

RESILIENCE YOGA TEACHER TRAINING

Calendar At A Glance

	Saturday	Hours	Sunday	Hours	Tuesday	Hours	Thursday	Hours
Week 1	Sep 8, 2018	6	Sep 9, 2018	6	Sep 11, 2018	3	Sep 13, 2018	3
Anatomy/ Physio	Axial Skeleton	2	Appendicular Skeleton	2				
Philosophy/History					The Eight Limbs	1	The Vedic Age	1
Methodology	Sun A: Adaptions	1	Sun B: Adaptions	2				
Technique	Surya Namaskar A	3	Surya Namaskar B/V	2	Salutations Variation	2	Surya Namaskar Test	2
Week 2	Sep 15, 2018	6	Sep 16, 2018	6	Sep 18, 2018	3	Sep 20, 2018	3
Anatomy/ Physio	Joints/Connective Tissue	2	The Brain	2				
Philosophy/History					The Ten Jewels	1	The Brahmanic Age	1
Methodology	Words for the Wise	1	Speaking Movement	2				
Technique	Basic Lunge Sequence	3	Basic Hip Sequence	2	Introduction to PRISM	2	PRISM: Next Steps	2
Week 3	Sep 22, 2018	6	Sep 23, 2018	6	Sep 25, 2018	3	Sep 27, 2018	3
Anatomy/ Physio	Muscles: Part 1	2	Muscles: Part 2	2				
Philosophy/History					The Upanishads	1	The Upanishadic Age	1
Methodology	Creating a framework	1	Sanskrit Basics	2				
Technique	Asana Dissection 1	3	Asana Dissection 2	2	Assembling Seq. One	2	Themes of Movement	2
Week 4	Weekend off				Oct 2, 2018	3	Oct 4, 2018	3
Practicum					Mastering the 1st Seq	1 1/2	Mastering the 1st Seq	1 1/2
Technique					Refining Dialogue	1 1/2	Refining Dialogue	1 1/2
Module ONE Complete								
Week 5	Oct 6, 2018	6	Oct 7, 2018	6	Oct 9, 2018	3	Oct 11, 2018	3
Anatomy/ Physio	Myofascial Systems Pt 1	2	Myofascial Systems Pt 2	2				
Philosophy/History					The Yoga Sutras	1	The Classic Period	1
Methodology	Asana Hierarchy 1	1	Asana Hierarchy 2	2				
Technique	Intermediate Lunge	3	Intermediate Hip	2	Variations: Lunge Stance	2	Variations: Hip Stance	2
Week 6	Oct 13, 2018	6	Oct 14, 2018	6	Oct 16, 2018	3	Oct 18, 2018	3
Anatomy/ Physio	Myofascial Systems Pt 3	2	Myofascial Systems Pt 4	2				
Philosophy/History					Ayurveda		Intro: Buddhist Thought	
Methodology	Directional Energy 1	1	Directional Energy 2	2				
Technique	Asana Dissection 3		Asana Dissection 4		Melodies of Movement		Counter Positions	
Week 7	Oct 20, 2018	6	Oct 21, 2018	6	Oct 23, 2018	3	Oct 25, 2018	3
Anatomy/ Physio	Central Nervous System	2	Vestibular System	2				
Philosophy/History					Yoga/ Buddhism	1	The Power of Myth	1
Methodology	The Critical Eye 1	1	The Critical Eye 2	2				
Technique	Advanced Neutral Hip	3	Advanced Open Hip	2	Sequencing for Apex	2	Sequencing for Trains	2
Week 8	Weekend off				Oct 30, 2018	3	Nov 1, 2018	3
Practicum					Mastering the 2nd Seq	1 1/2	Mastering the 2nd Seq	1 1/2
Technique					Incorporating Sanskrit 1	1 1/2	Incorporating Sanskrit 2	1 1/2
Module TWO Complete								
Week 9	Nov 3, 2018	6	Nov 4, 2018	6	Nov 6, 2018	3	Nov 8, 2018	3
Anatomy/ Physio	The Endocrine System	2	Sleep	2				
Philosophy/History					Krishnamacharya	1	Patthabi Jois	1
Methodology	Demonstration	1	Partner Work	2				
Technique	Asana Dissection 5	3	Asana Dissection 6	2	Restoration Sequencing	2	Sequencing for Strength	2
Week 10	Nov 10, 2018	6	Nov 11, 2018	6	Nov 13, 2018	3	Nov 15, 2018	3
Anatomy/ Physio	Diet and Nutrition	2	Toxins and Cleansing	2				
Philosophy/History					Indra Devi	1	B.K.S. Iyengar	1
Methodology	Hands On Adjusting 1	1	Hands On Adjusting 2	2				
Technique	Dharma 1	3	Dharma 2	2	Sequence Improvisation	2	Composing the Class	2
Week 11	Nov 17, 2018	6	Nov 18, 2018	6	Nov 20, 2018	3	Nov 22, 2018	3
Anatomy/ Physio	Microbiom	2	Pre-Natal	2				
Philosophy/History					Desikachar	1	The Modern Era	1
Methodology	The Embodied Teacher	1						
Technique	Class Time Management	3	Final Seq. Workshop	4	Post-Apex Counters	2	Savasana	2
Week 12	Weekend off				Nov 27, 2018	3	Nov 29, 2018	3
Practicum					Mastering the Apex	1 1/2	Mastering the Cooldown	1 1/2
Technique					Student Demos	1 1/2	Teacher Demos	1 1/2
Module THREE Complete								
Week 13	Dec 1, 2018	6	Dec 2, 2018	6	Dec 4, 2018	3	Dec 6, 2018	3
Anatomy/ Physio	Anatomy/Physio Review	2	Anatomy /Physio Exam	2				
Philosophy/History					Ethics	1	Ethics	1
Technique	Coming Full Circle	4	Teaching Beyond Asana	4	Guided Practicum Prep	2	Guided Practicum Prep	2
Week 14	Dec 8, 2018	6	Dec 9, 2018	6				
Practicum	Teaching Final	6	Teaching Final/ Grad	5				