



Schedule for Fall 2010

200 hour Teacher Training

WEEK 1

Sat 9/11

10:00-11:00

MANDATORY ORIENTATION MEETING

11:00-1:00

Traditional Practices 1 | Guta Hedewig

1:00-3:00

Vedic Chanting 1 | Guta Hedewig

ONE HOUR BREAK

4:00-6:00

Pranayama 1 | Guta Hedewig

6:00-8:00

Yoga Sutra Chanting 1 | Guta Hedewig

Sun 9/12

11:00-2:00

Sanskrit Alphabet 1 | Jyoti Chittur

ONE HOUR BREAK

3:00-6:00

Sanskrit Alphabet 2 | Jyoti Chittur

WEEK 2

Sat 9/18

11:00-2:00

Asana & Methodology 1 | Adrienne Burke

2:00-3:00

Anatomy 1 | Rachel Lynch-John

ONE HOUR BREAK

4:00-8:00

Anatomy 2 | Rachel Lynch-John

Sun 9/19

11:00-1:00

Traditional Practices 2 | Guta Hedewig

1:00-3:00

Yoga Sutra Chanting 2 | Guta Hedewig

ONE HOUR BREAK

4:00-6:00

Pranayama 2 | Guta Hedewig

6:00-8:00

Vedic Chanting 2 | Guta Hedewig

Schedule is subject to change



Schedule for Fall 2010

200 hour Teacher Training

WEEK 3

Sat 10/2

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 3 | Guta Hedewig

Sun 10/3

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

Vedic Chanting 3 | Guta Hedewig

WEEK 4

Sat 10/16

11:00-1:00

Meditation 1 | Jon Aaron

1:00-3:00

Traditional Practices 3 | Guta Hedewig

ONE HOUR BREAK

4:00-6:00

Traditional Practices 4 | Guta Hedewig

6:00-8:00

Course Planning 1 | Guta Hedewig

Sun 10/17

11:00-3:00

Anatomy 3 | Rachel Lynch-John

ONE HOUR BREAK

4:00-8:00

Anatomy 4 | Rachel Lynch-John

Schedule is subject to change



Schedule for Fall 2010

200 hour Teacher Training

WEEK 5

Fri 10/22

6:00-9:00PM

SPECIAL GUEST WORKSHOP

Yoga's Approach to Meditation | Chase Bossart

Sat 10/30

11:00-3:00

Asana & Methodology 2 (working with beginners) | Jill Camera

ONE HOUR BREAK

4:00-8:00

Alignment 1 | Rachel Lynch-John

Sun 10/31

11:00-3:00

Course Planning 2 | Guta Hedewig

ONE HOUR BREAK

4:00-6:00

Pranayama 4 | Guta Hedewig

6:00-8:00

Vedic Chanting 4 | Guta Hedewig

WEEK 6

Sat 11/6

11:00-3:00

Asana & Methodology 3 | Adrienne Burke

ONE HOUR BREAK

4:00-6:00

Supervised Practice Teaching 1 | Adrienne Burke

Sun 11/7

11:00-1:00

Meditation 2 | Jon Aaron

1:00-3:00

Asana & Methodology 4 | Adrienne Burke

ONE HOUR BREAK

4:00-6:00

Asana & Methodology 5 | Adrienne Burke

6:00-8:00

Supervised Practice Teaching 2 | Adrienne Burke

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WEEK 7

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

6:00-8:00

Meditation 3 | Jon Aaron

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

6:00-8:00

Asana & Methodology 6 | Adrienne Burke

WEEK 8

Sat 12/18

11:00-3:00

Asana & Methodology 7 | Adrienne Burke

ONE HOUR BREAK

4:00-6:00

Asana & Methodology 8 | Adrienne Burke

Sun 12/19

1:00-4:00

Asana & Methodology 9 | Adrienne Burke

ONE HOUR BREAK

5:00-8:00

Applied Yogic Philosophy 1 | Dolphi Wertenbaker

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Schedule for Fall 2010

200 hour Teacher Training

WEEK 9

Sat 1/15

11:00-1:00

Asana & Methodology 10 | Adrienne Burke

1:00-3:00

Anatomy 5 | Rachel Lynch-John

ONE HOUR BREAK

4:00-5:00

Anatomy 6 | Rachel Lynch-John

5:00-8:00

Alignment 2 | Rachel Lynch-John

Sun 1/16

11:00-1:00

Traditional Practices 5 | Guta Hedewig

1:00-3:00

Pranayama 5 | Guta Hedewig

ONE HOUR BREAK

4:00-6:00

Course Planning 3 | Guta Hedewig

6:00-8:00

Pronunciation of Sanskrit Terms | Guta Hedewig

WEEK 10

Sat 1/29

11:00-1:00

Yoga For Children | Lisa Bridge

HALF HOUR BREAK

1:30-4:30

Course Planning 4 | Guta Hedewig

HALF HOUR BREAK

5:00-8:00

Applied Yogic Philosophy 2 | Dolphi Wertenbaker

Sun 1/30

11:00-3:00

Anatomy 7 | Rachel Lynch-John

ONE HOUR BREAK

4:00-6:00

Anatomy 8 | Rachel Lynch-John

6:00-8:00

Alignment 3 | Rachel Lynch-John

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Schedule for Fall 2010 200 hour Teacher Training

WEEK 11

Sat 2/5

11:00-1:00

Asana & Methodology 11 | Adrienne Burke

1:00-3:00

Anatomy 9 | Rachel Lynch-John

ONE HOUR BREAK

4:00-5:00

Anatomy 10 | Rachel Lynch-John

5:00-8:00

Alignment 4 | Rachel Lynch-John

Sun 2/6

11:00-1:00

Pranayama 6 | Guta Hedewig

1:00-3:00

Subtle Anatomy | Guta Hedewig

ONE HOUR BREAK

4:00-6:00

Sutra Presentations | Guta Hedewig

6:00-8:00

Vedic Chanting 5 | Guta Hedewig

WEEK 12

Sat 2/12

4:00-8:00

PRACTICAL TESTING | Guta Hedewig

Sun 2/13

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, February 19th, 2011

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