

# Schedule for 200 hour Teacher Training Spring 2010

(subject to change)

## WEEK 1

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<b>Sat 3/13</b>	<b>10:00 – 11:00 Orientation Meeting</b>
11:00-1:00	<b>Traditional Practices 1: Guta Hedewig</b>
1:00-3:00	<b>Vedic Chanting 1: Guta Hedewig</b>
	ONE HOUR BREAK
4:00-8:00	<b>Asana &amp; Methodology 1: Guta Hedewig</b>
<b>Sun 3/14</b>	
11:00-3:00	<b>Anatomy 1: Rachel Lynch-John</b>
	ONE HOUR BREAK
4:00-8:00	<b>Anatomy 2: Rachel Lynch-John</b>

## WEEK 2

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<b>Sat 3/20</b>	
11:00-2:00	<b>Anatomy 3: Rachel Lynch-John</b>
	ONE HOUR BREAK
3:00-8:00	<b>Sanskrit Alphabet Workshop: Jyoti Chittur</b>
<b>Sun 3/21</b>	
11:00-1:00	<b>Traditional Practices 2: Guta Hedewig</b>
1:00-3:00	<b>Yoga Sutra Chanting 1: Guta Hedewig</b>
	ONE HOUR BREAK
4:00-8:00	<b>Asana &amp; Methodology 2: Adrienne Burke</b>

## WEEK 3

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<b>Sat 4/17</b>	
11:00-3:00	<b>Asana &amp; Methodology 3: Adrienne Burke</b>
	ONE HOUR BREAK
4:00-7:00	<b>Asana &amp; Methodology 4: Guta Hedewig</b>
<b>Sun 4/18</b>	
11:00-3:00	<b>Alignment 1: Rachel Lynch-John</b>
	ONE HOUR BREAK
4:00-8:00	<b>Alignment 2: Rachel Lynch-John</b>

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**WEEK 4**

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**Sat 5/1**

11:00-2:00

**Yoga Sutra Pada 1&2: Dr. Edwin Bryant**

**ONE HOUR BREAK**

3:00-6:00

**Yoga Sutra Pada 1&2: Dr. Edwin Bryant**

6:00-8:00

**Asana & Methodology 5: Guta Hedewig**

**Sun 5/2**

11:00-2:00

**Yoga Sutra Pada 1&2: Dr. Edwin Bryant**

**ONE HOUR BREAK**

3:00-6:00

**Yoga Sutra Pada 1&2: Dr. Edwin Bryant**

6:00-8:00

**Pranayama 1: Guta Hedewig**

**WEEK 5**

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**Sat 5/15**

11:00-2:00

**Meditation 1: Jon Aaron**

**ONE HOUR BREAK**

3:00-5:00

**Pranayama 2: Guta Hedewig**

5:00-7:00

**Vedic Chanting 2: Guta Hedewig**

7:00-8:00

**Supervised Practice 1: Guta Hedewig**

**Sun 5/16**

11:00-2:00

**Applied Yoga Philosophy 1: Dr. Dolphi Wertenbaker**

2:00-3:00

**ONE HOUR BREAK**

3:00-7:00

**Course Planning 1: Guta Hedewig**

7:00-8:00

**Supervised Practice 2: Guta Hedewig**

**WEEK 6**

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**Sat 6/5**

11:00-3:00

**Anatomy 4: Rachel Lynch-John**

**ONE HOUR BREAK**

4:00-8:00

**Anatomy 5: Rachel Lynch-John**

**Sun 6/6**

11:00-3:00

**Alignment 3: Rachel Lynch-John**

**ONE HOUR BREAK**

4:00-8:00

**Asana & Methodology 6: Adrienne Burke**

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**WEEK 7**

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**Sat 6/19**

11:00-2:00 **Meditation 2: Jon Aaron**

ONE HOUR BREAK

3:00-5:00 **Course Planning 2: Guta Hedewig**

5:00-7:00 **Vedic Chanting 3: Guta Hedewig**

**Sun 6/20**

11:00-2:00 **Anatomy 6: Rachel Lynch-John**

ONE HOUR BREAK

3:00-5:00 **Traditional Practices 3: Guta Hedewig**

5:00-7:00 **Pranayama 3: Guta Hedewig**

7:00-8:00 **Supervised Practice 3: Guta Hedewig**

**WEEK 8**

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**Sat 7/10**

11:00-2:00 **Bhagavad Gita: Dr Satya Narayan Das**

ONE HOUR BREAK

3:00-6:00 **Bhagavad Gita: Dr Satya Narayan Das**

6:00-8:00 **Supervised Practice 4: Adrienne Burke**

**Sun 7/11**

11:00-2:00 **Bhagavad Gita: Dr Satya Narayan Das**

ONE HOUR BREAK

3:00-6:00 **Bhagavad Gita: Dr Satya Narayan Das**

6:00-8:00 **Asana & Methodology 7: Adrienne Burke**

**WEEK 9**

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**Sat 7/17**

11:00-2:00 **Anatomy 7: Rachel Lynch-John**

ONE HOUR BREAK

3:00-5:00 **Pronunciation of Sanskrit Terms: Jyoti Chittur**

5:00-8:00 **Applied Yoga Philosophy 2: Dr. Dolphi Wertenbaker**

**Sun 7/18**

11:00-1:00 **Course Planning 3: Guta Hedewig**

1:00-3:00 **Vedic Chanting 4: Guta Hedewig**

ONE HOUR BREAK

4:00-8:00 **Asana & Methodology 8: Adrienne Burke**

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**WEEK 10**

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**Sat 7/31**

1:00-3:00 **Yoga Sutra Chanting 2: Guta Hedewig**

ONE HOUR BREAK

4:00-8:00 **Asana & Methodology 9: Adrienne Burke**

**Sun 8/1**

11:00-1:00 **Traditional Practices 4: Guta Hedewig**

1:00-3:00 **Pranayama 4: Guta Hedewig**

ONE HOUR BREAK

4:00-8:00 **Asana & Methodology 10: Adrienne Burke**

**WEEK 11**

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**Sat 8/7**

11:00-1:00 **Yoga For Children: Lisa Bridge**

ONE HOUR BREAK

2:00-4:00 **Pranayama 5: Guta Hedewig**

4:00-8:00 **Asana & Methodology 11 – Teaching Beginners: Jill Camera**

**Sun 8/8**

11:00-1:00 **Vedic Chanting 5: Guta Hedewig**

1:00-3:00 **Yoga Sutra Presentations: Guta Hedewig**

ONE HOUR BREAK

4:00-6:00 **Subtle Anatomy: Guta Hedewig**

6:00-8:00 **Pranayama 6: Guta Hedewig**

**WEEK 12**

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**Sat 8/21**

1:00-3:00 **Asana & Methodology 12: Adrienne Burke**

ONE HOUR BREAK

4:00-8:00 **Practical Testing: Guta Hedewig**

**Sun 8/22**

11:00-3:00 **Prenatal Yoga: Sarah Perron**

ONE HOUR BREAK

4:00-5:00 **'Becoming a Yoga Teacher': Guta Hedewig**

5:00-7:00 **Vedic Chanting 6: Guta Hedewig**

**Graduation Saturday, August 28<sup>th</sup>**

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