Gayatri Yoga Academy 200hr. 2019 Teacher Training Schedule

All Friday classes begin at 6pm and all Saturday classes begin at 8am. There will be an hour lunch every Saturday along with additional breaks. Philosophy will be a topic of study every weekend except Anatomy weekend (week 3).

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| **Week** | **Topics** | | |
|  | Asana | Chakra | Other |
| **1** | Foundations; Platforms; Basic A&P language; Externally Rotated Standing Poses |  | Intros/What is yoga to us |
| **2** | Neutral Standing Poses | Intro | Self-Care |
| **3** | Anatomy | Root | Anatomy |
| **4** | Surya Namaskar/Sequencing | Sacral | Intro to sequencing/Pranayama & Subtle Body |
| **5** | Inversions & Arm Balances | Solar plexus | Teaching Sequences |
| **6** | Standing Twists/ Simple Backbends | Heart | Pre-natal/Adaptive |
| **7** | Urdhva Danurasana | Throat | Teaching Beginners/Savasana |
| **8** | Seated Poses/Twists; Forward Folds | Third Eye | Ayurveda |
| **9** | Restorative vs. Adaptive  In-Class Exam, Teaching Practicum | Crown | Trauma; PVT; Overcoming Anxiety |

\*This schedule is subject to change at any time with fair notice. The days will not change, the hours or class content may shift according to the instructor’s discretion. Whenever possible, please let your instructor know via email if you will be missing any weekends/part of a weekend beforehand. Thank you!

--Elise

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| **2019 Gayatri Yoga Academy** | | |
| **Weekend Schedule** | | |
| **Time** | **Friday** | **Saturday** |
| 8:00 |  | **Practice** |
| 8:30 |  | (8-11am) |
| 9:00 |  |  |
| 9:30 |  |  |
| 10:00 |  |  |
| 10:30 |  |  |
| 11:00 |  | Lunch 11-12:00am |
| 11:30 |  | **Teaching in Practice** |
| 12:00 |  | (11:30-1pm) |
| 12:30 |  |  |
| 1:00 |  | **A&P** |
| 1:30 |  | (1-2pm) |
| 2:00 |  | Break (2-2:15pm) |
| 2:30 |  | **Specialty Topic** |
| 3:00 |  | (2:15-4:30pm) |
| 3:30 |  | Yoga Lab |
| 4:00 |  | (4:30-5pm) |
| 4:30 |  | Dinner (5-6) |
| 5:00 |  | **Homework/Q&A** |
| 5:30 |  | (6-6:30pm) |
| 6:00 | **Checking In/Philosophy** |  |
| 6:30 | (6-7:45pm) | Chakra System/Closing Meditation |
| 7:00 |  | (6:45-8pm) |
| 7:30 |  |  |
| 8:00 | **Asana Topic Intro** |  |
| 8:30 | (8-9pm) |  |
| 9:00 |  |  |