

Spring 2008 Avalon TT Breakdown - Feb. 15th - May 25th

February 15th Opening Circle - All Instructors – 2hrs.

Module I. The Art of Teaching w/ John Berg – 26hrs.

Sat. Feb. 16th Introduction
Sat. Feb. 23rd Structure, Sequencing & Teaching
Sat. March 1st Intuition, Function & Practicality
Sat. March 8th The Art of Teaching
Sat. March 15th Teaching, Sequencing & Ethics
Sat. April 5th Practical Information
Sun. May 25th Group Class

Module II. Iyengar Level I & II w/ Ben Thomas – 36hrs.

Sun. Feb 17th Building the foundation of a practice
Sun. Feb. 24th Combining Skills
Sun. March 9th Benefits of Asana, Pranayama & Meditation
Sun. March 16th Seated Poses & Inversions
Sun. March 23rd Seated Poses & Inversions
Sun. April 13th Teaching Workshop
Sun. April 20th Practical Applications
Sun. April 27th Practical Applications
Sun. May 4th Practical Applications

Module III. Other Styles– 24 hrs.

Sat. March 22nd Pre-natal Yoga Pat
Sat. May 3rd Universal Principles of Alignment Chrissy
Sun. May 11th OPEN CLASS
Sun. May 17th Restorative Yoga Pat
Sun. May 18th Anatomy of Backcare Priya
Sat. May 24th Anatomy of Backcare_cont Priya

Module IV. Pranayama & Energy Movement w/ Samantha Matthews – 11hrs.

Wed. March 26nd The Breath as the Gateway to the Esoteric Anatomy
Sat. April 26th Opening to Shakti I & II
Sat. May 10th Creating a Safe Sacred Space + Empowering the Teacher Within

Module V. Ayurveda w/ Sumitra Peterson – 15hrs.

Wed. Feb. 20th History & Philosophy
Wed. Feb. 27th Understanding Tridosha
Wed. March 5th Purification & Tonification
Wed. March 12th Living in Balance
Wed. March 19th Additional Session w/ Special Guest

Module VI. Anatomy & Physiology w/ Kelly McGonigal – 20hrs.

Wed. April 2nd Introduction: Breath, Mind & Body
Wed. April 9th Teaching Applications and Review
Sat. April 12th Foundation & Analysis of Asana
Wed. April 16th Touch & Adjustment
Sat. April 19th Sensation & Skillful Action
Wed. April 30th Touch & Adjustment

Module VII. Philosophy w/ Anirudh Shastri – 20hrs.

Sat. March 2nd Introduction to the Yogic Path + Five Modifications
Fri. March 7th Sanskrit – Understanding the Language
Fri. March 14th The Eight Limbs of Yoga
Fri. March 28th The Practice of Meditation
Sun. April 6th Eight Limbs of Yoga + Asana (active practice)
Fri. April 18th PYS aphorisms + Intro. to Bhagavad Gita
Fri. May 2nd Self-Management
Fri. May 16th BG – Yoga of Ethics

Sun. May 25th – Closing Circle / All Instructors – 2hrs.