

## **GO YOGA 200 HR. TEACHER TRAINING SCHEDULE – 2017**

**180 Contact Hours + 20 Non-Contact Hours**

**JAN. 14 – 15: Standards, Journaling, Practicum Log, Student Observation Log, Assignment Sheet - The Origins & History, Evolution of Yoga, Styles & Goals**

**FEB. 11 – 12: The 8 Limbs of Yoga, Philosophy, Subtle Body, Chakras**

**MAR. 18 – 19: The Science & Basic Elements of Yoga Practice, Pranayama, Meditation, Mudras**

**APR. 15 – 16: Asanas, Movement, Surya Namaskar, Gayatri Mantra - Mid-Term Test**

**MAY 13 – 14: Observation, Alignment, Anatomy, Adjustments, Assists**

**JUN. 10 - 11: Teacher Techniques, Scripting, Voice & Tools**

**JUL. 22 – 23: Anatomy Review, Theming, Sequencing & Planning, Using the Arc**

**AUG. 19 – 20: Specialized Teaching, The Art of Teaching, Teacher's Toolbox, Sanskrit Asanas, All Reports Due**

**SEP. 16 – 17: Hands-on Assists, Verbal Cues, Using Props, Partner Yoga, Final Exam**

**OCT. 14: Community Teaching Event, Fire Ceremony, Graduation Celebration-All Invited**