

Yoga Tree Teacher Training Agenda | 2019

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

10/14/18 Module I

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

10/20/18 Module II

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

10/21/18 Module III

Anatomy ~ Spine
Asana ~ Twists
Teaching Method ~ Space Management

10/28/18 Module IV

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

11/3/18 Module V

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

11/4/18 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

11/11/18 Module VII

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

11/17/18 Module VIII

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

11/18/18 Module IX

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

12/1/18/ Module X

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

12/2/18 Module XI

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

12/9/18 Module XII

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

12/15/18 Module XIII

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

12/16/18 Module XIV

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

12/23/18 Module XV

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

12/29/18 Module XVI

Philosophy ~ Yoga Sutra Presentations
Meditation and Mantra ~ Introduction and Application
Business ~ First Teaching Job and Review

12/30/18 Module XVII/ Test out

Review
Paper Exam