depending on class size)
Sunday	4/23/2017	IRV ST B	10am-4pm	PRACTICUM EXAM (times may change depending on class size)
Friday	4/28/2017	HB St A	6:30-8:00pm	GRADUATION