

## 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	Cop 11, 2010		GGP 10, 2010	
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
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Week 2	Sep 15, 2018  Joints/Connective Tissue	<b>6</b>	Sep 16, 2018 The Brain	<b>6</b>	Sep 18, 2018	3	Sep 20, 2018	3
Philosophy/History	Joints/Connective rissue	2	THE DIAIN	2	The Ten Jewels	1	The Brahmanic Age	1
Methodology	Words for the Wise	1	Speaking Movement	2	THE TELL CONCIO		The Brainnaile Age	
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	T			
Philosophy/History Methodology	Creating a framework	1	Sanskrit Basics	2	The Upanishads	1	The Upanishadic Age	1
Technique	Asana Dissection 1	3	Asana Dissection 2	2	Assembling Seq. One	2	Themes of Movement	2
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Week 4		Week	end 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
Week 5	Oct 6, 2018	6	Oct 7, 2018	dule ON 6	E Complete Oct 9, 2018	3	Oct 11, 2018	3
Anatomy/ Physio		2	Myofascial Systems Pt 2	2	OCI 9, 2016	J	OCI 11, 2016	3
Philosophy/History	, o. accidi o yolonio i Ci		, olassiai Gystollis i t Z		The Yoga Sutras	1	The Classic Period	1
Methodology	Asana Hierarchy 1	1	Asana Hierarchy 2	2	J			
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 Philosophy/History	Myofascial Systems Pt 3	2	Myofascial Systems Pt 4	2	Ayurveda		Intro: Buddhist Thought	
Methodology	Directional Energy 1	1	Directional Energy 2	2	Ayurveda		intro. Buddinst mought	
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	V (5.18)			
Philosophy/History					Yoga/ Buddhism	1	The Power of Myth	1
Mothodology	The Critical Eve 1	4	The Critical Eve 2	2	3			•
Methodology Technique	The Critical Eye 1	1	The Critical Eye 2	2	·			
Methodology Technique	The Critical Eye 1 Advanced Neutral Hip	1 3	The Critical Eye 2 Advanced Open Hip	2	Sequencing for Apex	2	Sequencing for Trains	2
	The state of the s	3	·		·			
Technique Week 8 Practicum	The state of the s	3	Advanced Open Hip		Sequencing for Apex Oct 30, 2018 Mastering the 2nd Seq	2 3 1 1/2	Sequencing for Trains  Nov 1, 2018  Mastering the 2nd Seq	2 3 1 1/2
Technique Week 8	The state of the s	3	Advanced Open Hip	2	Sequencing for Apex Oct 30, 2018 Mastering the 2nd Seq Incorporating Sanskrit 1	2	Sequencing for Trains  Nov 1, 2018	2
Technique Week 8 Practicum Technique	Advanced Neutral Hip	3 Week	Advanced Open Hip end off Mo	2 dule TW	Sequencing for Apex Oct 30, 2018 Mastering the 2nd Seq Incorporating Sanskrit 1 O Complete	3 1 1/2 1 1/2	Sequencing for Trains  Nov 1, 2018  Mastering the 2nd Seq Incorporating Sanskrit 2	3 1 1/2 1 1/2
Technique Week 8 Practicum Technique Week 9	Advanced Neutral Hip  Nov 3, 2018	Weeke	Advanced Open Hip end off Mo Nov 4, 2018	2 dule TW	Sequencing for Apex Oct 30, 2018 Mastering the 2nd Seq Incorporating Sanskrit 1	2 3 1 1/2	Sequencing for Trains  Nov 1, 2018  Mastering the 2nd Seq	2 3 1 1/2
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Technique  Week 8  Practicum Technique  Week 9  Anatomy/ Physio Philosophy/History	Advanced Neutral Hip  Nov 3, 2018 The Endocrine System	Weeke	Advanced Open Hip end off  Mo Nov 4, 2018 Sleep	dule TW	Sequencing for Apex  Oct 30, 2018  Mastering the 2nd Seq Incorporating Sanskrit 1  O Complete  Nov 6, 2018	3 1 1/2 1 1/2 3	Sequencing for Trains  Nov 1, 2018  Mastering the 2nd Seq Incorporating Sanskrit 2  Nov 8, 2018	3 1 1/2 1 1/2 3
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Technique  Week 8 Practicum Technique  Week 9 Anatomy/ Physio Philosophy/History Methodology Technique  Week 10 Anatomy/ Physio Philosophy/History Methodology Technique  Week 11 Anatomy/ Physio Philosophy/History Methodology Technique  Week 12 Week 12	Nov 3, 2018 The Endocrine System  Demonstration Asana Dissection 5  Nov 10, 2018 Diet and Nutrition  Hands On Adjusting 1 Dharma 1  Nov 17, 2018 Microbiom  The Embodied Teacher	3 Weeks 6 2 1 3 6 2 1 3 6 2	Advanced Open Hip  Advanced Open Hip  Mo  Nov 4, 2018 Sleep  Partner Work Asana Dissection 6  Nov 11, 2018 Toxins and Cleansing Hands On Adjusting 2 Dharma 2  Nov 18, 2018 Pre-Natal	2 dule TW 6 2 2 2 6 2 2 2 6 2	Sequencing for Apex  Oct 30, 2018  Mastering the 2nd Seq Incorporating Sanskrit 1  O Complete  Nov 6, 2018  Krishnamacharya  Restoration Sequencing  Nov 13, 2018  Indra Devi  Sequence Improvisation  Nov 20, 2018  Desikachar  Post-Apex Counters  Nov 27, 2018	2 3 11/2 11/2 3 1 2 3 1 2 3 1 2 3	Sequencing for Trains  Nov 1, 2018  Mastering the 2nd Seq Incorporating Sanskrit 2  Nov 8, 2018  Patthabi Jois  Sequencing for Strength  Nov 15, 2018  B.K.S. lyengar  Composing the Class  (SI)  The Modern Era  Savasana  Nov 29, 2018	2 3 11/2 11/2 3 1 2 3 1 2
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Technique  Week 8 Practicum Technique  Week 9 Anatomy/ Physio Philosophy/History Methodology Technique  Week 10 Anatomy/ Physio Philosophy/History Methodology Technique  Week 11 Anatomy/ Physio Philosophy/History Methodology Technique  Week 12 Week 12	Nov 3, 2018 The Endocrine System  Demonstration Asana Dissection 5  Nov 10, 2018 Diet and Nutrition  Hands On Adjusting 1 Dharma 1  Nov 17, 2018 Microbiom  The Embodied Teacher	3 Weeks 6 2 1 3 6 2 1 3 6 2	Advanced Open Hip  and off  Mo  Nov 4, 2018 Sleep  Partner Work Asana Dissection 6  Nov 11, 2018 Toxins and Cleansing  Hands On Adjusting 2 Dharma 2  Nov 18, 2018 Pre-Natal  Final Seq. Workshop	2 dule TW 6 2 2 2 6 2 2 2 4	Sequencing for Apex  Oct 30, 2018  Mastering the 2nd Seq Incorporating Sanskrit 1  O Complete Nov 6, 2018  Krishnamacharya  Restoration Sequencing Nov 13, 2018  Indra Devi  Sequence Improvisation Nov 20, 2018  Desikachar  Post-Apex Counters  Nov 27, 2018  Mastering the Apex Student Demos	2 3 11/2 11/2 3 1 2 3 1 2 3	Sequencing for Trains  Nov 1, 2018  Mastering the 2nd Seq Incorporating Sanskrit 2  Nov 8, 2018  Patthabi Jois  Sequencing for Strength  Nov 15, 2018  B.K.S. lyengar  Composing the Class  (SI)  The Modern Era  Savasana  Nov 29, 2018	2 3 11/2 11/2 3 1 2 3 1 2
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Technique  Week 8 Practicum Technique  Week 9 Anatomy/ Physio Philosophy/History Methodology Technique  Week 10 Anatomy/ Physio Philosophy/History Methodology Technique  Week 11 Anatomy/ Physio Philosophy/History Methodology Technique  Week 12 Practicum Technique	Nov 3, 2018 The Endocrine System  Demonstration Asana Dissection 5  Nov 10, 2018 Diet and Nutrition  Hands On Adjusting 1 Dharma 1  Nov 17, 2018 Microbiom  The Embodied Teacher Class Time Management	3 Weeks 6 2 1 3 6 2 1 3 6 2 1 3 Weeks	Advanced Open Hip  and off  Mo  Nov 4, 2018 Sleep  Partner Work Asana Dissection 6  Nov 11, 2018 Toxins and Cleansing Hands On Adjusting 2 Dharma 2  Nov 18, 2018 Pre-Natal  Final Seq. Workshop	2 dule TW 6 2 2 2 6 2 2 4	Sequencing for Apex  Oct 30, 2018  Mastering the 2nd Seq Incorporating Sanskrit 1  O Complete Nov 6, 2018  Krishnamacharya  Restoration Sequencing  Nov 13, 2018  Indra Devi  Sequence Improvisation  Nov 20, 2018  Desikachar  Post-Apex Counters  Nov 27, 2018  Mastering the Apex Student Demos  EE Complete	2 3 1 1/2 1 1/2 3 1 2 3 1 2 3 1 2 3 1 2	Sequencing for Trains  Nov 1, 2018  Mastering the 2nd Seq Incorporating Sanskrit 2  Nov 8, 2018  Patthabi Jois  Sequencing for Strength  Nov 15, 2018  B.K.S. Iyengar  Composing the Class  The Modern Era  Savasana  Nov 29, 2018  Mastering the Cooldown Teacher Demos	2 3 1 1/2 1 1/2 3 1 2 3 1 2 3 1 1/2 1 1/2
Technique  Week 8 Practicum Technique  Week 9 Anatomy/ Physio Philosophy/History Methodology Technique  Week 10 Anatomy/ Physio Philosophy/History Methodology Technique  Week 11 Anatomy/ Physio Philosophy/History Methodology Technique  Week 12 Practicum Technique  Week 13 Anatomy/ Physio Philosophy/History Week 13 Anatomy/ Physio Philosophy/History	Nov 3, 2018 The Endocrine System  Demonstration Asana Dissection 5  Nov 10, 2018 Diet and Nutrition  Hands On Adjusting 1 Dharma 1  Nov 17, 2018 Microbiom  The Embodied Teacher Class Time Management  Dec 1, 2018  Anatomy/Physio Review	3 Weeks 6 2 1 3 6 2 1 3 Weeks 6 2  Weeks	Advanced Open Hip  Advanced Open Hip  Advanced Open Hip  Mo  Nov 4, 2018 Sleep  Partner Work Asana Dissection 6  Nov 11, 2018 Toxins and Cleansing  Hands On Adjusting 2 Dharma 2  Nov 18, 2018 Pre-Natal  Final Seq. Workshop  and off  Mod  Dec 2, 2018  Anatomy /Physio Exam	2 dule TW 6 2 2 2 6 2 2 4 ule THR 6 2	Sequencing for Apex  Oct 30, 2018  Mastering the 2nd Seq Incorporating Sanskrit 1  O Complete  Nov 6, 2018  Krishnamacharya  Restoration Sequencing  Nov 13, 2018  Indra Devi  Sequence Improvisation  Nov 20, 2018  Desikachar  Post-Apex Counters  Nov 27, 2018  Mastering the Apex Student Demos  EE Complete  Dec 4, 2018	2 3 11/2 11/2 3 1 2 3 1 2 3 1 2 3 11/2 11/2	Sequencing for Trains  Nov 1, 2018  Mastering the 2nd Seq Incorporating Sanskrit 2  Nov 8, 2018  Patthabi Jois  Sequencing for Strength  Nov 15, 2018  B.K.S. lyengar  Composing the Class  (St)  The Modern Era  Savasana  Nov 29, 2018  Mastering the Cooldown Teacher Demos  Dec 6, 2018  Ethics	2 3 1 1/2 1 1/2 3 1 2 3 1 1/2 1 1/2 3 1 1/2 1 1/2
Technique  Week 8 Practicum Technique  Week 9 Anatomy/ Physio Philosophy/History Methodology Technique  Week 10 Anatomy/ Physio Philosophy/History Methodology Technique  Week 11 Anatomy/ Physio Philosophy/History Methodology Technique  Week 12 Practicum Technique  Week 13 Anatomy/ Physio	Nov 3, 2018 The Endocrine System  Demonstration Asana Dissection 5  Nov 10, 2018 Diet and Nutrition  Hands On Adjusting 1 Dharma 1  Nov 17, 2018 Microbiom  The Embodied Teacher Class Time Management	3 Weeks 6 2 1 3 6 2 1 3 6 2 1 3 Weeks	Advanced Open Hip  Advanced Open Hip  Mo  Nov 4, 2018 Sleep  Partner Work Asana Dissection 6  Nov 11, 2018 Toxins and Cleansing Hands On Adjusting 2 Dharma 2  Nov 18, 2018 Pre-Natal  Final Seq. Workshop  and off  Mod  Dec 2, 2018	2 dule TW 6 2 2 2 6 2 2 4 ule THR 6	Sequencing for Apex  Oct 30, 2018  Mastering the 2nd Seq Incorporating Sanskrit 1  O Complete Nov 6, 2018  Krishnamacharya  Restoration Sequencing  Nov 13, 2018  Indra Devi  Sequence Improvisation  Nov 20, 2018  Desikachar  Post-Apex Counters  Nov 27, 2018  Mastering the Apex Student Demos  EE Complete Dec 4, 2018	2 3 1 1/2 1 1/2 3 1 2 3 1 2 3 1 1/2 1 1/2 3 3 1 1/2 1 1/2	Sequencing for Trains  Nov 1, 2018  Mastering the 2nd Seq Incorporating Sanskrit 2  Nov 8, 2018  Patthabi Jois  Sequencing for Strength  Nov 15, 2018  B.K.S. lyengar  Composing the Class  (S)  The Modern Era  Savasana  Nov 29, 2018  Mastering the Cooldown Teacher Demos  Dec 6, 2018	2 3 11/2 11/2 3 1 2 3 1 2 1 2 1 1 2 3 11/2 11/2
Technique  Week 8 Practicum Technique  Week 9 Anatomy/ Physio Philosophy/History Methodology Technique  Week 10 Anatomy/ Physio Philosophy/History Methodology Technique  Week 11 Anatomy/ Physio Philosophy/History Methodology Technique  Week 12 Practicum Technique  Week 12 Anatomy/ Physio Philosophy/History Methodology Technique	Nov 3, 2018 The Endocrine System  Demonstration Asana Dissection 5  Nov 10, 2018 Diet and Nutrition  Hands On Adjusting 1 Dharma 1  Nov 17, 2018 Microbiom  The Embodied Teacher Class Time Management  Dec 1, 2018  Anatomy/Physio Review  Coming Full Circle	3 Weeks 6 2 1 3 6 2 1 3 6 2 1 3 Weeks 6 2 4	Advanced Open Hip  and off  Mo  Nov 4, 2018 Sleep  Partner Work Asana Dissection 6  Nov 11, 2018 Toxins and Cleansing Hands On Adjusting 2 Dharma 2  Nov 18, 2018 Pre-Natal  Final Seq. Workshop  and off  Mod  Dec 2, 2018 Anatomy /Physio Exam  Teaching Beyond Asana	2 dule TW 6 2 2 2 6 2 2 4 ule THR 6 2 4	Sequencing for Apex  Oct 30, 2018  Mastering the 2nd Seq Incorporating Sanskrit 1  O Complete  Nov 6, 2018  Krishnamacharya  Restoration Sequencing  Nov 13, 2018  Indra Devi  Sequence Improvisation  Nov 20, 2018  Desikachar  Post-Apex Counters  Nov 27, 2018  Mastering the Apex Student Demos  EE Complete  Dec 4, 2018	2 3 11/2 11/2 3 1 2 3 1 2 3 1 2 3 11/2 11/2	Sequencing for Trains  Nov 1, 2018  Mastering the 2nd Seq Incorporating Sanskrit 2  Nov 8, 2018  Patthabi Jois  Sequencing for Strength  Nov 15, 2018  B.K.S. lyengar  Composing the Class  (St)  The Modern Era  Savasana  Nov 29, 2018  Mastering the Cooldown Teacher Demos  Dec 6, 2018  Ethics	2 3 1 1/2 1 1/2 3 1 2 3 1 1/2 1 1/2 3 1 1/2 1 1/2
Technique  Week 8 Practicum Technique  Week 9 Anatomy/ Physio Philosophy/History Methodology Technique  Week 10 Anatomy/ Physio Philosophy/History Methodology Technique  Week 11 Anatomy/ Physio Philosophy/History Methodology Technique  Week 12 Practicum Technique  Week 13 Anatomy/ Physio Philosophy/History Week 13 Anatomy/ Physio Philosophy/History	Nov 3, 2018 The Endocrine System  Demonstration Asana Dissection 5  Nov 10, 2018 Diet and Nutrition  Hands On Adjusting 1 Dharma 1  Nov 17, 2018 Microbiom  The Embodied Teacher Class Time Management  Dec 1, 2018  Anatomy/Physio Review	3 Weeks 6 2 1 3 6 2 1 3 Weeks 6 2  Weeks	Advanced Open Hip  Advanced Open Hip  Advanced Open Hip  Mo  Nov 4, 2018 Sleep  Partner Work Asana Dissection 6  Nov 11, 2018 Toxins and Cleansing  Hands On Adjusting 2 Dharma 2  Nov 18, 2018 Pre-Natal  Final Seq. Workshop  and off  Mod  Dec 2, 2018  Anatomy /Physio Exam	2 dule TW 6 2 2 2 6 2 2 4 ule THR 6 2	Sequencing for Apex  Oct 30, 2018  Mastering the 2nd Seq Incorporating Sanskrit 1  O Complete  Nov 6, 2018  Krishnamacharya  Restoration Sequencing  Nov 13, 2018  Indra Devi  Sequence Improvisation  Nov 20, 2018  Desikachar  Post-Apex Counters  Nov 27, 2018  Mastering the Apex Student Demos  EE Complete  Dec 4, 2018	2 3 11/2 11/2 3 1 2 3 1 2 3 1 2 3 11/2 11/2	Sequencing for Trains  Nov 1, 2018  Mastering the 2nd Seq Incorporating Sanskrit 2  Nov 8, 2018  Patthabi Jois  Sequencing for Strength  Nov 15, 2018  B.K.S. lyengar  Composing the Class  (St)  The Modern Era  Savasana  Nov 29, 2018  Mastering the Cooldown Teacher Demos  Dec 6, 2018  Ethics	2 3 1 1/2 1 1/2 3 1 2 3 1 1/2 1 1/2 3 1 1/2 1 1/2