

Overview of Yoga Teacher Training

An integrated program designed for serious practitioner of yoga, yoga teachers, and those considering teaching yoga in the future. You do not have to have any teaching experience, just a desire to learn more about the yoga practice and deepen your own personal practice through advanced study, asana, philosophy and practice. Jen will be conducting much of the classes and workshops, but will be inviting many skilled teachers in for specialty classes, advanced workshops and anatomy and physiology classes. Each meeting will include an asana session, discussion, philosophy, breakdown of specific asanas and practicum. While each weekend will focus on a different area of the physical practice and a different limb of Yoga, the basic format will remain the same for most weekends. There will be some changes to exact format when guest speakers and teachers are present; however, a sample weekend schedule is below to give you an idea of what to expect.

A sample weekend schedule would look like this:

Friday night:

6:00-7:00 Discussion/philosophy, review homework
7:00-8:30 Asana(more of a yin practice)
8:30-9:30 Breakdown of poses
9:30-10:00 Wrap up

Saturday afternoon:

11:30-12:00pranayama
12:00-2:00 Asana
2:00-2:20 Break
2:30-4:00 Discussion of texts, philosophy, ethics, anatomy(injury prevention,etc), sequencing, and methodology
4:00-5:30 Breakdown of asanas, small group teaching, assisting, adjusting, giving and receiving feedback.
5:30-6:00 Wrap up, assignments for following day, and share feedback.

Sunday afternoon:

12:-1:30 Asana
1:30-1:45 Break
1:45-3:00 Discuss specific asanas, physical and mental benefits, preventing and working with injury, and potential for assisting.
3:00-4:15 Small group teaching, assisting, adjusting, giving and receiving feedback
4:15-4:30 Wrap up, go over assignments for next month