

New York Year-Long October 2015-Summer/Fall 2016

WORKSHOP DATES AND COURSE OUTLINE

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

LOCATION:

October – **The Jewish Centre** - 131 West 86th Street

November –June - **Manhattan Jewish Experience** - 131 West 86th Street

TIME:

Sundays, 1-6 pm for first two workshops

Sundays, 11am-4pm for remaining workshops – except Davira’s – 12.30-5.30 pm

Remember that 30 more additional hours will be decided upon by the group whether to be done in July, in the fall of 2016 or added to the schedule between the months of Oct to June.

Date	Workshop No	Instructor	Topic
Sunday October 18 At the Jewish Centre 1-6 pm	1	Sarede	1-2 pm: Welcome talk and hand-out of curriculum books 2-3 pm: Intro to styles of yoga: How KinneretYoga Training Is An Integration Of Many Styles -Focus on Vinyasa, Anusara, Restorative, and Iyengar 3 pm-4 pm: Vinyasa Practice 4 pm-6 pm: Principles of Alignment, Anatomy of Foot, and Mountain Pose As The Center Of All Other Poses
October 25 At the Jewish Centre 1-6 pm	2	Davira	1 pm-2 pm- Alignment-based Vinyasa practice class 2 pm-3:30 pm: Intro To Props and Experiencing Them In Action and Intro To Modifications 3:30 pm-6 pm- Intro to Adjusting and Assisting (based on the introduction section of the Pappas book)
November 1 11 am – 5 pm	3	Sarede	11 am-12 pm Vinyasa Practice Class 12 pm-2 pm- The Bases of support The Spine – 5 Movements of the Spine- Movements For The Spine

			Intro To Cat And Cow and its intensifications and Other Warm Up Poses to Warm The Spine and Intro To Variations 2-3 pm Terms of Orientation/Movement 4-5 Intro to Anatomy of Breathing
November 15	4	Carol	11 am-12 pm: Restorative/Hatha Yoga Practice Class with Jewish Mindfulness 11 am-1 pm: Intro To Breathing Techniques - Theory and Practice -Techniques for breathing (ujiyi, alternate nostril, fire breath, and breath of joy) -The importance of a yoga teacher connecting to her own breath during her teaching 1pm-3pm: Meditation Poses: 1/2 Lotus; Child's Pose; Supine Butterfly; Legs-Up-At-Wall, and Hero Pose 3 pm-4 pm: Intro To Teaching Savasanna Final Relaxation (with learning language and hands on adjustments)
November 22	5	Carol	11 am-12 pm: Vinyasa Yoga Practice Class 12 pm-2 pm: Effective Language Communication for Teaching Yoga 2 pm-4 pm: Triangle; Extended Side Angle; Standing ½ Moon and Warrior Stance: Warrior 1, Warrior 2 and Exalted Warrior with practice teaching in partners and teacher feedback
December 20 12.30-5.30 pm	6	Davira	12.30-1.30 pm: Alignment-based Vinyasa practice class 1.30-3 pm: Intro To Backbends -Pigeon; Cobra; Bow and their variations (which are Prone poses and also backbends) 3 pm-4 pm: Practice Teaching in Partners with teacher feedback 4 pm -5:30 pm: Opening The Heart In One's Yoga Practice & Adjusting and Assisting As It Pertains To Deepening Backbends (adjustments for pigeon, cobra, and bow and their variations)
December 27	7	Sarede	11 am-12 pm: Restorative Yoga Practice Class with Jewish Mindfulness 12 pm-2 pm: The Skeleto-Muscular System Major Bones, Joints 2 pm -4 pm: Intro To Arm balance poses: Downward Dog; Upward Dog; Chaturanga; Crow; Plank; Side Plank and Wild Thing and Practice Teaching In Partners and Teacher Feedback
January 10 12.30-5.30 pm	8	Davira	12.30-1.30 pm: Alignment-based Vinyasa practice class 1.30-3.30 pm: Intro To Inversion Poses (Poses such as headstand, shoulder stand (and their controversies over practicing them safely),handstand, and dolphin. *Physical/emotional benefits of inversions Practice Teaching in Small Groups with Teacher Feedback 3.30-5.30 pm: Introduction to Kneeling Poses: Rabbit, Threading the Needle, Kneeling Lunges and How to Prevent Injury in Neck and Knees

January 16 7.15-10.45 pm Condo Room 372 Central Park West (basement)	9	Davira	Asana Workshop On The Study Of Hybrid Poses: Combining Poses Together For A Modern Posture Practice vs Classical Yoga Practice.
January 17	10	Carol	11 am-12 pm: Vinyasa Practice Class 12 pm-1:30 pm: Kneeling Poses: Seated Half Moon, Gate Pose, 1:30 pm-4 pm: Intro To Seated Poses: Seated Forward Bends; Squat; ½ Lotus; Seated Butterfly Pose; Cow Faced Pose with Practice Teaching in Small Groups and Teacher Feedback
Jan 24 th workshop cancelled due to snow storm – extra hour added to workshops marked in green			
February 13 7.15-10.45 pm Condo Room 372 Central Park West (basement)	11	Sarede	Yoga and Judaism Discussion Mindfulness and Chassidut
February 14 12.30-5.30 pm Condo Room 372 Central Park West (basement)	12	Davira	12.30-1.30 pm: Restorative Yoga Practice Class 1.30-3.00 pm: Intro To Sequencing (theories in designing a class & how to attune to your students and improvise) 3.00 pm-5.30pm: Backbends Cont...Bridge, Wheel, Camel and Fish
February 21	13	Sarede	10 am-11 pm: Vinyasa Yoga Practice 11 pm-12:30 pm: Yoga Anatomy Workshop: The Anatomy Of The Core & Pelvis and How To Engage the 3 Bandhas to Prevent Injury 12:30 pm-3 pm: Introduction To Pre-Natal Yoga 3-4 pm: Arm Balance Pose
March 6 12.30-5.30 pm	14	Davira	12.30-1.30 pm: Alignment-based Vinyasa practice class 1.30-4.30 pm: Theory and Practice for Effective Teaching: The Key Elements and Skills One Needs To Be An Effective Teacher 4.30-5.30 pm: Practice Teaching In Front Of Class With Teacher Feedback
March 13	15	Carol	Intro To Teaching Populations (Kids, Pre-Natal, and Chair Yoga) 11 am-1 pm: Kids Yoga and Incorporating It Into Jewish Education 1 pm-2:30 pm: Yoga for Teenagers 2:30 pm-4 pm: Chair Yoga and Yoga for People With Limited Mobility *practice class is incorporated within
April 3	16	Sarede	10 am-11 pm: Vinyasa Practice Class 11 pm-3 pm: Yoga And Business Workshop 3-4 pm: Arm Balance Pose

April 10 12.30-5.30 pm	17	Davira	12.30-1.30 pm: Alignment-based Vinyasa practice class 1.30-4.30 pm: Balance and Proprioception and The Poses of Tree; Eagle; King of Dancers, Crow, Warrior 3 4.30-5.30 pm: Practice Teaching in Small Groups with Teacher's Feedback
April 17	18	Sarede	10 am-12 pm: Acro Yoga/Partner Yoga (theory, practice, and how to incorporate it into your regular classes) 12-1pm: Understanding Doshas 1 pm-3 pm: Anatomy of the Pelvis 3 pm-4 pm: Arm Balance Pose
May 8	19	Carol	11 am-12 pm: Restorative Yoga Practice Class 12 pm-1:30 pm: Chakras 1:30 pm-3 pm: Mudras 3 pm-4 pm: Practice Teaching one on one with Teacher Feedback
May 22 12.30-5.30 pm	20	Davira	12.30-1.30 pm: Alignment-based Vinyasa practice class 1.30-3.30 pm: Yoga for Common Conditions 3.30-5.30 pm: Group Practice Teaching : How does a yoga teacher continue teaching despite glitches and disruptions that sometimes surface in a class?
May 29	21	Sarede	10 am-11 pm: Restorative Yoga Practice Class 11 pm-1:30 pm: How To Teach Private Yoga: -Starting A Private Yoga Business -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) 1:30 pm -3 pm: Expressing Authenticity as a Yoga Teacher 3-4 pm: Arm Balance Pose
June 5	22	Sarede	10 am-11 a.m: Vinyasa Yoga Practice Class 11 am-1:30 pm: Ethics For Yoga Teachers and Jewish Ethics -How Middot Can Inform our Professional ethics *Using A Dramatic Exercise To Explore This Topic 1:30 pm -4 pm: Preparing For Presentations -review of how to sequence a class -what are the presentations and how do they work -working on your presentation on our mat with teacher feedback
June 19 12.30-5.30 pm	23	Davira	12.30 pm-1:30 pm: Mindful Yoga Practice Class with Davira to prepare everyone for presentations 1:30 pm-2:30 pm: Everyone works on their presentations on their mats with walk around feedback from Davira 2:30 pm-4.30 pm: 2 People will present (teach 30 min class with 30 min feedback from teacher and students)

			<p>4:30 pm-5:30 pm: 1 Person presents (teach 30 min class with 30 min feedback from teacher and students)</p> <p>4:45 pm-5:30 pm: Q and A with Davira as it's her last workshop</p>
June 26	24	Sarede	<p>11 am-12 pm: Mindful Yoga Practice Class with Sarede to prepare everyone for presentations</p> <p>12 pm-2 pm: 2 People will present (teach 30 min class with 30 min feedback from teacher and students)</p> <p>2 pm-4 pm: 2 people will present (teach 30 min class with 30 min feedback from teacher)</p> <ul style="list-style-type: none"> • Please submit at next workshop on July 31st your Q and A questions for Sarede for the last workshop on Aug 7th • You must submit 4 main questions you would like answered at that workshop's final Q & A.
July 20 Condo Room 372 Central Park West (basement) 7.30-10.00 pm	25	Carol	<p>7:30-10 pm: Supine Poses:</p> <ul style="list-style-type: none"> -Little Boat; Happy Baby; Supine Pigeon; reclining hand to foot pose -practice adjustments for these poses - practice teaching in front of class with teacher feedback
July 27 Condo Room 372 Central Park West (basement) 7.30-10.00 pm	26	Carol	<p>7:30-10 pm: Supine Poses cont:</p> <ul style="list-style-type: none"> - Supine spinal twists and their benefits and different variations -practice adjustments for these poses -Practice teaching in front of class with teacher feedback
July 31 Condo Room 372 Central Park West (basement) 10am-5.30pm	27	Sarede	<p>10 a.m -11:30 a.m Vinyasa Practice Class</p> <p>11:30 a.m-12 pm: Lunch</p> <p>12 pm -3:30 pm: Developing One's Personal Style and How To Brand This Style and One's Unique Strengths</p> <p>3:30-3:45 pm: Break</p> <p>3:45 pm -5:30 pm: Practice Teaching with Feedback</p> <ul style="list-style-type: none"> • Submit your 4 question for Q & A for Sarede for Aug 7th workshop (see Aug 7th below)
August 7 Condo Room 372 Central Park West (basement) 10am-5.30 pm	28	Sarede	<p>10 a.m-11:30 a.m : Vinyasa Practice Class</p> <p>11:30 a.m -12 pm: Lunch</p> <p>12 pm -4 pm: 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 July 31st).</p> <p>4 pm-4:15 pm: Break</p> <p>4:15 pm-5:30 pm: Program Feedback Forms, Closure, and Goodbyes</p>