

LIVING YOGA PROGRAM - DAILY SCHEDULE

(subject to improvement)

	Friday Jan 21	Saturday Jan 22	Sunday Jan 23	Monday Jan 24	Tuesday Jan 25
7:00-8:30 a.m.		Yoga = Charles	Yoga = Juan Anguiano	Yoga = Gina Caccavalla	Yoga = Ellen <i>Breakfast in Silence</i>
Breakfast is served 8:30a-9:30a					
9:30-12:30		9:30 -10:45 Practicum Overview =Charles 10:45-12:30 Goals for Intensive, Vision Statement, and Ideal Teaching Scenario = Ellen Dine with your Advisor at lunch.	Art of Teaching (Part 1) = Charles <i>Lunch in Saffron Hall with the Barsana Dham community.</i> <i>Barsana Dham Gift Shop Open 1:15p -2pm</i>	Ayurveda and Subtle Energy = Gina Caccavalla	Free Form Writing, Classroom Logistics = Ellen
Lunch is served 12:30p-1:30p					
2:00-4:00 p.m.		Asana = Ellen Staff Bound Angle Bridge	Asana = Charles Mountain Pose Sun Salute - ViniYoga Downward Dog	Asana = Charles Seated spinal twist Child's, Forward bend (standing), plank, Sun Salute - 12 step	Asana = Charles Warrior 1 Warrior 2 Knees to chest
4:15-5:45 p.m.	WELCOME! We are happy that you are here!	Teaching Practicum Ellen	Teaching Practicum Charles	Teaching Practicum Charles, Ellen, Carol	Teaching Practicum Charles, Ellen, Carol
Dinner is served 6:00p-7:00p					
7:00-9:00 p.m.	Orientation, Introductions, Group Dynamics, and Ground Rules	Pranayama (Part 1) = Charles	Art of Teaching (Part 2)	Designing Class, sequencing, prep for Fri/Sat team teach = Charles	<i>Free Time</i>

100% Attendance is required at all activities. Each activity counts toward the 200-hour certification requirement.

	Wednesday Jan 26	Thursday Jan 27	Friday Jan 28	Saturday Jan 29	Sunday Jan 30
7:00-8:30 a.m.	Yoga = Guest Instructor	Yoga = Ellen <i>Breakfast in Silence</i>	Yoga = Team Teach (1/2 group) = Chas <i>Breakfast in Silence</i>	Yoga = Team Teach (1/2 group)= Ellen <i>Breakfast in Silence</i>	Yoga Team Teach = Everyone teaches
Breakfast is served 8:30a-9:30a					
9:30-12:30	Yoga Lifestyle = Vrinda, Barsana Dham devotee. <i>Meet in Magnolia Hall, on the far right end of the Temple</i>	Ergonomics, Posture, and Adjustments = Ellen	Business of Yoga = Charles	9:30 – 10:30 = Prep for Sunday class 10:30 – 12:30 Round Robin Adjustments = Charles, Ellen <i>Barsana Dham Gift Shop open 12p-12:45</i>	<ul style="list-style-type: none"> • Review • Classroom scenarios • Family Time • Reintegration • Graduation • Closing = Charles, Ellen
Lunch is served 12:30p-1:30p					
2:00-4:00 p.m.	Asana = Ellen Triangle Camel Forward bend (seated)	Asana = Ellen Tree Cobra Bow	Asana = Charles Supine spinal twist Head to knee Boat Savasana	Review = Charles Organize for Sunday morning team class.	<i>Barsana Dham Gift Shop open from 1:15p- 2:00p and 4:30p – 5:00p</i>
4:15-5:45 p.m.	Teaching Practicum Charles, Ellen, Carol	Teaching Practicum Charles, Ellen, Carol	Teaching Practicum Charles, Ellen, Carol	Teaching Practicum Charles, Ellen, Carol	
Dinner is served 6:00p-7:00p					
7:00-9:00 p.m.	Satsang in the Temple = Vrinda. <i>Meet at Temple for overview of the service.</i>	History of Yoga and Yoga Sutras = Guest Instructor <i>In downstairs room</i>	Classroom Logistics (Part 2), Yogic Cleansing Practices = Ellen <i>In downstairs room</i>	Pranayama (Part 2) = Charles <i>In downstairs room</i>	