

Schedule for 500 hour Teacher Training Spring 2010

WEEK 1

Sat 3/6

11:00-1:00

9:30 – 11:00 Orientation Meeting

Traditional Practices 1: Guta Hedewig

ONE HOUR BREAK

2:00-4:00

Chanting the Yoga Sutra-s 1: Guta Hedewig

4:00-6:00

Pranayama 1: Guta Hedewig

6:00-8:00

Traditional Practices 2: Guta Hedewig

Sun 3/7

11:00-2:00

Sanskrit 1: Jyoti Chittur

ONE HOUR BREAK

3:00-6:00

Sanskrit 2: Jyoti Chittur

WEEK 2

Sat 3/27

1:00-3:00

Traditional Practices 3: Guta Hedewig

ONE HOUR BREAK

4:00-6:00

Chanting the Yoga Sutra-s 2: Guta Hedewig

6:00-7:00

Practice Teaching 1: Guta Hedewig

Sun 3/28

11:00-3:00

Western Anatomy 1: Rachel Lynch-John

ONE HOUR BREAK

4:00-6:00

Western Anatomy 2: Rachel Lynch-John

WEEK 3

Sat 4/10

11:00-2:00

Applied Yoga Philosophy 1: Dr. Dolphi Wertenbaker

ONE HOUR BREAK

3:00-6:00

Course Planning 1: Guta Hedewig

6:00-8:00

Vedic Chanting 1: Guta Hedewig

Sun 4/11

11:00-2:00

Applied Yoga Philosophy 2: Dr. Dolphi Wertenbaker

ONE HOUR BREAK

3:00-5:00

Traditional Practices 4: Guta Hedewig

5:00-6:00

Subtle Anatomy 1: Guta Hedewig

6:00-8:00

Practice Teaching 2: Guta Hedewig

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WEEK 4

Sat 4/24

1:00-3:00

Pranayama 2: Guta Hedewig

ONE HOUR BREAK

4:00-6:00

Vedic Chanting 2: Guta Hedewig

6:00-7:00

Practice Teaching 3: Guta Hedewig

Sun 4/25

11:00-2:00

Course Planning 2: Guta Hedewig

ONE HOUR BREAK

3:00-5:00

Practice Teaching 4: Guta Hedewig

WEEK 5

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

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

WEEK 6

Sat 5/8

1:00-3:00

Traditional Practices 5: Guta Hedewig

ONE HOUR BREAK

4:00-6:00

Pranayama 3: Guta Hedewig

6:00-8:00

Vedic Chanting 3: Guta Hedewig

Sun 5/9

11:00-3:00

Alignment 1: Rachel Lynch-John

ONE HOUR BREAK

4:00-8:00

Alignment 2: Rachel Lynch-John

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WEEK 7

Sat 5/22

11:00-3:00

Asana & Methodology 1 (advanced & adjustments): Adrienne Burke

Sun 5/23

11:00-1:00

Meditation 1: Jon Aaron

ONE HOUR BREAK

3:00-6:00

Yoga for Children 1: Lisa Bridge

WEEK 8

Sun 6/13

11:00-1:00

Asana & Methodology 2 (teaching beginners): Jill Camera

ONE HOUR BREAK

2:00-4:00

Meditation 2: Jon Aaron

WEEK 9

Sat 6/26

11:00-2:00

Asana & Methodology 3 (teaching beginners): Jill Camera

ONE HOUR BREAK

3:00-6:00

Asana & Methodology 4 (teaching beginners): Jill Camera

Sun 6/27

11:00-12:00

Traditional Practices 6: Guta Hedewig

12:00-2:00

Pranayama 4: Guta Hedewig

ONE HOUR BREAK

3:00-5:00

Vedic Chanting 4: Guta Hedewig

5:00-7:00

Practice Teaching 5: Guta Hedewig

WEEK 10

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

Vedic Chanting 5: Guta Hedewig

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

Alignment 3: Rachel Lynch-John

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WEEK 11

Sat 7/24

11:00-1:00

Mediation 3: Jon Aaron

ONE HOUR BREAK

2:00-6:00

Pre-natal Yoga: Rachel Lynch-John

Sun 7/25

11:00-3:00

Western Anatomy 3: Rachel Lynch-John

ONE HOUR BREAK

4:00-8:00

Alignment 4: Rachel Lynch-John

WEEK 12

Sat 8/14

11:00-3:00

Course Planning 3: Chase Bossart

ONE HOUR BREAK

4:00-8:00

Course Planning 4: Chase Bossart

Sun 8/15

11:00-3:00

Course Planning 5: Chase Bossart

ONE HOUR BREAK

4:00-8:00

Course Planning 6: Chase Bossart

WEEK 13

Sat 8/28

11:00-2:00

Applied Yoga Philosophy 3: Dr. Dolphi Wertenbaker

ONE HOUR BREAK

3:00-5:00

Subtle Anatomy 2: Guta Hedewig

5:00-7:00

Vedic Chanting 6: Guta Hedewig

7:00-8:00

Practice Teaching 6: Guta Hedewig

Sun 8/29

11:00-2:00

Applied Yoga Philosophy 4: Dr. Dolphi Wertenbaker

ONE HOUR BREAK

3:00-5:00

Pranayama 5: Guta Hedewig

5:00-7:00

Ethics 1: Guta Hedewig

7:00-8:00

Practice Teaching 7: Guta Hedewig

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WEEK 14

Sat 9/25

11:00-2:00 **Western Anatomy 4: Rachel Lynch-John**

ONE HOUR BREAK

3:00-7:00 **Post-partum Yoga: Sarah Perron**

Sun 9/26

11:00-1:00 **Meditation 4: Jon Aaron**

1:00-2:00 **Pranayama 6: Guta Hedewig**

2:00-3:00 **Vedic Chanting 7: Guta Hedewig**

3:00-4:00 **Practice Teaching 8: Guta Hedewig**

ONE HOUR BREAK

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

WEEK 15

Sat 10/9

12:00-2:00 **Western Anatomy 5: Rachel Lynch-John**

ONE HOUR BREAK

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

5:00-7:00 **Chanting the Yoga Sutra-s 3: Guta Hedewig**

7:00-8:00 **Practice Teaching 9: Guta Hedewig**

Sun 10/10

11:00-1:00 **Traditional Practices 7: Guta Hedewig**

1:00-2:00 **Practice Teaching 10: Guta Hedewig**

ONE HOUR BREAK

3:00-5:00 **Meditation 5: Jon Aaron**

WEEK 16

Sat 10/23

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

ONE HOUR BREAK

3:00-6:00 **Asana & Methodology 5 (teaching Inversions): Adrienne Burke**

6:00-8:00 **Meditation 6: Jon Aaron**

Sun 10/24

11:00-1:00 **Chanting the Yoga Sutra-s 4: Guta Hedewig**

ONE HOUR BREAK

2:00-4:00 **Ethics 2: Guta Hedewig**

4:00-6:00 **Practice Teaching 11: Guta Hedewig**

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WEEK 17

Sat 11/13

11:00-1:00

Meditation 7: Jon Aaron

ONE HOUR BREAK

2:00-6:00

Asana & Methodology 6 (advanced & adjustments): Adrienne Burke

Sun 11/14

11:00-3:00

Alignment 5: Rachel Lynch-John

ONE HOUR BREAK

4:00-7:00

Asana & Methodology 7 (teaching Inversions): Adrienne Burke

WEEK 18

Sat 11/20

11:00-2:00

Western Anatomy 7: Rachel Lynch-John

ONE HOUR BREAK

3:00-5:00

Asana & Methodology 8 (teaching beginners): Jill Camera

5:00-8:00

Yoga for Children 2: Lisa Bridge

Sun 11/21

11:00-1:00

Meditation 8: Jon Aaron

ONE HOUR BREAK

2:00-6:00

Asana & Methodology 9 (advanced & adjustments): Adrienne Burke

6:00-8:00

Alignment 6: Rachel Lynch-John

WEEK 19

Sat 12/4

11:00-2:00

Introduction to Hindu Philosophy: Dr. Edwin Bryant

ONE HOUR BREAK

3:00-6:00

Introduction to Hindu Philosophy: Dr. Edwin Bryant

Sun 12/5

11:00-2:00

Introduction to Hindu Philosophy: Dr. Edwin Bryant

ONE HOUR BREAK

3:00-6:00

Introduction to Hindu Philosophy: Dr. Edwin Bryant

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WEEK 20

Sat 12/11

11:00-3:00 **Yoga Sutra Pada 3&4: Chase Bossart**

ONE HOUR BREAK

4:00-8:00 **Yoga Sutra Pada 3&4: Chase Bossart**

Sun 12/12

11:00-3:00 **Yoga Sutra Pada 3&4: Chase Bossart**

ONE HOUR BREAK

4:00-8:00 **Yoga Sutra Pada 3&4: Chase Bossart**

WEEK 21 - TESTING

Sat 1/8

1:00-3:00 **Pranayama 8: Guta Hedewig**

ONE HOUR BREAK

4:00-6:00 **Yoga Sutra Presentation: Guta Hedewig**

6:00-8:00 **Vedic Chanting 8: Guta Hedewig**

Sun 1/9

11:00-8:00 **TESTING**

WEEK 22 - TESTING

Sat 1/22

11:00-8:00 **TESTING**

Sun 1/23

11:00-8:00 **TESTING**

Graduation Saturday, January 29th

- ❑ **Schedule is subject to change**