**Part 1 - Jerusalem Summer Intensive July 2015**

**WORKSHOP DATES AND COURSE OUTLINE**

The following is a list of workshop dates and topics for the upcoming Summer Intensive yoga teacher training course. Trainers are subject to change.

**LOCATION**:

*All other days:* **Katamon Studio** - The Eastern Arts Center, (EAC), 17 Hiskiyau Hamaleh Street, Katamon (between Bet Elisheva and the Misgav Ladah Hospital)

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

**PRICES FOR ALUMNI CLASSES/WORKSHOPS:**

* Per practice class: NIS60 per class/ NIS120 for 2 classes and get a third class free
* Per workshop: NIS60 per two-hour workshop
* Per day: NIS188 per day (US$50) for workshops (excluding practice class)
* Refresher alumni pass: NIS1512 (US$400) to take as many workshops as you want

Practice classes are coded in Yellow for classes by Kinneret and Green for classes by other instructors. All other sessions are workshops.

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| **Date**  | Monday, July 6 |
| **Workshop**  | 1 |
| **Location** | Eastern Arts Centre |
| **Schedule** |  |  |
|  | 10:30 am- 12 pm (Tent) | Ingrid | * Intro to Power, Vinyasa, Ashtanga
* Vinyasa practice class with Ingrid
 | **PLEASE DO NOT ADD YOUR NAME TO THIS DAY AS THIS DAY IS ONLY OPEN TO TRAINEES AND NOT ALUMNI** |
|  | 12-1 pm  |  | Lunch |  |
|  | 1 pm-2:30 pm (Outside 1-1:30 and hall 1:30-2:30) | Chaya Bracha | * Intro to Anasura,  Yin
* Anasura Yoga practice class with Chaya Bracha
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|  | 2:30 pm-4 pm (hall) | Kinneret | Intro to Flow Yoga, Restorative Yoga, Iyengar and Practice Class integrating the 3 with Kinneret  |  |

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| **Date**  | Tuesday, July 7 |
| **Workshop #** | 2 |
| **Location** | Eastern Arts Center |
| **Schedule** |  | **Add your name to attend – 5 student maximum** |
|  | 9 am-10 am (tent) | Leia | Hatha/ Restorative Class with Leia | **Elisheva** |
|  | 10 am-12 pm (Note: at 10.30 am switch to hall) |  | Intro To Breathing Technique and Mountain Pose as the Center of all Poses |  |
|  | 12-1 pm  |  | Lunch |  |
|  | 1 pm -4 pm (hall) | Kinneret | Intro To Adjusting and Assisting and Practice Teaching with Teacher Feedback     | Sarah |

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| **Date**  | Wednesday, July 8 |
| **Workshop #** | 3 |
| **Location** | Eastern Arts Center |
| **Schedule** | Full day in Hall | **Add your name to attend – 5 student maximum** |
|  | 9 am-10 am  | Ingrid | Vinyasa Practice Class with Ingrid | Elisheva |
|  | 10:15 am-12 pm  |  | Common patterns of misalignment and injury prevention |  |
|  | 12 pm-1 pm |  | Lunch |  |
|  | 1 pm-3 pm  | Ingrid | * Terms of orientation of movement
* The 5 movements of the spine and Intro to variations and counter‐poses based on these concepts
* Intro to Cat And Cow Pose and Movements to warm up the spine (example, Sun Salutations Series)
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|  | 3.00-4.30 pm | Kinneret | Effective language communication for teaching yoga  |  |

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| **Date**  | Thursday, July 9 |
| **Workshop #** | 4 |
| **Location** | Eastern Arts Center |
| **Schedule** | Full day in Hall | **Add your name to attend – 5 student maximum** |
|  | 9.30 am-10.30 am | Kinneret | Flow Yoga Practice Class | Orit Wittenberg , Elisheva |
|  | 10:30 am-12.30 pm  |  | Intro To Props (Modifications and Intensifications) and Transitions (Dynamic versus Static) |  |
|  | 12.30 pm-1.30 pm |  | Lunch |  |
|  | 1.30 pm-3 pm |  | Intro To Props (Modifications and Intensifications) and Transitions (Dynamic versus Static) continued | Sarah |
|  | 3 pm-4.30 pm |  | Intro To Teaching Savasanna Final Relaxation (with learning language and hands on adjustments) and practice teaching with teacher feedback | Sarah |
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| **Date**  | Friday, July 10 |  |
| **Workshop #** | 5 |  |
| **Location** | Inspire Yoga and Pilates Studio, Mamilla |  |
| **Schedule** |  | **Add your name to attend – 3 student maximum** |
|  | 9 am-10 am | Chaya Bracha | Vinyasa Practice Class |  |
|  | 10:15 am-12:15 pm  |  | Triangle; Extended Side Angle; Standing ½ Moon and Warrior Stance: Warrior 1, Warrior 2 and Exalted Warrior |  |
|  | 12:15 pm-12:45 pm |  | 30 minute Lunch Break |  |
|  | 12:45 pm-3:30 pm |  | Supine Poses: Little Boat; Happy Baby; Eye of the Needle/Supine Pigeon; Supine Spinal Twists and practice adjustments for these poses |  |

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| **Date**  | Sunday, July 12 |
| **Workshop #** | 6 |
| **Location** | Eastern Arts Center |
| **Schedule** |  | **Add your name to attend – 5 student maximum** |
|  | 9 am-10:15 am (Tent) | Chaya Bracha | Anasura Practice Class Introducing The Principles of Anasura Yoga Within The Practice  | Elisheva, Devra, Lindsay |
|  | 10:30 am-12.00 pm (Hall)  | Hillel | Intro To Jewish Meditation | Devra, Lindsay |
|  | 12.00-12.30 pm | Hillel | Outside processing class while eating lunch | Devra, Lindsay |
|  | 12:30 pm-1:00 pm |  | Just lunch | Devra, Lindsay |
|  | 1.00 pm-3:30 pm (Hall) | Chaya Bracha | Intro To Back Bend Poses and Prone Poses: Wheel, Fish (Supine Backbends), Pigeon; Cobra; Bow (which are Prone poses and also backbends) | Sarah, Devra (til 1.30), Lindsay |

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| **Date**  | Monday, July 13 |
| **Workshop #** | 7 |
| **Location** | Eastern Arts Center |
| **Schedule** |  | **Add your name to attend – 5 student maximum** |
|  | 9 am-10 am (Tent) | Ingrid | Vinyasa Practice Class | Elisheva |
|  | 10:15 am-12:30 pm (Tent) |  | Yoga Anatomy Workshop - musculature of the core and musculature of the hips, and pelvis- engaging the 3 bandas |  |
|  | 12:30 pm-1:30 pm |  | Lunch |  |
|  | 1:30 pm-4 pm (Hall) |  | 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. |  |

**No classes Tuesday 14, Wednesday 15 and Thursday 16**

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| **Date**  | Friday, July 17 |  |
| **Workshop #** | 8 |  |
| **Location** | Inspire Yoga and Pilates Studio, Mamilla | **Add your name to attend – 3 student maximum** |
| **Schedule** |  |  **Elisheva, Tzipporah Sarah** |
|  | 9 am -12 pm | Hillel | Introduction To Jewish Meditation |  |
|  | 12 pm-12:30 pm |  | Lunch |  |
|  | 12:30 pm-2 pm | Leia | Introduction To Standing Poses :  Standing Forward Bends, Side Intense Stretch, Standing Lunge | Sarah |
|  | 2 pm-3:30 pm |  | Introduction to Kneeling Poses:  Rabbit, Threading the Needle, Kneeling Lunges | Sarah (30 mins) |

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| **Date**  | Sunday, July 19 |
| **Workshop #** | 9 |
| **Location** | Eastern Arts Center |
| **Schedule** |  | **Add your name to attend – 5 student maximum** |
|  | 9 am-10 am (Tent) | Kinneret | Flow Yoga Practice Class | Orit Wittenberg, Elisheva |
|  | 10:15 am- 12 pm (Hall) |  | Intro to sequencing  | Liat Flank, Tzipporah Sarah |
|  | 12 pm-1 pm |  | Lunch |  |
|  | 1 pm-2: 30 pm (Hall) |  | Balance Poses (Tree, Eagle, King Of Dancers, Standing Split and more) |  |
|  | 2:30 pm-4:30 pm (Hall) |  | How To Design Sequence Flows For The Presentations (which are on the last 2 days of class) |  |

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| **Date**  | Monday, July 20 |
| **Workshop #** | 10 |
| **Location** | Eastern Arts Center |
| **Schedule** |  | **Add your name to attend – 5 student maximum** |
|  | 9 am-10 am (Tent) | Leia | Restorative Yoga Class | Ruth Adatto, Elisheva, Sarah, Tzipporah Sarah |
|  | 10 am -12:30 pm (Tent) |  | Meditation poses and Visualization: ½ Lotus; Child’s Pose; Supine Butterfly; Legs‐Up‐At‐Wall and practice teaching | Sarah |
|  | 12:30 pm -1:30 pm |  | Lunch |  |
|  | **Please note that this session ends at 4 pm and not 3pm as orignially written on this document.**  | 1:30-3 pm3-4 pm | Intro To Seated Poses: Seated Forward Bends; Squat; ½ Lotus; Seated Butterfly Pose; Cow Faced PosePractice Teaching  |  |

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| **Date**  | Tuesday, July 21 |
| **Workshop #** | 11 |
| **Location** | Eastern Arts Center |
| **Schedule** |  | **Add your name to attend – 5 student maximum** |
|  | 9 am- 10 am (Tent) | Kinneret | Flow Yoga Practice Class With Kinneret | Orit Wittenberg, Rachelle Oseran, Elizabeth Levy, Elisheva, Staci Rosenbaum, Tzipporah Sarah |
|  | 10:15 am- 12 pm (switch to Hall at 10.30) |  | Ethics For Yoga Teachers | Staci  |
|  | 12 pm-1 pm |  | Lunch |  |
|  | 1 pm-2 pm (Hall) |  | Ethics For Yoga Teachers continued | Staci |
|  | 2 pm-4 pm (Hall) |  | Chair Yoga and Yoga For People With Mobility Issues | Sarah, Staci |

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| **Date**  | Wednesday, July 22 |
| **Workshop #** | 12 |
| **Location** | Eastern Arts Center |
| **Schedule** | Full day in the Hall | **Add your name to attend – 5 student maximum** |
|  | 9 am-10 am | Ingrid | Vinyasa Practice Class | Elisheva, Tzipporah Sarah, Esti |
|  | 10: 15 am -12 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 pm to 1 pm |  | Lunch |  |
|  | 1 pm -2 pm  |  | Anatomy workshop continued |  |
|  | 2 pm- 4.30 pm |  | Intro To Arm balance poses: Downward Dog;  Upward Dog; Chaturanga;  Crow; Plank; Inverted Plank; Side Plank and practice Teaching |  |