

## Jerusalem Year-Long October 2015-Summer/Fall 2016

### WORKSHOP DATES AND COURSE OUTLINE

The following is a list of workshop dates and topics for the Jerusalem Year-Long yoga teacher training course – you will also find the dates marked on the portal course calendar. Trainers are subject to change.

#### LOCATION:

Inspire Yoga and Pilates Studio: 22 Gershon Agron Street, Jerusalem (near Mamilla Mall)

#### TIME:

Fridays, 8.30 am – 1.30 pm

Date	Workshop No	Instructor	Topic
October 16, 2015	1	Oriana, Ingrid, Chaya Bracha	8.30am-9.30 am Oriana <ul style="list-style-type: none"> <li>Welcome talk and handout of curriculum books</li> <li>Intro to styles of yoga: How Kinneretyoga is an integration of many styles</li> </ul>
			9.30-10.45 Ingrid: Intro to Power, Vinyasa, Ashtanga, Vinyasa practice class
			11.00-12.15 Chaya Bracha: Intro to Anusara and Iyengar – Anusara practice class
			12.30-1.30 Oriana: Intro to Hatha and Restorative Yoga – Mind Hatha/Restorative practice class
October 23	2	Ingrid	8:30 am-9:30 am- Vinyasa Practice Class 9:30 am-12 pm-Intro To Mountain Pose as the Center of all Poses and Terms Of Orientation and Movement Terms 12 pm-1:30 pm- <ul style="list-style-type: none"> <li>Intro to Cat And Cow Pose and Movements to warm up the spine (example, Sun Salutations Series)</li> <li>The 5 movements of the spine and Intro to the concept of what is variations and counter-poses based on these concepts</li> </ul>

Nov 13	3	Chaya Bracha	8:30 am-9:30 am- Iyengar Inspired Yoga Practice Class 9:30 am-11- Intro To Props and Experiencing Them In Action 11-1:30 pm- Intro to Adjusting and Assisting (based on the introduction section of the Pappas book)
Nov 20	4	Oriana	8:30 am-9:30 am- Vinyasa Yoga Class (introducing breath of joy ) 9:30 am-11:30 am- Effective Language Communication for Teaching Yoga 11:30 am-1:30 pm-Intro to Meditation Poses and Jewish Mindful Practice For Yoga: ½ Lotus; Child's Pose; Supine Butterfly; Legs-Up-At-Wall with focus on finding your breath
Dec 25	5	Chaya Bracha	8:30 am- 9:30 am- Power Flow Yoga Practice Class 9:30 am -12 pm- Principles Of Anusara Yoga (Universal Principles Of Alignment, Loops, Spirals, Focal Points etc.) 12 pm-1:30 pm- Bridge, Wheel, and Fish (Supine Backbends) and Practice Teaching one on one
Jan 1, 2016	6	Chana (guest teacher)	8:30 am-1:30 pm: Yoga And Business Workshop
Jan 22	7	Ingrid	8:30 am-9:30 am: Vinyasa Practice Class 9:30 am-12 pm: Yoga Anatomy Workshop - musculature of the core and musculature of the hips, and pelvis- engaging the 3 bandhas and how to use the core to prevent injury in yoga 12 pm-1:30 pm: - Anatomy of Breathing - Introduce alternate nostril breath and fire breath - Practice teaching for breathing technique one on one (ujiji, alternate nostril, fire breath)
Jan 29	8	Chaya Bracha	8:30 am-9:30 am- Anusara Practice Class (introducing ujiji breath) 9:30 am-11:45 am -Triangle; Extended Side Angle; Standing ½ Moon and Warrior Stance: Warrior 1, Warrior 2 and Exalted Warrior with practice teaching in pairs and teacher feedback 11:30 am- 1 pm- Pigeon; Cobra; Bow (which are Prone poses and also backbends) with practice teaching one on one
Feb 5	9	Oriana	8:30 am-9:30 am: Restorative Practice Class with Jewish Inspired Mindfulness 9:30 am-12:30 pm- Intro To Balance Poses and Proprioception (Tree, Eagle, King Of Dancers, Warrior 3, Standing Split) and Practice Teaching 12:30 pm-1:30 pm- Intro to Teaching Savasana and Adjustments (practice teaching one on one with feedback)
Feb 12	10	Ingrid	8:30 am-9:30 am: Vinyasa Practice Class 9:30 am-12:30 pm: Yoga anatomy workshop -Skeletal framework of the hips, pelvis & spine -Structure of the hips, pelvis and spine as a connected system -Sacrum, SI joint and stability and movement

			12:30-1:30 pm: Practice Teaching in front of whole class with Feedback
February 19	11	Ingrid	8:30 am -9:30 am: Vinyasa Practice Class 9:30 am -1:30 pm: Anatomy Workshop: -Connecting the upper w/ the lower & issues -Experiencing the anatomy in practice -Asymmetry, women's issues, etc.
Feb 26	12	Chaya Bracha	8:30 am-9:30 am: Anusara Practice Class 9:30 am-12:30 pm: Intro To Arm balance poses: Downward Dog; Upward Dog; Chaturanga; Crow; Plank; Side Plank and Wild Thing 12:30-1:30 pm: Practice Teaching in small groups with Feedback
March 4	13	Oriana	8:30 am- 1:30 pm: Intro To Kids Yoga and Pre-natal Yoga (practice classes will be incorporated into the learning of these populations)
March 11	14	Ingrid	8:30 am-9:30 pm: Vinyasa Practice Class 9:30 am-12 pm: Intro To Inversion Poses (Poses such as headstand, shoulder stand (and their controversies over practicing them safely)), handstand, and dolphin. *The anatomical benefits of inversions 12 pm-1:30 pm: Practice Teaching with Feedback In Small Groups
April 1	15	Oriana	8:30 am-9:15 am: Hatha Yoga Practice Class with Jewish Inspired Mindfulness 9:15 am-10:15 am: Chair Yoga Class 10:15 am-11:45 am: Yoga and Judaism - Can Jews Practice Yoga? 11:45 am-1:30 pm: Ethics For Yoga Teachers and Jewish Ethics  Note: Each student needs to bring one folding chair to the studio for the chair yoga class. If you don't have a car please try arrange with someone who does have a car to bring you one.
April 8	16	Chaya Bracha	8:30 am-9:30 am: Power Flow Yoga Practice Class 9:30 am-11:30 am-Intro To Seated Poses: Seated Forward Bends; Squat; ½ Lotus; Seated Butterfly Pose; Cow Faced Pose 11:30 am-1:30 pm: Intro to sequencing (theories in designing a class & how to attune to your students and improvise)
May 6	17	Chaya Bracha	8:30 am-9:30 am: Vinyasa Practice Class 9:30 am-12 pm : Anatomy Workshop: Yoga for Balance: Flexibility + Strength 12 pm-1:30 pm: Standing forward bends/Side Intense Stretch and Standing Splits
May 13	18	Oriana	8:30 am-9:30 am: Hatha Practice Class 9:30 am-1:30 am: Chakras, Doshas, and Mudras
May 20	19	Chaya Bracha	8:30 am-10:30 am: Acro Yoga/Partner (theory and practice) 10:30 am-12 pm: Introduction to Kneeling Poses: Rabbit, Threading the Needle, Kneeling Lunges and How to Prevent Injury in Neck and Knees 12 pm-12:30 pm: Presentation discussion (what is it, dates sign up sheet, Q &A) 12:30-1:30: Practice Teaching with Feedback in small groups with Teacher Feedback

May 27	20	Oriana	8:30 am-9:30 am: Restorative Yoga with Jewish Mindfulness 9:30 am-11:30 am: Practice Teaching with Feedback in Small Groups 11:30 am-1:30 pm: Preparing For Presentations - review of how to sequence a class - working on your presentation on our mat with teacher feedback
June 3	21	Oriana	8:30 am -9:30 am: Hatha Practice Class with concentration on Breath Work 9:30 am -11:30 am: Seated Spinal Twists and Practice Teaching 11:30 am-1:30 pm: Hip Opener Poses and Practice Teaching
June 17	22	Oriana and Chaya Bracha	<u>Presentation Day</u> 8:30 am-1:30 pm *5 students will individually be presenting a class to the group - 30 min each with 30 min feedback from the group and the teachers 8.30-11.30 – Oriana 11.30-1.30 - Chaya Bracha
June 24	23	Chaya Bracha	<u>Presentation Day</u> *4 students will individually be presenting a class to the group
July 1	24	Chaya Bracha	8:30 am-9:30 am: Anusara Practice Class 9:30 am-12 pm: Adjusting and Assisting As It Pertains To Deepening Backbends and Creating Heart Openers 12 pm-1:30 pm: Practice teaching with teacher feedback.
July 8	25	Chaya Bracha	8:30 am-9:30 am: Vinyasa Practice Class 9:30 am-12 pm: Arm Balance Workshop: A Deeper Exploration Into These Poses 12 pm-1:30 pm: Practice teaching with teacher feedback
Sept 16	26	Oriana	8:30-9:30 am: Restorative Yoga Practice Class 9:30 am-11 am: How To Teach Private Yoga (Both as a fitness form and a therapeutic session) * How To Structure A Private Session * Creating Professional Boundaries For Private Yoga Sessions (including how to get connected to your student while maintaining healthy boundaries and how to process emotions that surface in a private yoga class) 11 am -12 pm: Expressing Authenticity as a Yoga Teacher 12 pm-1:30 pm: Practice Teaching NOTE: Students will hand in to Oriana 2 questions each which they would like answered at the Q & A on the last day of class
Sept 23	27	Oriana	Asana Workshop On The Study Of Hybrid Poses 8:30 am -9:30 pm: Vinyasa Practice Class 9:30 am-12:30 pm: Combining Poses Together For A Modern Posture Practice vs Classical Yoga Practice. * Theoretical understanding of what is classical yoga vs modern. How do their goals differ? When should a teacher teach one over the other? The pros and cons of both.

			12:30-1:30: Practice Teaching
October 7	28	Chaya Bracha	8:30 am-9:30 am- Power/Vinyasa Practice Class 9:30 am-1:30 pm- Yoga Anatomy Workshop (To be announced)
October 28	29	Oriana	8:30 a.m-10 a.m : Vinyasa Practice Class 10 a.m -11:30 am: Q and A Workshop: Review and Questions of material covered on the course (based on the questions which were handed in by the students on Sept 16th). 11:30 am-12:30 pm: Students Teach a Round Robin Class where each person teaches where the person before them left off (instructor times this) and this exercise will be like a closure to the program. 12:30-1:30 pm: Program Feedback Forms must be filled out and Goodbyes