

Teacher Training 2022-2023

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 2:30pm to 4pm

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

SEPTEMBER

Week 1: September 19th (Intro class)

Week 2: September 26th (Intro Philosophy)

OCTOBER

Week 3: October 3rd (Philosophy)

Week 4: October 10th (Philosophy)

Week 5: October 17th (Philosophy)

NOVEMBER

Week 6: November 14th (Philosophy)

Week 7: November 21st (Philosophy)

½ day : November 29th from 2pm to 5pm - Bhagavad Gita

DECEMBER

Week 8: December 5th (Ethics)

Week 9: December 12th (Q&A)

JANUARY

Week 10: January 9th (Anatomy)

Week 11: January 16th (Anatomy)

Week 12: January 23rd (Anatomy)

½ day : January 30th from 2pm to 5pm - Practice

FEBRUARY

Week 13: February 6th (Postures)

Week 14: February 13th (Postures)

MARCH

Week 15: March 6th (Postures)

Week 16: March 13th (Postures)

½ day : March 20th from 2pm to 5pm - Practice

Week 17: March 27th (Postures)

APRIL

Week 18: April 3th (Postures)

Week 19: April 17th (Postures)

MAY

Week 20: May 15th (Postures)

½ day : May 22nd from 2pm to 5pm - Practice

JUNE

Week 21 : June 5th (Postures)

Week 22: June 12th (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