



TEACHER TRAINING SCHEDULE SPRING 2009

DAY	DATE	LOCATION	TIMES	TOPIC	HRS
Friday	2/27/2009	IRV	6:00-9:00pm	INTRO & ORIENTATION	3
Saturday	2/28/2009	HB	12:00-6:00pm	SUN SALUTES	6
Monday	3/2/2009	HB	6:00-8:00pm	ASSISTED PRACTICE	2
Wednesday	3/4/2009	HB	6:00-8:00pm	ASSISTED PRACTICE	2
Friday	3/6/2009	IRV	6:00-9:00pm	BREATH AND BANDHAS	3
Saturday	6/27/2009	HB	12:00-6:00pm	STANDING POSES	2
Sunday	3/8/2009	IRV	12:00-4:00pm	ANATOMY & PHYSIOLOGY	3
Monday	3/9/2009	HB	6:00-8:00pm	ASSISTED PRACTICE	6
Wednesday	3/11/2009	HB	6:00-8:00pm	ASSISTED PRACTICE	6
Friday	3/13/2009	IRV	6:00-9:00pm	PRACTICE TEACH STANDING POSES	2
Saturday	3/14/2009	HB	12:00-6:00pm	SEATED POSES	2
Sunday	3/15/2009	IRV	12:00-4:00pm	ANATOMY & PHYSIOLOGY	6
Monday	3/16/2009	HB	6:00-8:00pm	ASSISTED PRACTICE	6
Wednesday	3/18/2009	HB	6:00-8:00pm	ASSISTED PRACTICE	
Friday	3/20/2009	IRV	6:00-9:00pm	PRACTICE TEACH STANDING POSES	2
Saturday	3/21/2009	HB	12:00-6:00pm	BACKENDS AND INVERSIONS	2
Sunday	3/22/2009	IRV	12:00-4:00pm	ANATOMY & PHYSIOLOGY	3
Monday	3/23/2009	HB	6:00-8:00pm	ASSISTED PRACTICE	6
Wednesday	3/24/2009	HB	6:00-8:00pm	ASSISTED PRACTICE	6
Friday	3/27/2009	IRV	6:00-9:00pm	PRACTICE TEACH BACKENDS	2
Saturday	3/28/2009	HB	12:00-6:00pm	PRACTICE TEACH INVERSIONS	2
Sunday	3/29/2009	IRV	12:00-4:00pm	ANATOMY & PHYSIOLOGY	3
Monday	3/30/2009	HB	6:00-8:00pm	ASSISTED PRACTICE	6
Wednesday	4/1/2009	HB	6:00-8:00pm	PRACTICE TEACHING	6
Friday	4/3/2009	IRV	6:00-9:00pm	HEALTH COURSE	2
Saturday	4/4/2009	HB	12:00-6:00pm	HEALTH COURSE	2
Sunday	4/5/2009	IRV	12:00-6:00pm	HEALTH COURSE	3
Monday	4/6/2009	HB	6:00-8:00pm	ASSISTED PRACTICE	6
Wednesday	4/8/2009	HB	6:00-8:00pm	ASSISTED PRACTICE	6
Friday	4/10/2009	IRV	6:00-9:00pm	ANATOMY & PHYSIOLOGY - TEST	2
Saturday	4/11/2009	HB	12:00-6:00pm	FUNDAMENTAL ACTIONS OF ASANAS	2
				ART OF SEQUENCING	3
Monday	4/13/2009	HB	6:00-8:00pm	ASSISTED PRACTICE	6
Wednesday	4/14/2009	HB	6:00-8:00pm	ASSISTED PRACTICE	6
Friday	4/17/2009	IRV	6:00-9:00pm	PRACTICE TEACHING ROUTINE	2
Saturday	4/18/2009	HB	12:00-6:00pm	YOGA PHILOSOPHY - YOGA SUTRA	2
Sunday	4/19/2009	IRV	12:00-6:00pm	YOGA PHILOSOPHY - YOGA SUTRA	3
Monday	4/20/2009	HB	6:00-8:00pm	ASSISTED PRACTICE	6
Wednesday	4/22/2009	HB	6:00-8:00pm	ASSISTED PRACTICE	6
Friday	4/24/2009	IRV	6:00-9:00pm	ASANA MODIFICATIONS, INJURIES	2
Saturday	4/25/2009	HB	12:00-6:00pm	ART OF TEACHING	2
				ABOUT BEING A YOGA TEACHER	3
				BUSINESS OF YOGA	6
Monday	4/27/2009	HB	6:00-8:00pm	ASSISTED PRACTICE	6
Wednesday	4/29/2009	HB	6:00-8:00pm	ASSISTED PRACTICE	
Friday	5/1/2009	IRV	6:00-9:00pm	PRACTICE TEACHING	2
Saturday	5/2/2009	HB	12:00-6:00pm	SEQUENCING & PRACTICE TEACHING	2
				REVIEW FOR FINAL	4
Monday	5/4/2009	HB	6:00-8:00pm	ASSISTED PRACTICE	8
Wednesday	5/6/2009	HB	6:00-8:00pm	ASSISTED PRACTICE	



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DAY	DATE	LOCATION	TIMES	TOPIC	HRS
Friday	5/8/2009	IRV	6:00-9:00pm	WRITTEN EXAM	3
Saturday	5/9/2009	HB	12:00-6:00pm	PRACTICE TEACHING	6
Monday	5/11/2009	HB	6:00-8:00pm	ASSISTED PRACTICE	2
Wednesday	5/13/2009	HB	6:00-8:00pm	ASSISTED PRACTICE	2
Friday	5/15/2009	IRV	6:00-9:00pm	PRACTICE TEACHING	3
Saturday	5/16/2009	HB	12:00-6:00pm	PRACTICE TEACHING	2
Sunday	5/17/2009	IRV	12:00-6:00pm	PRACTICE TEACHING	3
Monday	5/18/2009	HB	6:00-8:00pm	ASSISTED PRACTICE	6
Wednesday	5/20/2009	HB	6:00-8:00pm	ASSISTED PRACTICE	6
Friday	5/22/2009	IRV	12:00-4:00pm	PRACTICUM EXAM	2
		IRV	6:00-9:00pm	PRACTICUM EXAM	2
Saturday	5/23/2009	HB	12:00-7:00pm	PRACTICUM EXAM	6
Sunday	5/24/2009	HB	1:30-3:00pm	GRADUATION LUNCH	6