

| EVENING 200-HR YTT: 9/10/18-12/19/18 | |
|---|---|
| MONDAY'S - 5:30pm-9:30pm = \$50 | WEDNESDAY'S - 5:30pm-9:30pm = \$50 |
| DAY 1 - 9/10 | DAY 2 - 9/12 |
| Introductions & Training Structure What is Yoga? - Dharma & Karma | Adjustments Asana Lab: Sun Salutations |
| DAY 3 - 9/17 | DAY 4 - 9/19 |
| Yoga Ethics/Yoga Styles <i>Deepak Chopra Meditation</i> | Asana Lab: Sun Salutation Poses |
| DAY 5 - 9/24 | DAY 6 - 9/26 |
| Pranayama Meditation - <i>Vipassana</i> | Asana Lab: Standing Poses |
| DAY 7 - 10/1 | DAY 8 - 10/3 |
| Sanskrit Studies | Asana Lab: Balancing Poses |
| DAY 9 - 10/8 | DAY 10 - 10/10 |
| Chanting and Mantras | Anatomy - Bones |
| DAY 11 - 10/15 | DAY 12 - 10/17 |
| Asana Lab: Backbending Poses | Anatomy - Muscles |
| DAY 13 - 10/22 | DAY 14 - 10/24 |
| Human Energy System <i>Compassion Meditation</i> | Asana Lab: Twisting Poses |
| DAY 15 - 10/29 | NO CLASS |
| Ayurveda <i>Tonglen Meditation</i> | |
| DAY 16 - 11/5 | DAY 17 - 11/7 |
| Teaching Techniques Movie: Living Yoga | Contact Yoga |
| DAY 18 - 11/12 | DAY 19 - 11/14 |
| Asana Lab: Inversions Asana Lab: R & R Poses | Injury Management Sequencing Around Injuries |
| DAY 20 - 11/19 | DAY 21 - 11/21 |
| Tibetan Rites/Yoga Mala Sequencing | Asana Lab: Seated Poses |
| DAY 22 - 11/26 | DAY 23 - 11/28 |
| Final Teaching (1) Yoga Sutras | Final Teaching (2) Bhagavad Gita - <i>Death Meditation</i> |
| DAY 24 - 12/3 | DAY 25 - 12/5 |
| Final Teaching (3) Written Test | Final Teaching (4 & 5) Business |
| DAY 26 - 12/10 | DAY 27 - 12/12 |
| Final Teaching (5 & 6) Business & Manifesting | Final Teaching (7, 8 & 9) |
| DAY 28 - 12/17 | DAY 30 - 12/19 |
| Final Teaching (10 & 11) Blindfold Class | Graduation |
| WEEKEND TRAINING | |
| Fri 11/2 from 5:30p - 9:30p - Introduction to Trauma and the Brain at AFTERGLOW in AMITYVILLE | |
| Sat 11/3 from 10a-6p - Family Constellations & Systemic Trauma at JUST BREATHE YOGA in SAYVILLE | |
| Saturday 12/1 from 10a-6p - Yin Yoga, Restorative Yoga & Prenatal at JUST BREATHE in SAYVILLE | |
| INSTRUCTORS | |
| Robin Appel | |
| Nick Viscovich | |
| Regina McGowan | |
| Michele Bos | |