



Teacher Training 2021-2022

Duration:

The 200 hours Teacher training classes will take place over the course of a 9 months period from September to May. There will be twenty two lecture classes. These classes will not be held during the school holidays. Classes are held on Mondays from 2:00pm to 4pm

The 50 asana classes should be taken with Charlotte Borde, your main instructor.

SEPTEMBER

Week 1: September 20th (Intro class)

Week 2: September 27th (Intro Philosophy)

OCTOBER

Week 3: October 4th (Philosophy)

Week 4: October 11th (Philosophy)

Week 5: October 18th (Philosophy)

NOVEMBER

Week 6: November 15th (Philosophy)

Week 7: November 22nd (Philosophy)

DECEMBER

Week 8: December 6th (Ethics)

Week 9: December 13th (Q&A)

JANUARY

Week 10: January 10th (Anatomy)

Week 11: January 17th (Anatomy)

Week 12: January 24th (Anatomy)

FEBRUARY

Week 13: February 7th (Postures)

Week 14: February 14th (Postures)

MARCH

Week 15: March 14th (Postures)

Week 16: March 28th (Postures)

APRIL

Week 17: April 4th (Postures)

Week 18: April 11th (Postures)

Week 19: April 18th (Postures)

MAY

Week 20: May 9th (Postures)

Week 21: May 16th (Postures)

Week 22: May 23rd (Q&A)

Four ½ days – from 2pm to 5pm

Monday 29th of November – Baghavat Gita

Monday 31st of January – Practice

Monday 21st of March – Practice

Monday 30th of May – Practice / Q&A

**Workshops :**

Pralaya Workshops - 4 wksp: Spine, pelvic belt, scapular belt, backbends

The body – 4 wksp : Fascia, the gut, neurotransmitters, stress and sleep

Basics of yoga – 3 wksp : Looking at asanas, pranayama and meditation, Sun salutation, Inversions

Total hours:

44 hours – Lecture classes

16 hours – ½ days

63 hours – 50 asana classes

32 hours – Workshops or full days

24 hours – Homework, personal help, assistance

Required Reading list:**ANATOMY:**

Yoga Anatomy – Leslie Kaminoff

Anatomy of Movement – Blandine Calais-Germain

The key Muscles of Yoga – Ray Long

Anatomy Trains – Thomas Myers

Touch for Health - Thie

PHILOSOPHY

Heart of Yoga – Desikachar

Light on Yoga - Iyengar

The Yoga Sutras of Patanjali - trans. Sri Swami Satchidananda

The Bhagavad Gita

The Art of Joyful Living – Swami Rama

Teaching Yoga – Donna Farhi

Prakriti: Your Ayurvedic Constitution – Robert Svoboda

The Path of Fire and Light, by Swami Rama

PRACTICE MANUAL

Ashtanga Yoga: The Practice Manual - Swenson, David