

Typical Schedule for Teacher Training 1

(subject to change)

	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun
		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9
6:00 AM										
6:15 AM		Techniques: Morning Yoga Class w/ Student Assisting								
7:30 AM		Breakfast								
8:00 AM		Karma Yoga								
8:30 AM		Yoga Class Review								
9:30 AM		Break								
9:45 AM		Techniques of Instruction	Teaching Asana	Applied Asana	Teaching Meditation	Special Needs	Special Needs	Student Support	Class Planning	Student Support
10:45 AM		Break								
11:05 AM		Principles of Care	Teaching Asana	Teaching Pranayama	Teaching Yoga Nidra	Special Needs	Special Needs	Student Support	Course Planning	Student Support
12:05 PM		Lunch								
1:15 PM		Qualities of SY Teacher	Applied Asana	Applied Pranayama	Applied Meditation & Yoga Nidra	Applied Teaching Principles	Applied Teaching Principles	Student Support	Homework Review & Mentoring Process	Q & A and Conclusion
2:00 PM	Teaching Protocols									
2:45 PM		Break								
3:00 PM		Yoga Nidra Student Teaching								
3:45 PM		Break								
4:15 PM	4:00-6:00pm Course Induction	Yoga Class Student Teaching								
4:30 PM										
5:00 PM										
6:00 PM		Free								

Teacher Training 1:	Yoga Alliance Categories for RYS-200:	YS1 Hours	TT1 Hours	Total Hours
Techniques / Practice	=> Techniques, Training, Practice	135.50	41.50	177.00
Anatomy & Physiology Yoga Anatomy	=> Anatomy & Physiology	50.50	0.00	50.50
Yoga Psychology Yoga Philosophy / History Yogic Lifestyle	=> Yoga Philosophy, Lifestyle & Ethics	90.25	21.50	111.75
Methodology	=> Teaching Methodology	0.00	233.25	233.25
Student Teaching	=> Practicum	0.00	81.00	81.00
TOTAL HOURS (includes residential & home study):		276.25	377.25	653.50