

Yoga Tree Teacher Training Agenda | 2019

All modules are Saturdays or Sundays from 7:30 am to 5:30 pm

4/20/19 Module I

Intro to Course
History of Yoga /Yoga Styles
Anatomy ~ Breath
Asana ~ Seated Postures
Pranayama ~ Introduction

4/21/19 Module II

Anatomy ~ Intro to Exercise Physiology
Asana ~ Preventing Injury
Class Design ~ Greeting through Warm Up

5/4/19 Module III

Anatomy ~ Spine
Asana ~ Twists
Teaching Method ~ Space Management

5/5/19 Module IV

Anatomy ~ Core
Energy Anatomy ~ Bandhas
Asana ~ Stabilizing Postures
Teaching Method ~ Teaching and Learning Styles

5/18/19 Module V

Meditation and Mantra ~ Intro to Sanskrit
Pranayama ~ Heat Building
Class Design ~ Suryanamaskara A
Teaching Methodology ~ Counter Posture

5/19/19 Module VI

Anatomy ~ Hips
Pranayama ~ Releasing Breath
Asana ~ Forward Bends and Hip Openers
Philosophy ~ Intro to the Yoga Sutras
Teaching Method ~ Being a Guide/Emotional Release

6/1/19 Module VII

Asana ~ Forward Bends and Hip Openers
Philosophy ~ Intro to Yoga Literature
Philosophy ~ Yoga Sutras

6/2/19 Module VIII

Anatomy ~ Knees and Legs
Asana ~ Standing Postures
Class Design ~ Suryanamaskara B

6/15/19 Module IX

Anatomy ~ Shoulders and Chest
Asana ~ Backbends and Shoulder Opening
Pranayama ~ Complete Breath
Ethics ~ Non-Ordinary States

6/16/19 Module X

Anatomy ~ Balance, Leg, and Foot
Asana ~ Balance
Class Design ~ Balance
Ethics ~ Ethics of Caring Reports

6/29/19 Module XI

Anatomy ~ Elbow, Wrist and Hand
Energy Anatomy ~ Bhandas
Asana ~ Arm Balance
Class Design ~ Arm Balance
Ethics ~ Intro to Ethics Statements

6/30/19 Module XII

Anatomy ~ Inversion
Asana ~ Inversion
Class Design ~ Deep Stretching and Inversion
Ethics ~ Personal Ethics Statement Presentation

7/13/19 Module XIII

Anatomy ~ Autonomic Nervous System
Asana ~ Savasana
Class Design ~ Finishing, Savasana, and Closing Class
Pranayama ~ Brahmari Breath
Meditation and Mantra ~ Sanskrit Review

7/14/19 Module XIV

Anatomy ~ Special Populations
Asana ~ Modified Practice
Teaching Method ~ Sequencing to Build Success
Philosophy ~ Bhagavad Gita

7/27/19 Module XV

Energy and Touch Workshop
Energy Anatomy ~ Intro to Energy Body
Teaching Method ~ Intro to Assisting

7/28/19 Module XVI

Philosophy ~ Yoga Sutra Presentations
Meditation and Mantra ~ Introduction and Application
Business ~ First Teaching Job
Philosophy ~ Autobiography of a Yogi Presentations

8/10/19 Module XVII

Review
Paper Exam

8/11/19 Test Out

Review
Paper Exam