MONDAYS - 5:30pm-9:30pm = \$50	EVENING 200-HR YTT: 9/10/18-12/19/18	
DAY 1 - 9/10		
Introductions & Training Structue   Adjustments   What is Yoga? - Dharma & Karma   Asana Lab: Sun Salutations   DAY 3 - 9/17   DAY 4 - 9/19		
What is Yoga? - Dharma & Karma		
DAY 3 - 9/17		,
Yoga Ethics/Yoga Styles Deepak Chopra Medilation  DAY 5 - 9/24 Pranayama Medilation - Vipassana  DAY 7-10/1 BAY 8-10/3 Sanskrit Studies Asana Lab: Standing Poses  DAY 9 - 10/8 Chanting and Mantras  DAY 1- 10/15 Asana Lab: Balancing Poses  DAY 11- 10/15 DAY 12- 10/17 Asana Lab: Bakehending Poses  DAY 13- 10/22 DAY 13- 10/22 DAY 13- 10/22 DAY 13- 10/29 NO CLASS Ayurveda Tonglen Medilation  DAY 15- 10/29 NO CLASS Ayurveda Tonglen Medilation DAY 16- 11/5 Teaching Techniques Movie: Living Yoga DAY 18- 11/22 DAY 18- 11/21 Tibetan Rites Yoga Mala Sana Lab: R & R Poses Sequencing DAY 20- 11/19 Tibetan Rites Yoga Mala Sequencing DAY 21- 11/25 Final Teaching (1) Yoga Sutras DAY 23- 11/26 Final Teaching (3) Written Eest DAY 25- 12/10 PAY 30- 12/19 Final Teaching (10 & 1) Buny San 1- 10/24 Final Teaching (7, 8 & 9) DAY 28- 12/17 DAY 30- 12/19 Final Teaching (10 & 11) Bilmdfold Class WEEKEND TRAINING		
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Pranayama		DAY 6 - 9/26
DAY 7 - 10/1		
DAY 7-10/1 Sanskrit Studies Asana Lab: Balancing Poses  DAY 9-10/8 Chanting and Mantras Anatomy - Bones  DAY 11-10/15 DAY 12-10/17 Asana Lab: Backbending Poses  DAY 13-10/22 DAY 14-10/24 Human Energy System Compassion Meditation DAY 15-10/29 Ayurveda Tonglen Mediation DAY 16-11/5  DAY 18-11/17 Teaching Techniques Movie: Living Yoga DAY 18-11/12 Asana Lab: Inversions Asana Lab: Inversions Asana Lab: R & R Poses DAY 20-11/19 Tibetan Rites/Yoga Mala Sequencing DAY 21-11/26 DAY 21-11/27 Tibetan Rites/Yoga Mala Sequencing DAY 23-11/26 DAY 23-11/26 DAY 23-11/26 Final Teaching (1) Yoga Sutras DAY 24-12/3 Final Teaching (3) Written Test DAY 26-12/10 Business Business DAY 28-12/17 Final Teaching (6 & 6) Business Manifesting DAY 28-12/17 Final Teaching (10 & Tinal Teaching (7, 8 & 9) Business Manifesting DAY 28-12/17 Final Teaching (10 & Tinal Teaching (7, 8 & 9) Business Manifesting DAY 28-12/17 DAY 28-12/17 Final Teaching (10 & Tinal Teaching (10 &		Tibula Edd. Starteling 1 obes
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Blindfold Class  WEEKEND TRAINING		
WEEKEND TRAINING	9 (	Graduation
		END TRAINING
FILITE From 5:30b - 9:30b - 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  Pakin Annal		
Robin Appel		
Nick Viscovich  Regina McGowan		

Michele Bos