

## **Part 2 - Jerusalem Summer Intensive July 2014**

### **WORKSHOP DATES AND COURSE OUTLINE**

The following is a list of workshop dates and topics for the Part 2 program of the Jerusalem Summer Intensive yoga teacher training course – you will also find the dates marked on the portal course calendar. Trainers are subject to change.

**LOCATION:**

Jerusalem Dance Arts Centre, 11 Beit-Lehem Rd, Baka, Jerusalem

**EXCEPT Oct 24 and 31 – Jerusalem Pilates Studio – 19b Keren Hayesod, Apartment 10**

**TIME:**

Fridays, 8.30 am – 1.30 pm

**WORKSHOPS WILL COMPRISE:**

- 1 hour yoga practice
- 2.5 hrs workshop of specific topic
- 1.5 hr Practice Teaching related to topic or general practice teaching and student/teacher feedback

DATE	Workshop No	Instructor	Topic
Sept. 12	16	Chaya Bracha	<b>Anasura Yoga And How To Utilize Spirals and Loops</b> (for a definition of what that is see wiki definition of Anasura Yoga and scroll down to Outer/Inner Spirals and Energy Loops: <a href="http://en.wikipedia.org/wiki/Anusara_School_of_Hatha_Yoga.">http://en.wikipedia.org/wiki/Anusara_School_of_Hatha_Yoga.</a> )
Oct 24 Jeru Pilates Studio	17	Hillel	<b>Experiential Meditation Practices As It Pertains To Jewish Spirituality</b> Remember to wear street clothes and not yoga clothes - Schedule will be different
Oct 31 Jeru Pilates Studio	18	Oriana Devorah Cohen	<b>Chakra Workshop and Adjustments for Savassana Pose</b>
Nov 7	19	Ingrid	<b>Yoga Anatomy Workshop</b> <i>Skeletal Framework of the Hips, Pelvis &amp; Spine</i> <ul style="list-style-type: none"> <li>• structure of the hips, pelvis and spine as a connected system</li> <li>• sacrum</li> <li>• SI joint</li> <li>• stability &amp; movement</li> </ul>
Nov 21	20	Erica	<b>Yoga Anatomy Workshop</b> <i>Musculature of the Core</i> <ul style="list-style-type: none"> <li>• musculature of the hips, pelvis, abdominals and other core muscles</li> <li>• experience how the muscles work together for stability and movement</li> <li>• anatomy of respiration</li> <li>• mula banda</li> </ul>
Dec 19	21	Chaya Bracha	<b>Yoga and the glands</b> (Endocrine based meditative flow. Utilizing the energy of the glands of the pelvis (the below the earth glands) and the glands of the crown (above the earth) this slow flow is designed to attune you to your inner luminescence. Another example: tapping into the thymus and thyroid glands to help support the buoyancy of the upper body during a meditative flow. Explanations of the main functions of the glands and how we can also support them. Hormone balance).
Dec 26	22	Leia	<b>Adjusting and Assisting As It Pertains To Deepening Backbends and Creating Heart Openers</b>
Jan 2	23	Ingrid	<b>Yoga Anatomy Workshop</b> <i>Connecting the Upper w/ the Lower &amp; Issues</i> <ul style="list-style-type: none"> <li>• experiencing the anatomy in practice</li> <li>• asymmetry, women's issues, etc.</li> <li>• discussion time for an open Q &amp; A</li> </ul>
Jan 16	24 (make up workshop)	Chaya Bracha	Practice Teaching Review of most important topics selected by group Question and Answer Period Closure