

[YTT 200 HOUR SESSION SYLLABUS]

Every Wednesday Evening: 5pm – 9pm + every other Saturday & Sunday: 8am – 5pm

Week	Day	Time	Topic	Instructor
1 – Jan. 3*	WEDNESDAY	5:00	All Levels Vinyasa Class	Shae
1 – Jan. 3*	WEDNESDAY	6:00	Introductions, Program Overview & Expectations	Shae
1 – Jan. 3*	WEDNESDAY	8:00	Defining Yoga	Shae
1 – Jan. 6	SATURDAY	8:00	All Levels Vinyasa Class	Shae
1 – Jan. 6	SATURDAY	9:30	Pose Clinic: Sun Salutations A	Shae
1 – Jan. 6	SATURDAY	12:00	LUNCH	
1 – Jan. 6	SATURDAY	1:00	Eight Limbs	Hari Rai
1 – Jan. 6	SATURDAY	3:00	History of Modern Yoga	Hari Rai
1 – Jan. 7	SUNDAY	8:00	Practice Teach: Sun Salutation A	Oscar/Nychole
1 – Jan. 7	SUNDAY	8:30	All Levels Vinyasa Class	Oscar/Nychole
1 – Jan. 7	SUNDAY	9:30	Pose Clinic: Standing Postures	Oscar/Nychole
1 – Jan. 7	SUNDAY	12:00	LUNCH	
1 – Jan. 7	SUNDAY	1:00	Introduction to Pranayama	Kumari
1 – Jan. 3 - 9			Regular Weekly Practice	(Mixed Teachers)
2 – Jan. 10*	WEDNESDAY	5:00	Practice Teach: Sun Salutation A	Shae
2 – Jan. 10*	WEDNESDAY	5:30	All Levels Vinyasa Class	Shae
2 – Jan. 10*	WEDNESDAY	6:30	Intro to Anatomy & Physiology	Shae
2 – Jan. 10 - 16			Regular Weekly Practice	(Mixed Teachers)
3 – Jan. 17*	WEDNESDAY	5:00	Intro to Anatomy & Physiology (Continued)	Shae
3 – Jan. 17*	WEDNESDAY	6:00	The Anatomy of Injury Prevention	Shae
3 – Jan. 17*	WEDNESDAY	7:00	Myofascial Release	Shae
3 – Jan. 20	SATURDAY	8:00	Practice Teach: Sun Salutation A	Erica
3 – Jan. 20	SATURDAY	8:30	All Levels Vinyasa Class	Erica
3 – Jan. 20	SATURDAY	9:30	Hands on Assists + Props	Erica
3 – Jan. 20	SATURDAY	12:00	LUNCH	
3 – Jan. 20	SATURDAY	1:00	Pose Clinic: Heart Openers	Erica
3 – Jan. 20	SATURDAY	3:00	Pose Clinic: Twists	Erica
3 – Jan. 21	SUNDAY	8:00	All Levels Vinyasa Class	Erica
3 – Jan. 21	SUNDAY	9:30	Hands on Assists + Props Continued	Erica
3 – Jan. 21	SUNDAY	12:00	LUNCH	
3 – Jan. 21	SUNDAY	1:00	Ethics	Oscar
3 – Jan. 21	SUNDAY	3:00	Practical Teaching Skills: Cadence & Effective Cueing	Oscar
3 – Jan. 17 - 23			Regular Weekly Practice	(Mixed Teachers)
4 – Jan. 24*	WEDNESDAY	5:00	Practice Teach: Sun Salutation A	Shae
4 – Jan. 24*	WEDNESDAY	5:30	All Levels Spine Focused Vinyasa Class	Shae
4 – Jan. 24*	WEDNESDAY	6:30	The Nervous System	Shae
4 – Jan. 24*	WEDNESDAY	7:00	Anatomy: Bones & Movements of the Spine	Shae
4 – Jan. 24 - 30			Regular Weekly Practice	(Mixed Teachers)
5 – Jan. 31*	WEDNESDAY	5:00	Anatomy: Muscles of the Spine	Shae
5 – Jan. 31*	WEDNESDAY	7:00	Anatomy: Injuries of the Spine + Practical Application	Shae
5 – Jan. 31*	WEDNESDAY	8:15	Myofascial Release for the Spine	Shae

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Week	Day	Time	Topic	Instructor
5 – Feb. 3	SATURDAY	8:00	Practice Teach: Sun Salutation A	Shae
5 – Feb. 3	SATURDAY	8:30	All Levels Shoulder Focused Vinyasa Class	Shae
5 – Feb. 3	SATURDAY	9:30	Anatomy: Bones & Movements of the Shoulder Girdle	Shae
5 – Feb. 3	SATURDAY	11:00	Anatomy: Muscles of the Shoulder Girdle	Shae
5 – Feb. 3	SATURDAY	12:00	LUNCH	
5 – Feb. 3	SATURDAY	1:00	Anatomy: Muscles of the Shoulder Girdle Continued	Shae
5 – Feb. 3	SATURDAY	3:00	Anatomy: Injuries of the Shoulder + Practical Application	Shae
5 – Feb. 3	SATURDAY	4:15	Myofascial Release for the Shoulder	Shae
5 – Feb. 4	SUNDAY	8:00	Practice Teach: Sun Salutation A	Oscar/Nychole
5 – Feb. 4	SUNDAY	8:30	All Levels Vinyasa Class	Oscar/Nychole
5 – Feb. 4	SUNDAY	9:30	Pose Clinic: Standing Postures (continued)	Oscar/Nychole
5 – Feb. 4	SUNDAY	11:00	Pose Clinic: Sun Salutation B	Oscar/Nychole
5 – Feb. 4	SUNDAY	12:00	LUNCH	
5 – Feb. 4	SUNDAY	1:00	The Art of Sequencing	Taylor
5 – Jan. 31 – Feb. 6			Regular Weekly Practice	(Mixed Teachers)
6 – Feb. 7*	WEDNESDAY	5:00	Practice Teach: Sun Salutation B	Shae
6 – Feb. 7*	WEDNESDAY	5:30	All Levels Pelvis Focused Vinyasa Class	Shae
6 – Feb. 7*	WEDNESDAY	6:30	Anatomy: Bones & Movements of the Shoulder Girdle	Shae
6 – Feb. 7 - 13			Regular Weekly Practice	(Mixed Teachers)
7 – Feb. 14*	WEDNESDAY	5:00	Anatomy: Muscles of the Pelvis	Shae
7 – Feb. 14*	WEDNESDAY	7:00	Anatomy: Injuries of the Pelvis + Practical Application	Shae
7 – Feb. 14*	WEDNESDAY	8:15	Myofascial Release for the Pelvis	Shae
7 – Feb. 17*	SATURDAY	8:00	Cakra Vinyasa	Megan
7 – Feb. 17*	SATURDAY	9:30	Introduction to the Energetic Body	Megan
7 – Feb. 17*	SATURDAY	12:00	LUNCH	
7 – Feb. 17*	SATURDAY	1:00	Exploring the Cakra System	Megan
7 – Feb. 17*	SATURDAY	3:00	Mala Meditation Practice	Megan
7 – Feb. 18	SUNDAY	8:00	Pose Clinic: Basic Inversions	Megan
7 – Feb. 18	SUNDAY	10:00	Practical Teaching Skill: Safely Teaching Inversions	Megan
7 – Feb. 18	SUNDAY	12:00	LUNCH	
7 – Feb. 18	SUNDAY	1:00	Creative Sequencing & Peak Poses	Taylor
7 – Feb. 18	SUNDAY	3:00	Practice Teaching	Taylor
7 – Feb. 14 - 20			Regular Weekly Practice	(Mixed Teachers)
9 – Feb. 28*	WEDNESDAY	5:00	Anatomy Review	Shae
9 – Feb. 28*	WEDNESDAY	6:30	Cueing Review	Shae
9 – Feb. 28*	WEDNESDAY	7:30	Practice Teach	Shae
8 – Feb. 21 - 27			Regular Weekly Practice	(Mixed Teachers)
9 – Feb. 28*	WEDNESDAY	5:00	Exploring Meditation Techniques	Ashton
9 – Feb. 28*	WEDNESDAY	8:30	Guided Meditation	Ashton

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Every Wednesday Evening: 5pm – 9pm + every other Saturday & Sunday: 8am – 5pm

Week	Day	Time	Topic	Instructor
9 – Mar. 2	SATURDAY	8:00	Led Primary Series	Cheryl
9 – Mar. 2	SATURDAY	10:00	Introduction to Sanskrit	Cheryl
9 – Mar. 2	SATURDAY	12:00	LUNCH	
9 – Mar. 2	SATURDAY	1:00	Sanskrit Continued	Cheryl
9 – Mar. 2	SATURDAY	3:00	Chanting, Mantra & Mudra	Cheryl
9 – Mar. 3	SUNDAY	8:00	Led Primary Series	Cheryl
9 – Mar. 3	SUNDAY	10:00	The Yoga Sutras	Cheryl
9 – Mar. 3	SUNDAY	12:00	LUNCH	
9 – Mar. 3	SUNDAY	1:00	The History Behind the Poses + Storytelling	Cheryl
9 – Feb. 28 – Mar. 5			Regular Weekly Practice	(Mixed Teachers)
10 – Mar. 6*	WEDNESDAY	5:00	Pose Clinic: Arm Balances	Ezra
10 – Mar. 6*	WEDNESDAY	7:00	Safely Teaching Arm Balances	Ezra
10 – Mar. 6- 12			Regular Weekly Practice	(Mixed Teachers)
11 – Mar. 13*	WEDNESDAY	5:00	Introduction to Sound Meditation	Kumari
11 – Mar. 13*	WEDNESDAY	8:00	Sound Bath	Kumari
11 – Mar. 16*	SATURDAY	8:00	Handstands & Challenging Inversions Workshop	Ezra
11 – Mar. 16*	SATURDAY	10:00	The Business of Yoga – Perspective of the Teacher	Ashton
11 – Mar. 16*	SATURDAY	12:00	LUNCH	
11 – Mar. 16*	SATURDAY	1:00	Vocal Energy	Hari Rai
11 – Mar. 16*	SATURDAY	3:30	Practice Teach	Hari Rai
11 – Mar. 17*	SUNDAY	8:00	All Levels Vinyasa Class	Damodar
11 – Mar. 17*	SUNDAY	9:00	Themes + Voice of the Teacher	Damodar
11 – Mar. 17*	SUNDAY	12:00	LUNCH	
11 – Mar. 17*	SUNDAY	1:00	Bhagavad Gita Philosophy Immersion: The 4 Paths of Yoga	Damodar
11 – Mar. 13 - 19			Regular Weekly Practice	Lead (Mixed Teachers)
12 – Mar. 20*	WEDNESDAY	5:00	Final Teaching Practicum	Shae
12 – Mar. 20*	WEDNESDAY	6:00	Final Teaching Practicum	Shae
12 – Mar. 20*	WEDNESDAY	7:00	Introduction to Yoga Nidra Part One	Kumari
12 – Mar. 20 - 26			Regular Weekly Practice	Lead (Mixed Teachers)
13 – Mar. 27*	WEDNESDAY	5:00	Final Teaching Practicum	Shae
13 – Mar. 27*	WEDNESDAY	6:00	Introduction to Yoga Nidra Part Two	Kumari
13 – Mar. 30	SATURDAY	8:00	Final Teaching Practicum	Shae
13 – Mar. 30	SATURDAY	9:00	Final Teaching Practicum	Shae
13 – Mar. 30	SATURDAY	10:00	Final Teaching Practicum	Shae
13 – Mar. 30	SATURDAY	11:00	Introduction to Prenatal Yoga	Kendall
13 – Mar. 30	SATURDAY	12:00	Lunch	
13 – Mar. 30	SATURDAY	1:00	Prenatal Yoga	Kendall
13 – Mar. 30	SATURDAY	2:30	Postnatal Yoga	Kendall
13 – Mar. 31	SUNDAY	NO CLASS		
13 – Mar. 27 – April 2			Regular Weekly Practice	Lead (Mixed Teachers)

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Week	Day	Time	Topic	Instructor
14 – Apr. 3*	WEDNESDAY	5:00	Final Teaching Practicum	Shae
14 – Apr. 3*	WEDNESDAY	6:00	Final Teaching Practicum	Shae
14 – Apr. 3*	WEDNESDAY	7:00	The Business of Yoga – Perspective of the Studio	Lisa
14 – Apr. 6	SATURDAY	8:00	Final Teaching Practicum	Shae
14 – Apr. 6	SATURDAY	9:00	Final Teaching Practicum	Shae
14 – Apr. 6	SATURDAY	10:00	Final Teaching Practicum	Shae
14 – Apr. 6	SATURDAY	11:00	Yin Yoga Class	Kumari
14 – Apr. 6	SATURDAY	12:00	Lunch	
14 – Apr. 6	SATURDAY	1:00	Introduction to Yin Yoga	Kumari
14 – Apr. 7	SUNDAY	8:00	Final Teaching Practicum	Shae
14 – Apr. 7	SUNDAY	9:00	Final Teaching Practicum	Shae
14 – Apr. 7	SUNDAY	10:00	Final Teaching Practicum	Shae
14 – Apr. 7	SUNDAY	11:00	Restorative Yoga Class	Kumari
14 – Apr. 7	SUNDAY	12:00	LUNCH	
14 – Apr. 7	SUNDAY	1:00	Introduction to Restorative Yoga	Kumari
14 – Apr. 3 – Apr. 9			Regular Weekly Practice	Lead (Mixed Teachers)
15 – Apr. 10*	WEDNESDAY	5:00	Final Teaching Practicum	Shae
15 – Apr. 10*	WEDNESDAY	6:00	Final Teaching Practicum	Shae
15 – Apr. 10*	WEDNESDAY	7:00	Graduation/Closing Ceremony	Shae/Kumari
MAKE-UP/OPTIONAL HOURS				
Mar. 9	SATURDAY	2:00 – 4:00		Nychole
Mar. 10	SUNDAY	2:00 – 4:00		Mallory
Mar. 23	SATURDAY	2:00 – 4:00		Diana

**Indicates session held at Yoga Pod Tucson. All sessions not marked as ** are held at Tucson Independent Yoga.*