

Avalon Teacher Training
Spring 2008

February 15th – May 25th:

- Feb. 15th 8:15-10:15pm: Opening Circle (Intro. + General Overview). All Instructors **PR**
- Feb. 16th 12:15-4:15pm: Module I, The Art of Teaching-section (Introduction). **John TM**
- Feb. 17th 1:00-5:00pm: Module II, Iyengar Level I (Building the foundation of a practice - both personal & practical). **Ben T**

- Feb. 20th 6:30-9:30pm: Module V, Ayurveda (History & Philosophy). **Sumitra PLE**
- Feb. 23th 12:15-4:15pm: Module I, The Art of Teaching-section (Structure, Sequencing & Teaching). **John TM**
- Feb. 24th 1:00-5:00pm: Module II, Iyengar Level I (Combining Skills). **Ben T**

- Feb. 27st 6:30-9:30pm: Module V, Ayurveda (Understanding Tridosha). **Sumitra PLE**
- March 1st 12:15-4:15pm: Module I, The Art of Teaching-section (Intuition, Function & Practicality). **John TM**
- March 2nd 1:00-5:00pm: Module VII, Philosophy (Introduction to Patanjali & Five Modifications of Mind). **Shastri PLE**

- March 5th 6:30-9:30pm: Module V, Ayurveda (Purification & Tonification). **Sumitra PLE**
- March 7th 8:15-10:15pm: Module VII, Philosophy (Sanskrit – Understanding the Language). **Shastri PLE**
- March 8th 12:15-4:15pm: Module I, The Art of Teaching-section (Teaching, Sequencing & Ethics). **John TM**
- March 9th 1:00-5:00pm: Module II, Iyengar Level I (Benefits of Asana, Pranayama & Meditation). **Ben T**

- March 12th 6:30-9:30pm: Module V, Ayurveda (Living in Balance). **Sumitra T**
- March 14th 8:15-10:15pm: Module VII, Philosophy (Eight Limbs of Yoga by Patanjali). **Shastri PLE**
- March 15th 12:15-4:15pm: Module I, The Art of Teaching-section (Teaching, Sequencing & Ethics). **John TM**
- March 16th 1:00-5:00pm: Module II, Iyengar Level II (Seated poses & Inversions). **Ben T**

- March 19th 6:30-9:30pm: Module V, Ayurveda (Additional Session). **Sumitra T**
- March 22nd 12:15-4:15pm: Module III, Pre-natal Yoga (Dos and Don'ts) **Pat T**
- March 23rd 1:00-5:00pm: Module II, Iyengar Level II (Seated Poses & Inversions). **Ben T**

- March 26th 6:30-9:30pm: Module IV, Pranayama & Energy Movement (The Breath as the Gateway to the Esoteric Anatomy). **Samantha T**
- March 28th 8:15-10:15pm: Module VII, Philosophy (The Practice of Meditation). **Shastri PLE**

- March 29th **Break – (Essential Oil Workshop)**
- March 30th **Break – (Essential Oil Workshop)**
- April 2nd 6:30-9:30pm: Module VI, Anatomy & Physiology (Breath Mind & Body). Kelly TM
- April 5th 12:15-4:15pm: Module I, The Art of Teaching-section (Practical Information). John TM
- April 6th 1:00-5:00pm: Module VII, Philosophy (The Eight Limbs of Yoga & Asana – note: This will be an active class). Shastri PLE
- April 9th 6:30-9:30pm: Module VI, Anatomy & Physiology (Teaching Applications and Review). Kelly A&P
- April 12th 12:15-4:15pm: Module VI, Anatomy & Physiology (Foundation & Analysis of Asana). Kelly A&P
- April 13th 1:00-5:00pm: Module II, Iyengar Level II (Teaching Workshop). Ben T
- April 16th 6:30-9:30pm: Module VI, Anatomy & Physiology (Touch & Adjustments). Kelly TM
- April 18th 8:15-10:15pm Module VII, Philosophy (PYS Aphorisms + Intro. to Bhagavad Gita). Shastri PLE
- April 19th 12:15-4:15pm: Module VI, Anatomy & Physiology (Sensation & Skillful Action). Kelly A&P
- April 20th 1:00-5:00pm: Module II, Iyengar Level II (Practical Applications). Ben T
- April 26th 12:15-4:15pm: Module IV, Pranayama & Energy Movement (Opening to Shakti Part I and II). Samantha T
- April 27th 1:00-5:00pm: Module II, Iyengar Level II (Practical Applications). Ben T
- April 30th 6:30-9:30pm: Module VI, Anatomy & Physiology (Touch & Adjustments). Kelly TM
- May 2nd 8:15-10:15pm: Module VII, Philosophy (Self-Management). Shastri PLE
- May 3rd 12:15-4:15pm: Module III, Anusara (Univarsal Principals). Chrissy T
- May 4th 1:00-5:00pm: Module II, Iyengar Level II (Practical Applications). Ben T
- May 10th 12:15-4:15pm: Module IV, Pranayama & Energy Movement (Creating a Safe Sacred Space) Samantha T
- May 11th 1:00-5:00pm: **OPEN CLASS**
- May 16th 8:15-10:15pm: Module VII, Philosophy (Yoga of Ethics). Shastri PLE
- May 17th 12:15-4:15pm: Module III, Restorative Yoga (Learning to Relax) Pat T
- May 18th 1:00-5:00pm: Module VI, Anatomy of Backcare (Yoga for the spine). Priya Khetrupal A&P
- May 24th 12:15-4:15pm: Module VI, Anatomy of Backcare (Yoga for the spine cont.). Priya Khetrupal A&P
- May 25th 1:15-2:45pm: Module I, The Art of Teaching-section (Group Class). John TM
- May 25th 3:00-5:15pm: Closing Circle – **All Instructors!!! PR**