

# Yoga Shakti

Power. Balance. Stillness.

## 85 Hour Prenatal Yoga Teacher Training

January 30, 2020 - April 30, 2020

DAY	DATE	LOCATION	TIME	TOPIC
Thursday	1/30/20	IRV Rm 3	6pm-9pm	Orientation and Introduction; Physiological & Psychological Changes
Friday	1/31/20	IRV Rm 3	6pm-9pm	Physiological & Psychological Changes and Discomforts; Pelvis
Saturday	2/1/20	IRV Rm 2	11am-12:30pm	Observation of Prenatal Class
		IRV Rm 3	1:30pm-5pm	Contraindications and Modifications; Sun Salutes
Sunday	2/2/20	IRV Rm 3	10am-4pm	Contraindications and Modifications; Sun Salutes
Friday	2/28/20	IRV Rm 3	6pm-9pm	Body Alignment; High Risk Pregnancy
Saturday	2/29/20	IRV Rm 2	11am-12:30pm	Observations of Prenatal Class
		IRV Rm 3	1:30am-5pm	Standing Asanas; Seated Asanas
Sunday	3/1/20	IRV Rm 3	10am-4pm	Seated Asanas; Twists; Backbends
Thursday	3/26/20	IRV Rm 3	6pm-9pm	Practice Teaching; Inversions; Supine Asanas
Friday	3/27/20	IRV Rm 3	6pm-9pm	Savasana; Art of Sequencing
Saturday	3/28/20	IRV Rm 2	11am-12:30pm	Observation of Prenatal Class
		IRV Rm 3	1:30pm-5pm	Art of Teaching; Business of Prenatal Yoga; Practice Teaching
Sunday	3/29/20	IRV Rm 3	10am-5pm	Pregnancy and Ayurveda
Thursday	4/9/20	IRV Rm 3	6pm-9pm	Pregnancy & Yoga Philosophy
Friday	4/10/20	IRV Rm 3	6pm-9pm	Restorative; Relaxation; Practice Teaching
Saturday	4/11/20	IRV Rm 2	11am-12:30pm	Observation of Prenatal Class
		IRV Rm 3	1:30pm-5pm	Sequence Presentations; Practice Teaching
Thursday	4/23/20	IRV Rm 3	6pm-9pm	Written Test
Friday	4/24/20	IRV Rm 3	6pm-9pm	Birth, Postpartum, & Postnatal Yoga
Saturday	4/25/20	IRV Rm 2	11am-12:30pm	Observation of Prenatal Class
		IRV Rm 3	1:30pm-5pm	Practice Teaching; Practicum exam
Sunday	4/26/20	IRV Rm 3	10am-4pm	Practicum Exam
Thursday	4/30/20	Irv Rm 3	6:30pm-7:30pm	Graduation