



500 Hour Teacher Training Oct 1, 2020 to Sept 26, 2021

DAY	DATE	LOCATION	TIME	TOPIC(S) COVERED
Thursday	10/1/20	Irv Room 2	6:00-9:00pm	Introduction and overview of the program
Friday	10/2/20	Irv Room 2	6:00-9:00pm	Self assessment
Saturday	10/3/20	Irv Room 2	10:30am-4pm	Adjustments and modifications clinic. Physiology of stretching
Sunday	10/4/20	Irv Room 2	10:30am-4pm	Adjustments in Sun Salutes and basic standing poses.
Friday	10/23/20	Irv Room 2	6:00-9:00pm	Anatomy and Physiology intro to group project
Saturday	10/24/20	Irv Room 2	10:30am-4pm	Adjustments in basic seated poses, backbends and inversions.
Sunday	10/25/20	Irv Room 2	10:30am-4pm	Practice hands on adjustments
Friday	11/6/20	Irv Room 2	6:00-9:00pm	Principles of class sequencing
Saturday	11/7/20	Irv Room 2	10:30am-4pm	Advanced Standing poses. AP Standing poses
Sunday	11/8/20	Irv Room 2	10:30am-4pm	Adjustments in Standing poses, Complete AP on standing poses.
Friday	11/20/20	Irv Room 2	6:00-9:00pm	Anatomy & Physiology: Bandhas & abdominal muscles
Saturday	11/21/20	Irv Room 2	10:30am-4pm	Bandhas & Adjustments for Bandha poses. Group presentations on standing poses
Sunday	11/22/20	Irv Room 2	10:30am-4pm	Teach standing sequence in pairs; Group presentations on bandhas and abdominal muscles.
Friday	12/4/20	Irv Room 2	6:00-9:00pm	Anatomy & Physiology - Inversions
Saturday	12/5/20	Irv Room 2	10:30am-4pm	Teach bandha poses sequence. Advanced Inversions
Sunday	12/6/20	Irv Room 2	10:30am-4pm	Teach bandha poses sequence. Group presentations on inversions
Friday	1/22/21	Irv Room 2	6:00-9:00pm	Practice adjustments in bandha poses and inversions
Saturday	1/23/21	Irv Room 2	10:30am-4pm	Teach inversions sequence. Anatomy & Physiology – Arm Balances
Sunday	1/24/21	Irv Room 2	10:30am-4pm	Teach inversions sequence. Advanced arm balances.
Friday	2/26/21	Irv Room 2	6:00-9:00pm	Advanced Seated poses
Saturday	2/27/21	Irv Room 2	10:30am-4pm	Teach inversions sequence. AP arm balances group presentations
Sunday	2/28/21	Irv Room 2	10:30am-4pm	Teach arm balances sequence. Advanced Seated poses
Friday	3/12/21	Irv Room 2	6:00-9:00pm	Teach arm balances sequence.
Saturday	3/13/21	Irv Room 2	10:30am-4pm	Advanced Backbends ; Anatomy & Physiology – Seated poses
Sunday	3/14/21	Irv Room 2	10:30am-4pm	Teach arm balances sequence; Anatomy & Physiology – Seated poses
Friday	4/9/21	Irv Room 2	6:00-9:00pm	Anatomy & Physiology- Backbends
Saturday	4/10/21	Irv Room 2	10:30am-4pm	Teach seated sequence. Group presentations on seated poses.
Sunday	4/11/21	Irv Room 2	10:30am-4pm	Teach seated sequence. AP presentations- backbends
Friday	4/30/21	Irv Room 2	6:00-9:00pm	Anatomy & Physiology- research paper

Saturday	5/1/21	Irv Room 2	10:30am-4pm	Teach seated sequence. Private lessons & case study.
Sunday	5/2/21	Irv Room 2	10:30am-4pm	Teach backbends sequence. Private lessons & case study.
Friday	5/21/21	Irv Room 2	6:00-9:00pm	Advanced sequencing.
Saturday	5/22/21	Irv Room 2	10:30am-4pm	Teach backbends sequence. Yoga Philosophy
Sunday	5/23/21	Irv Room 2	10:30am-4pm	Teach backbends sequence. Yoga Philosophy
Friday	6/4/21	Irv Room 2	6:00-9:00pm	Advanced sequencing- private lessons
Saturday	6/5/21	Irv Room 2	10:30am-4pm	Teach Advanced sequencing. Ayurveda Fundamentals
Sunday	6/6/21	Irv Room 2	10:30am-4pm	Teach Advanced sequencing. Ayurveda Fundamentals
Friday	6/25/21	Irv Room 2	6:00-9:00pm	Ayurvedic principles for the yoga practice
Saturday	6/26/21	Irv Room 2	10:30am-4pm	Teach Advanced sequencing. Sanskrit Basics
Sunday	6/27/21	Irv Room 2	10:30am-4pm	Teach Advanced sequencing. Private lesson case studies progress report; AP research papers preliminary presentation.
Friday	7/9/21	Irv Room 2	6:00-9:00pm	Anatomy & Physiology- research papers. Full presentations.
Saturday	7/10/21	Irv Room 2	10:30am-4pm	Teach Advanced sequencing. Sanskrit Basics
Sunday	7/11/21	Irv Room 2	10:30am-4pm	Teach Advanced sequencing. Workshop Development.
Friday	7/30/21	Irv Room 2	6:00-9:00pm	Anatomy & Physiology- research papers. Full presentations.
Saturday	7/31/21	Irv Room 2	10:30am-4pm	Teach Advanced sequencing. The Yoga of sound- Chants and Mantras
Sunday	8/1/21	Irv Room 2	10:30am-4pm	Teach Advanced sequencing. AP research papers. Full presentations.
Friday	8/20/21	Irv Room 2	6:00-9:00pm	The business of yoga
Saturday	8/21/21	Irv Room 2	10:30am-4pm	Teach Advanced sequencing. The Vedic Path
Sunday	8/22/21	Irv Room 2	10:30am-4pm	Teach Advanced sequencing. Private lesson case studies presentations
Friday	9/10/21	Irv Room 2	6:00-9:00pm	Private lesson case studies presentations
Saturday	9/11/21	Irv Room 2	10:30am-4pm	Teach Advanced sequencing. Private lesson case studies presentations
Sunday	9/12/21	Irv Room 2	10:30am-4pm	Teach Advanced sequencing. Workshop presentations
Friday	9/24/21	Irv Room 2	6:00-9:00pm	Workshop presentations
Saturday	9/25/21	Irv Room 2	10:30am-4pm	Business of yoga. Present business/overall plan
Sunday	9/26/21	Irv Room 2	10:30am-4pm	Teach Advanced sequencing. The Vedic Path & Svadhyaya
	TBA	Irv Room 3		Graduation