

Jerusalem Year-Long October 2014-Summer/Fall 2015

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:

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

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

TIME:

Fridays, 8.30 am – 1.30 pm

DATE	Workshop No	Instructor	Topic
Oct 24	1	Chaya Bracha and Ingrid	Ingrid does: <ul style="list-style-type: none"> • Welcome talk and hand-out of curriculum books • Intro to styles of yoga • Intro to Power, Vinyasa, Ashtanga • Vinyasa practice class • Chaya Bracha does: <ul style="list-style-type: none"> • Intro to Anasura, Restorative Yoga, Iyengar, Yin • Anasura Yoga practice class • Q & A time
Oct 31	2	Chaya Bracha	<ul style="list-style-type: none"> • Anasura practice class • Intro to adult yoga • Intro to props and modifications • Mountain Pose as the center of all poses
Nov 14	3	Ingrid	<ul style="list-style-type: none"> • Vinyasa Practice Class • Common patterns of misalignment, injury prevention and incorrect/non-optimal language • Terms of orientation of movement, The five 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 (i.e. Sun salutations, down dog to core plank, other movement flows to warm up the spine)

Nov 28	4	Hillel	<ul style="list-style-type: none"> Jewish Meditation Workshop # 1 – Practices of Letting Go
Dec 5	5	Erica	<ul style="list-style-type: none"> Iyengar Style Practice Class Yoga anatomy workshop musculature of the core and musculature of the hips, pelvis, abdominals and other core muscles Experience how the muscles work together for stability and movement Anatomy of respiration and yoga breathing techniques How to engage mula banda
Dec 12	6	Leia	<ul style="list-style-type: none"> Restorative yoga practice class Ethics for yoga teachers Meditation poses: ½ Lotus; Child’s Pose; Supine Bound Angle; Legs-Up-At-Wall Kneeling Poses: Cat/Cow; Child's Pose; Rabbit Practice teaching
2015			
Jan 9		CANCELLED DUE TO SNOW STORM	
Jan 23	8	Hillel	<ul style="list-style-type: none"> Jewish Meditation Workshop # 2 – Practices of Becoming
Jan 30	7 – rescheduled to this date	Chaya Bracha	<ul style="list-style-type: none"> Anasura yoga practice Introduction to adjusting and assisting Intro to sequencing and practicing building sequences Practice teaching with feedback from teacher
Feb 6	9	Oriana	<ul style="list-style-type: none"> Savasana relaxation with learning adjusting and assisting Intro to chakras Intro to Kids’ yoga
Feb 13	10	Ingrid	<ul style="list-style-type: none"> Vinyasa practice class 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 Triangle; Extended Side Angle; Standing ½ Moon and Warrior Stance: Warrior 1, Warrior 2 and Exalted Warrior Lunges Practice teaching with student/teacher feedback
Feb 27	11	Erica	<ul style="list-style-type: none"> Iyengar style practice class Supine Poses: Little Boat; Happy Baby; Eye of the Needle/Supine Pigeon; Supine Spinal Twists Seated Poses: Seated Forward Bends; Squat; ½ Lotus; Bound Angle; Cow Faced Pose Practice teaching with feedback from teacher
March 17 8.30am-6.30 pm The workshop will be held at 17 Hiskiyau Hamaleh	12	Oriana and Ingrid	<ul style="list-style-type: none"> Yoga practice class Oriana Pre-natal yoga with Oriana Practice teaching with feedback Lunch break Oriana leaves

street - between Bet Elisheva and the Misgav Ladah Hospital (Katamon).			<ul style="list-style-type: none"> Ingrid Comes- Inversion Poses (Poses such as headstand, shoulder stand (and their controversies over practicing them safely), handstand, and dolphin. The anatomical benefits of inversions. Review of how to sequence a class and practice teaching.
March 20	13	Ingrid	<ul style="list-style-type: none"> Vinyasa Practice Class Anatomy Workshop: <ul style="list-style-type: none"> Connecting the upper w/ the lower & issues Experiencing the anatomy in practice Asymmetry, women's issues, etc.
March 27	14	Ingrid	<ul style="list-style-type: none"> Vinyasa Yoga Practice Class Yoga and Business Workshop
April 17	15	Leia	8:30 am- 1:20 pm Baka Studio 5 hour workshop in Standing Poses and Review Of Adjustments 1:30/1:40 pm-3:30 pm Katamon Tent Studio Practicing Adjusting & Assisting Within Context Of Teaching.
April 24	16	Chaya Bracha	8:30-1:20 pm- Baka Studio 5 hour workshop in Back Bend Poses and Prone Poses: Wheel, Fish (Supine Backbends), Pigeon; Cobra; Bow (which are Prone poses and also backbends) and lunges 1:30/1:40 pm-3:30 pm Katamon Tent Studio Topics above continued
May 1	17	Leia	8:30 am-1:20 pm Baka Studio 5 hour workshop in Adjusting For Backbends 1:30/1:40 pm-3:30 pm Katamon Tent Studio How To Do Counterposes Correctly For Forward Bends/ Backbends
May 8	18	Erica	8:30 am-1:30 pm: Baka Studio 5 hour workshop in Proprioception and Balance Poses
May 15	19	Chaya Bracha Oriana	8:30 am-1:20 pm Baka Studio Partner Yoga/Acro Yoga Practice class and arm balance poses such as Downward Dog; Plank; Upward Dog; Chaturanga; Crow; Inverted Tabletop; Inverted Plank; Side Plank 1:30/1:40 pm-3:30 pm Katamon Tent Studio Processing Emotions That Surface In A Yoga Class (ie. emotions of a student triggered in a pose, projecting emotions on a teacher, the teacher's emotions which may surface in the class, how to deal with emotion when we are not therapists etc)
May 22	20	Hillel Oriana	All 7 hours are at Katamon Studio - 8:30 am-9:30 am (tent) 9:30-1:30 pm (hall) 1:30 -3:30 pm (tent) 8:30 am -11:30 pm 5 hour workshop in Jewish Meditation 11:30 am – 1.30 pm Breathing Anatomy and Breathing Techniques 1:30-3:30 pm - The Use Of Hand Positions (Mudras) and the use of Drishti (the focusing of the eyes).

May 29	21	Chaya Bracha	<p>8:30 am-1:20 pm Baka Studio 5 hours in Introduction To Anasura Yoga</p> <p>1:30 pm/1:40 pm-3:30 pm Katamon Tent Studio Anasura Yoga continued</p>
June 5	22	Erica	<p>8:30 am-1:20 pm- Baka Studio Review Of The Anatomy Test and The Anatomy of Hatha Yoga Book and also How To Design Sequence Flows For The Presentations (which are on the last 2 days of class)</p> <p>1:30/1:40 pm-3:30 pm- Katamon Tent Studio Topic continued</p>
June 12	23	Ingrid	<p>8:30 am-1:20 pm - Baka Studio 5 hour Yoga Anatomy workshop</p> <p>1:30/1:40 pm-3:30 pm - Katamon Tent Studio The Use Of Language In Teaching Yoga and Using This Through Practice Teaching (with Student/Teacher Feedback).</p>
June 19	24	Ingrid	<p>8:30 am-1:20 pm - Baka Studio Presentations (6 people in total will present on this day)</p> <p>1:30/1:40 pm-3:30 pm - Katamon Tent Studio Presentations cont.</p>
June 26	25	Chaya Bracha	<p>8:30 am-1:30 pm- Baka Studio Presentations (3 other people will present on this day)</p> <p>12:30 pm-1:30 pm- Student Evaluations of Program, Closing Circle & Goodbyes</p>