

## Schedule for Yoga Sutra Advanced 500 hour Teacher Training October 2008 – December 2009<sup>(1)</sup>

Sat 9/27      3:00 – 5:00 Guta: ORIENTATION

### WEEK 1

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Sat 10/4      11:00 – 2:00 Jyoti: Sanskrit 1  
2:00 – 3:00 Practice Time  
One hour BREAK  
4:00 – 8:00 Carl: Asana & Methodology 1

Sun 10/5      11:00 – 3:00 Lisa: Working with Children 1  
One hour BREAK  
4:00 – 8:00 Sarah: Anatomy 1

### WEEK 2

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Sat 11/1      11:00 – 3:00 Sarah: Anatomy 2  
One hour BREAK  
4:00 – 8:00 Carl: Asana & Methodology 2

Sun 11/2      11:00 – 1:00 Guta: 'Vini' Yoga 1  
1:00 – 3:00 Guta: Vedic Chanting 1  
One hour BREAK  
4:00 – 7:00 Jeffrey Rubin: Meditation 1  
7:00 – 8:00 Practice Time

### WEEK 3

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Sat 12/6      11:00 – 2:00 Edwin Bryant: Overview of YS pada 1 & 2  
One hour BREAK  
3:00 – 6:00 Edwin Bryant: Overview of YS pada 1 & 2  
6:00 – 8:00 Guta: 'Vini' Yoga 2

Sun 12/7      11:00 – 2:00 Edwin Bryant: Study of Upanisad-s concerning Yoga  
One hour BREAK  
3:00 – 6:00 Edwin Bryant: Study of Upanisad-s concerning Yoga  
6:00 – 8:00 Guta: Pranayama 1

(1) Schedule is subject to change.

## 2009:

### WEEK 4

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- Sat 1/3      11:00 – 2:00 Jeffrey Rubin: Meditation 2  
2:00 – 3:00 Practice Time  
One hour BREAK  
4:00 – 8:00 Carl: Asana & Methodology 3
- Sun 1/4      11:00 – 3:00 Carl: Asana & Methodology 4  
One hour BREAK  
4:00 – 8:00 Sarah: Anatomy 3

### WEEK 5

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- Sat 1/31      11:00 – 2:00 Edwin Bryant: In-depth study of YS pada 3  
One hour BREAK  
3:00 – 6:00 Edwin Bryant: In-depth study of YS pada 3  
6:00 – 8:00 Guta: 'Vini' Yoga 3
- Sun 2/1      11:00 – 2:00 Edwin Bryant: In-depth Study of YS pada 4  
One hour BREAK  
3:00 – 6:00 Edwin Bryant: In-depth Study of YS pada 4  
6:00 – 8:00 Guta: Vedic Chanting 2

### WEEK 6

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- Fri 2/27      7:00 – 9:00 Guta: Qualities of a Teacher/Ethics 1
- Sat 2/28      11:00 – 3:00 Sarah: Anatomy 4  
One hour BREAK  
4:00 – 8:00 Carl: Asana & Methodology 5
- Sun 3/1      11:00 – 3:00 Sarah: Anatomy 5  
One hour BREAK  
4:00 – 8:00 Jyoti: Sanskrit 2

## WEEK 7

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- Fri 4/3 7:00 – 9:00 PM Guta: Pronunciation of Sanskrit Terms 1
- Sat 4/4 11:00 – 2:00 Edwin Bryant: Introduction to Indian Philosophy  
One hour BREAK  
3:00 – 6:00 Edwin Bryant: Introduction to Indian Philosophy  
6:00 – 8:00 Sarah: Anatomy 6
- Sun 4/5 11:00 – 2:00 Edwin Bryant: Introduction to Six Darshana-s  
One hour BREAK  
3:00 – 6:00 Edwin Bryant: Introduction to Six Darshana-s  
6:00 – 8:00 Guta: Pranayama 2

## WEEK 8

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- Sat 5/2 11:00 – 3:00 Carl: Asana & Methodology 6  
One hour BREAK  
4:00 – 8:00 Carl: Asana & Methodology 7
- Sun 5/3 11:00 – 3:00 Sarah: Anatomy 7  
One hour BREAK  
4:00 – 7:00 Jyoti: Sanskrit 3  
7:00 – 8:00 Practice Time

## WEEK 9

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- Fri 6/5 7:00 – 8:00 Guta: Qualities of a Teacher/Ethics 2  
8:00 – 9:00 Guta: Supervised Practice/'Office Hour'
- Sat 6/6 11:00 – 3:00 Sarah: Anatomy 8  
One hour BREAK  
4:00 – 8:00 Carl: Asana & Methodology 8
- Sun 6/7 11:00 – 1:00 Guta: 'Vini' Yoga 4  
1:00 – 3:00 Guta: Vedic Chanting 3  
One hour BREAK  
4:00 – 6:00 Guta: Pranayama 3  
6:00 – 8:00 Guta: Subtle Anatomy 1

## WEEK 10

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Sat 7/11    **11:00 – 2:00 Jeffrey Rubin: Meditation 3**  
**2:00 – 3:00 Practice Time**  
One hour BREAK  
**4:00 – 8:00 Carl: Asana & Methodology 9**

Sun 7/12    **11:00 – 1:00 Guta: Ashtanga Yoga 1**  
**1:00 – 3:00 Guta: Pranayama 4**  
One hour BREAK  
**4:00 – 8:00 Carl: Asana & Methodology 10**

## WEEK 11

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Sat 8/1    **11:00 – 3:00 Rachel Lynch John: Prenatal Yoga**  
One hour BREAK  
**4:00 – 8:00 Carl: Asana & Methodology 11**

Sun 8/2    **11:00 – 1:00 Guta: Ashtanga Yoga 2**  
**1:00 – 3:00 Guta: Vedic Chanting 4**  
One hour BREAK  
**4:00 – 8:00 Sarah Perron: Postnatal Yoga**

## WEEK 12

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Sat 9/5    **11:00 – 2:00 Jeffrey Rubin: Meditation 4**  
**2:00 – 3:00 Guta: Supervised Practice/'Office Hour'**  
One hour BREAK  
**4:00 – 8:00 Carl: Asana & Methodology 12**

Sun 9/6    **11:00 – 1:00 Guta: Ashtanga Yoga 3**  
**1:00 – 3:00 Guta: Pranayama 5**  
One hour BREAK  
**4:00 – 6:00 Guta: Vedic Chanting 5**  
**6:00 – 8:00 Guta: Subtle Anatomy 2**

(1) Schedule is subject to change.

### WEEK 13

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- Sat 10/3    **11:00 – 1:30 SRIVATSA RAMASWAMI WORKSHOP** to be confirmed  
One hour BREAK  
**2:30 – 5:00 SRIVATSA RAMASWAMI WORKSHOP** to be confirmed  
**5:00 – 8:00 Carl: Asana & Methodology 13**
- Sun 10/4    **11:00 – 1:30 SRIVATSA RAMASWAMI WORKSHOP** to be confirmed  
One hour BREAK  
**2:30 – 5:00 SRIVATSA RAMASWAMI WORKSHOP** to be confirmed  
**5:00 – 7:00 Guta: Vedic Chanting 6**  
**7:00 – 8:00 Guta: Supervised Practice/'Office Hour'**

### WEEK 14

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- Fri 10/30    **7:00 – 9:00 PM Guta: Pronunciation of Sanskrit Terms 2**
- Sat 10/31    **11:00 – 2:00 Edwin Bryant: Bhagavad Gita**  
One hour BREAK  
**3:00 – 6:00 Edwin Bryant: Bhagavad Gita**  
**6:00 – 8:00 Guta: Ashtanga Yoga 4**
- Sun 11/1    **11:00 – 2:00 Edwin Bryant: Bhagavad Gita**  
One hour BREAK  
**3:00 – 6:00 Edwin Bryant: Bhagavad Gita**  
**6:00 – 8:00 Guta: Pranayama 6**

### WEEK 15

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- Sat 12/5    **11:00 – 1:30 SRIVATSA RAMASWAMI WORKSHOP** to be confirmed  
One hour BREAK  
**2:30 – 5:00 SRIVATSA RAMASWAMI WORKSHOP** to be confirmed  
**5:00 – 8:00 Carl: Asana & Methodology 14**
- Sun 12/6    **11:00 – 1:30 SRIVATSA RAMASWAMI WORKSHOP** to be confirmed  
One hour BREAK  
**2:30 – 5:00 SRIVATSA RAMASWAMI WORKSHOP** to be confirmed  
**5:00 – 8:00 Lisa: Working with Children 2**

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## TESTING, February 2010:

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Fri 2/5	7:00 – 9:00 PM Guta: Supervised Practice/'Office Hour'
Sat 2/6	1:00 – 3:00 Guta: 'Office Hour' 3:00 - 9:00 Carl: Practical Exam
Sun 2/7	11:00 – 1:00 Guta: TESTING 'Vini' Yoga 5 1:00 – 3:00 Guta: TESTING Ashtanga Yoga 5 One hour BREAK 4:00 – 6:00 Guta: TESTING Pranayama 7 6:00 – 8:00 Guta: TESTING Vedic Chanting 7

- Written Exam: back by Saturday, Feb. 6, 2010
- Graduation: Saturday, Feb. 20, 2010

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