

ADVANCED/MASTER TEACHER TRAINING 1st - 26th August 2016

TIMES	MON 1st	TUE 2nd	WED 3rd	THU 4th	FRI 5th
5:45 - 9:30	Asana, Pranayama, Meditation				
9:30 - 9:45	Yoga Etiquette - preparing the room for public classes				
9:45 - 11:45	Brunch				
11:45 - 1:15	Anatomy	Philosophy, Ethics & Lifestyle	Anatomy	Philosophy, Ethics & Lifestyle	Yoga Sutras & Chanting
1:15 - 1:30	Tea Break				
1:30 - 3:00	Teaching Methodology				Knoff Overview Test
3:00 - 4:00	Practicum Principles of Practice				

TIMES	MON 8th	TUES 9th	WED 10th	THU 11th	FRI 12th
5:45 - 9:30	Asana, Pranayama, Meditation				
9:30 - 9:45	Yoga Etiquette - preparing the room for public classes				
9:45 - 11:45	Brunch				
11:45 - 1:15	Anatomy	Philosophy, Ethics & Lifestyle	Anatomy	Philosophy, Ethics & Lifestyle	Yoga Sutras & Chanting
1:15 - 1:30	Tea Break				
1:30 - 3:00	Teaching Methodology				Asana Name Test
3:00 - 4:00	Practicum Principles of Demonstration	Practicum Principles of Observation	Practicum Principles of Adjusting	Practicum Principles of Sequencing	Practicum Principles of Teaching

TIMES	MON 15th	TUES 16th	WED 17th	THU 18th	FRI 19th
5:45 - 9:30	Asana, Pranayama, Meditation				
9:30 - 9:45	Yoga Etiquette - preparing the room for public classes				
9:45 - 11:45	Brunch				
11:45 - 1:15	Anatomy	Philosophy, Ethics & Lifestyle	Anatomy	Philosophy, Ethics & Lifestyle	Yoga Sutras & Chanting
1:15 - 1:30	Tea Break				
1:30 - 3:00	Teaching Methodology				Handbook Test
3:00 - 4:00	Practicum - Overview of Principles				

TIMES	MON 22nd	TUES 23th	WED 24th	THU 25th	FRI 26th
5:45 - 9:30	Asana, Pranayama, Meditation (Blindfold Friday)				
9:30 - 9:45	Yoga Etiquette - preparing the room for public classes				
9:45 - 11:45	Brunch				
11:45 - 1:15	Anatomy	Philosophy, Ethics & Lifestyle	Anatomy	Philosophy, Ethics & Lifestyle	Yoga Sutras & Chanting
1:15 - 1:30	Tea Break				
1:30 - 3:00	Teaching Methodology				Anatomy Review and Q&A
3:00 - 4:00	Practicum - What Science Can Teach us About Flexibility	Practicum Playing the Edge	Practicum - 12 Good Reasons for Sun Salutations	Yoga Business	Graduation