

Teacher Training Canberra Foundation Part One

14th - 19th January

TIMES	SUN	MON	TUE	WED	THU	FRI
Morning Session	Asana, Pranayama, Meditation. 8.00am - 12pm	Asana, Pranayama, Meditation. 7:40am - 11:40am	Asana, Pranayama, Meditation. 7:40am - 11:40am	Asana, Pranayama, Meditation. 7:40am - 11:40am	Asana, Pranayama, Meditation. 7:40am - 11:40am	Asana, Pranayama, Meditation. 7:40am - 11:40am
Afternoon Session	Free Time	Lunch				
		Philosophy, Ethics & Lifestyle 12.40 - 2.10 pm	Anatomy 1.30 - 3.00pm	Philosophy, Ethics & Lifestyle 12.40 - 2.10 pm	Anatomy 12.40 - 2.10pm	Knoff Overview Test 12.40 - 1.40pm
		Tea Break 15 mins				
		Practicum Principles of Practice 2.25 - 3.25pm	Practicum Principles of Practice 3.15 - 4.15pm	Practicum Principles of Practice 2.25 - 3.25pm	Practicum Principles of Practice 2.25 - 3.25pm	Yoga Sutras & Chanting 1.55 - 3.25pm
		Teaching Methodology 3.25 - 5.15pm	Teaching Methodology 4.15 - 5.30pm	Teaching Methodology 3.25 - 4.40pm	Teaching Methodology 3.25 - 5.30pm	Teaching Methodology 3.25 - 4.40pm