

Schedule for 200 hour Teacher Training Fall 2008⁽¹⁾

WEEK 1

- Sat 9/13 **11:00 – 12:00 Introductory Meeting**
12:00 – 2:00 Guta: Intro to 'Vini' Yoga 1
2:00 – 4:00 Guta: Vedic Chanting 1
One hour BREAK
5:00 – 8:00 Carl: Asana & Methodology 1
- Sun 9/14 **11:00 – 12:00 Guta: Supervised Practice Time/Philosophy**
12:00 – 3:00 Carl: Asana & Methodology 2
One hour BREAK
4:00 – 7:00 Jyoti: Sanskrit Alphabet 1
7:00 – 8:00 Practice Time

WEEK 2

- Sat 9/20 **11:00 – 2:00 Jeffrey Rubin: Meditation 1**
2:00 – 3:00 Practice Time
One hour BREAK
4:00 – 8:00 Carl: Asana & Methodology 3
- Sun 9/21 **11:00 – 1:00 Guta: Intro to 'Vini' Yoga 2**
1:00 – 3:00 Guta: Pranayama 1
One hour BREAK
4:00 – 8:00 Sarah: Anatomy 1

WEEK 3

- Sat 9/27 **11:00 – 3:00 Sarah: Anatomy 2**
One hour BREAK
4:00 – 8:00 Carl: Asana & Methodology 4
- Sun 9/28 **11:00 – 1:00 Guta: Intro to 'Vini' Yoga 3**
1:00 – 3:00 Guta: Vedic Chanting 2
One hour BREAK
4:00 – 7:00 Jyoti: Sanskrit Alphabet 2
7:00 – 8:00 Practice Time

ONE WEEK OFF

(1) Schedule is subject to change.

WEEK 4

- Sat 10/11 **11:00 – 3:00 Sarah: Anatomy 3**
One hour BREAK
4:00 – 8:00 Carl: Asana & Methodology 5
- Sun 10/12 **11:00 – 1:00 Practice Time**
1:00 – 3:00 Iyengar Workshop 1
One hour BREAK
4:00 – 6:00 Lisa: Working with Children
6:00 – 8:00 Practice Time

WEEK 5

- Sat 10/18 **11:00 – 3:00 Sarah: Anatomy 4**
One hour BREAK
4:00 – 8:00 Carl: Asana & Methodology 6
- Sun 10/19 **11:00 – 1:00 Guta: Intro to Ashtanga 1**
1:00 – 3:00 Guta: Pranayama 2
One hour BREAK
4:00 – 5:30 Guta: Supervised Practice Time/Philosophy
5:30 – 8:00 Practice Time

WEEK 6

- Sat 10/25 **11:00 – 3:00 Sarah: Anatomy 5**
One hour BREAK
4:00 – 8:00 Carl: Asana & Methodology 7
- Sun 10/26 **11:00 – 1:00 Guta: Intro to Ashtanga 2**
1:00 – 3:00 Guta: Pranayama 3
One hour BREAK
4:00 – 6:00 Guta: Vedic Chanting 3
6:00 – 8:00 Practice Time

ONE WEEK OFF

(1) Schedule is subject to change.

WEEK 7

Sat 11/8 **11:00 – 2:00 Jeffrey Rubin: Meditation 2**
2:00 – 3:00 Practice Time
One hour BREAK
4:00 – 8:00 Carl: Asana & Methodology 8

Sun 11/9 **11:00 – 1:00 Guta: Subtle Anatomy**
1:00 – 3:00 Iyengar Workshop 2
One hour BREAK
4:00 – 6:00 Guta: Pranayama 4
6:00 – 8:00 Guta: Vedic Chanting 4

WEEK 8

Sat 11/15 **11:00 – 1:30 SRIVATSA RAMASWAMI WORKSHOP**
One hour BREAK
2:30 – 5:00 SRIVATSA RAMASWAMI WORKSHOP
5:00 – 6:30 Guta: Pronunciation of Sanskrit Terms
6:30 – 8:00 Practice Time

Sun 11/16 **11:00 – 1:30 SRIVATSA RAMASWAMI WORKSHOP**
One hour BREAK
2:30 – 5:00 SRIVATSA RAMASWAMI WORKSHOP
5:00 – 6:30 Guta: Supervised Practice Time/Philosophy
6:30 – 8:00 Practice Time

WEEK 9

Sat 11/22 **11:00 – 1:30 SRIVATSA RAMASWAMI WORKSHOP**
One hour BREAK
2:30 – 5:00 SRIVATSA RAMASWAMI WORKSHOP
5:00 – 6:30 Guta: Pronunciation of Sanskrit Terms
6:30 – 8:00 Practice Time

Sun 11/23 **11:00 – 1:30 SRIVATSA RAMASWAMI WORKSHOP**
One hour BREAK
2:30 – 5:00 SRIVATSA RAMASWAMI WORKSHOP
5:00 – 6:30 Guta: Supervised Practice Time/Philosophy
6:30 – 8:00 Practice Time

One WEEK OFF (THANKSGIVING)

WEEK 10

(1) Schedule is subject to change.

Sat 12/6 11:00 – 2:00 Edwin Bryant: Yoga Sutra Overview of Pada 1 & 2
 One hour BREAK
 3:00 – 6:00 Edwin Bryant: Yoga Sutra Overview of Pada 1 & 2
 6:00 – 8:00 Guta: Supervised Practice Time/Philosophy

Sun 12/7 11:00 – 2:00 Edwin Bryant: Upanisads concerning Yoga
 One hour BREAK
 3:00 – 6:00 Edwin Bryant: Upanisads concerning Yoga
 6:00 – 8:00 Practice Time

WEEK 11

Sat 12/13 11:00 – 3:00 Edwin Bryant: Yoga Sutra Pada 1 in depth
 One hour BREAK
 4:00 – 7:00 Edwin Bryant: Yoga Sutra Pada 2 in depth
 7:00 – 8:00 Guta: Supervised Practice Time/Philosophy

Sun 12/14 11:00 – 3:00 Edwin Bryant: Bhagavad Gita
 One hour BREAK
 4:00 – 7:00 Edwin Bryant: Bhagavad Gita
 7:00 – 8:00 Practice Time

THREE WEEKS OFF (CHRISTMAS/NEW YEAR'S)

WEEK 12

Sat 1/10 11:00 – 3:00 Sarah Perron: Prenatal Yoga
 One hour BREAK
 4:00 – 8:00 Carl: Asana & Methodology 9

Sun 1/11 11:00 – 1:00 Sarah: Anatomy 6
 1:00 – 3:00 Iyengar Workshop 3
 One hour BREAK
 4:00 – 8:00 Carl: Asana & Methodology 10

WEEK 13

(1) Schedule is subject to change.

Sat 1/17 11:00 – 3:00 Sarah: Anatomy 7
One hour BREAK
4:00 – 8:00 Carl: Asana & Methodology 11

Sun 1/18 11:00 – 1:00 Guta: Pranayama 5
1:00 – 3:00 Guta: Vedic Chanting 5
One hour BREAK
4:00 – 8:00 Carl: Asana & Methodology 12

WEEK 14

Sat 1/24 11:00 – 3:00 Sarah: Anatomy 8
One hour BREAK
4:00 – 8:00 Carl: Asana & Methodology 13

Sun 1/25 11:00 – 1:00 Guta: Ashtanga 3
1:00 – 3:00 Guta: Pranayama 6
One hour BREAK
4:00 – 6:00 Guta: Vedic Chanting 6
6:00 – 8:00 Practice Time

ONE WEEK OFF

WEEK 15

Sat 2/7 2:00 – 3:30 Guta: 'Office Hour'
3:30 - 7:30 Carl: Practical Exam

- Written Exam: back by Saturday, February 7th, 2009
- Graduation: Saturday, February 14th, 2009

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