

# Hatha Yoga Teacher Training & Personal Growth Intensive: 200-Hour WINTER IMMERSION 2018/2019 -proposed schedule-

*Two ways to make Teacher Training work with your schedule THIS WINTER!!*

## SESSION A - SPLIT COURSE

December 1 - 12, 2018

\*\*Saturday Dec. 1 - Wednesday, Dec. 12

8:30am-6pm

*Students will have one day off during the course; TBD*

February 1 - 12, 2019

\*\*Friday, Feb. 1 - Tuesday, Feb. 12

8:30am-6pm

*Students will have one day off during the course; TBD*

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## (NEW!) SESSION B - FAST COURSE

January 19 - February 12, 2019

\*\*Saturday, Jan. 19 - Tuesday, Feb. 12

8:30am-6pm

*Students will have one day off during the course; TBD*

### \*\*Daily Schedule

8:30-10:15am

Morning Yoga/Meditation

10:30am-12:30pm

Morning Session

12:30-1:15pm

Lunch

1:30-4pm

Afternoon Session

4:15-6pm

Afternoon Yoga /Meditation

*\*\*Please note: This is a proposed schedule. The actual schedule will be finalized before the course starts. Please see Policy Catalogue for additional attendance requirements.*

### Program Sessions

Program sessions will include techniques for postures and pranayama; teaching methodology for leading a Hatha Yoga class and assisting students in postures; exposure to yogic philosophy; anatomy and physiology; and practice to support your emerging skills as a teacher.

### Yoga/Meditation Practice

Yoga practice is designed to reinforce posture alignment details and teaching methodology while providing opportunities to assist yoga students and deepen your own practice.