

Jerusalem Summer Intensive July 2014 WORKSHOP DATES AND COURSE OUTLINE

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

LOCATION:

Sundays: The Jerusalem Pilates Studio (JPS), 19b Keren Hayesod, Apartment 10

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

TRAINERS: Ingrid Aria and Chaya Bracha Zippor

DATES, TIMES, LOCATION SUMMARY

DATES	TIMES	LOCATION	Instructor
Sunday, July 6, 13, 20	10 am – 5 pm	Jerusalem Pilates Studio	Ingrid
Monday, July 7, 14, 21	9.30 am – 4.30 pm	Eastern Arts Center	Ingrid
Tuesday, July 8, 22	10.45 am – 4.45 pm	Eastern Arts Center	Chaya Bracha
Wednesday, July 9, 16, 23	8.00 am – 4.00 pm	Eastern Arts Center	Ingrid and Chaya Bracha
Thursday, July, 17, 24	9.00 am – 4.00 pm	Eastern Arts Center	Chaya Bracha
Friday, July, 11, 18	9.30 am – 1.15 pm	Eastern Arts Center	Ingrid

Note: No workshops on Thursday, July 10 and Tuesday, July 15

COMPLETE SCHEDULE

Date	Sunday , July 6	
Workshop #	1	
Location	Jerusalem Pilates Studio	
Time	10 am – 5 pm	
Instructor	Ingrid	
Schedule		
	10.00 am	Must have arrived (please note that there will be a class in progress at this studio till 10 am)
	On The Mat 10:10-11:10 am	Welcome talk and review of curriculum books and course outline
	11:15 am-12:30 pm	Practice Class Hatha/Vinyasa
	12:30-1:25 pm	Lunch break
	On The Mat 1:30-2:30 pm	Intro to styles of yoga
	2:30-3:30 pm	Intro to adult yoga
	3:30-5.00 pm	Common patterns of misalignment, injury prevention and incorrect/non optimal language

Date	Monday, July 7	
Workshop #	2	
Location	Eastern Arts Center	
Time	9.30 am – 4.30 pm	
Instructor	Ingrid	
Schedule		
	9:25 am	Must Have Arrived
	On The Mat -9:30-10:30 am	Practice Class Vinyasa
	10:30-12:30 pm	Terms of orientation of movement, The 5 movements of the spine and Intro to variations and counter-poses based on these concepts
	12:30-1:25 pm	Lunch break
	1:30-3:30 pm	Intro to anatomy of breathing and breathing technique
	3:30-4:30 pm	Pigeon Pose, Cobra, and Bow Pose

Date	Tuesday, July 8	
Workshop #	3	
Location	Eastern Arts Center	

Time	10.45 am – 4.45 pm	
Instructor	Chaya Bracha	
Schedule		
	10:40 am	Must have arrived
	On The Mat 10:45-11:45 am	Practice Class - Anasura
	11:45 am-1.00 pm	Mountain Pose as the center of all other poses
	1.00-1:50 pm	Lunch break
	On The Mat 2.00-4:45 pm	Balance Poses: Tree; Eagle; King of Dancers

Date	Wednesday, July 9	
Workshop #	4	
Location	Eastern Arts Center	
Time	8.00 am – 4.00 pm	
Instructor	8.00-10.00 – Ingrid 10.30-4.00 – Chaya Bracha	
Schedule		
	8.00 am	Must have arrived
	On The Mat 8:05-10.00 am	Yoga Anatomy workshop with Ingrid
	10.00-10:30 am	On The Mat Review (Review material on your own quietly on your mat or outside in the courtyard)
	10:30 am-12.00 pm	Practice class with Chaya Bracha - Anasura
	12.00-1:30 pm	Intro to adjusting and assisting with Chaya Bracha
	1:30-2:25 pm	Lunch break
	On The Mat 2:30-4.00 pm	Intro to props with Chaya Bracha

Thursday, July 10 – no class

Date	Friday, July 11	
Workshop #	5	
Location	Eastern Arts Center	
Time	9.30 am – 1.15 pm	
Instructor	Ingrid	
Schedule		
	9:25 am	Must have arrived
	On The Mat 9:30-10:30 am	Practice class - restorative yoga with props
	10:30-11:45 am	History of Yoga and Yoga and Judaism
	11:45 am-1:15 pm	Standing Poses-Standing Forward Bends; Side Intense Stretch; Standing Splits

Friday July 11th and Saturday July 12th: Shabbaton (detailed schedule to follow)

Date	Sunday, July 13	
Workshop #	6	
Location	Jerusalem Pilates Studio	
Time	10 am – 5 pm	
Instructor	Ingrid	
Schedule		
	10.00 am	Must Have Arrived
	On The Mat 10:10- 11:10 am	Practice Class – Vinyasa
	11:15 am-1.00 pm	Yoga Anatomy Workshop
	1.00-2.00 pm	Lunch break
	2.00-5.00 pm	Triangle; Extended Side Angle; Standing ½ Moon and Warrior Stance: Warrior 1, Warrior 2 and Exalted Warrior Lunges <ul style="list-style-type: none"> • Practice teaching with student/teacher feedback

Date	Monday, July 14	
Workshop #	7	
Location	Eastern Arts Center	
Time	9.30 am – 4.30 pm	
Instructor	Ingrid	
Schedule		
	9:25 am	Must have arrived
	On The Mat 9:30-10:30 am	Practice class - Restorative
	10:30 am-12:30 pm	Pre-Natal Yoga Workshop
	12:30-1:30 pm	Lunch break
	1:30 -4:30 pm	Arm Balances: Downward Dog; Plank; Upward Dog; Chaturanga; Crow; Inverted Tabletop; Inverted Plank; Side Plank and Lunge Poses; <ul style="list-style-type: none"> • Practice teaching with student/teacher feedback

Tuesday July 15th: No Class

Date	Wednesday, July 16	
Workshop #	8	
Location	Eastern Arts Center	
Time	8.00 am – 4.00 pm	
Instructor	8.00-10.00 – Ingrid 10.30-4.00 – Chaya Bracha	
Schedule		
	8:00 am	Must have arrived
	On The Mat 8:05-10.00 am	Jewish Meditation Workshop with Ingrid
	10.00-10:30 am	On The Mat Review (Review training material on your own quietly on your mat or outside in the courtyard)
	10:30 am-12.00 pm	Practice class With Chaya Bracha - Anasura
	12.00-1.00 pm	Lunch break
	1.00-4.00 pm	Seated Poses: Seated Forward Bends; Squat; 1/2 Lotus; Seated Spinal Twist; Bound Angle; Cow Faced Pose with Chaya Bracha • Practice teaching with feedback from teacher

Date	Thursday, July 17	
Workshop #	9	
Location	Eastern Arts Center	
Time	9.00 am – 4.00 pm	
Instructor	9.00-12.00 – Ingrid 1.00-4.00 – Chaya Bracha	
Schedule		
	8:55 am	Must have arrived
	On The Mat 9:00- 11.00 am	Partner Yoga and Acro Yoga with Ingrid
	11.00 am-12.00 pm	Yoga Anatomy Workshop with Ingrid
	12.00-1.00 pm	Lunch break
	1.00-3.00 pm	Intro to sequencing and variations with Chaya Bracha
	3.00-4.00 pm	Create a sequence for a 8-min class and practice teaching the sequence with student/teacher feedback- Chaya Bracha

Date	Friday, July 18	
Workshop #	10	
Location	Eastern Arts Center	
Time	9.30 am – 1.15 pm	
Instructor	Ingrid	
Schedule		
	9:25 am	Must have arrived
	On The Mat 9:30-10:30 am	Restorative Yoga practice class
	10:30 am-1:15 pm	Supine Poses: Little Boat; Happy Baby; Eye of the Needle/Supine Pigeon; Supine Spinal Twists <ul style="list-style-type: none"> • Practice teaching with student/teacher feedback

Saturday, July 19: Shabbat – no classes and no programs

Date	Sunday, July 20	
Workshop #	11	
Location	Jerusalem Pilates Studio	
Time	10.00 am – 5.00 pm	
Instructor	Ingrid	
Schedule		
	10.00 am	Must have arrived
	On The Mat 10:10-11:10 am	Practice Class Vinyasa
	11:10 am-1.00 pm	Meditation Poses- Theory and Practice Teaching ½ lotus; Cat/Cow/; Child’s Pose; Rabbit; Supine Butterfly; Legs up at wall
	1.00-2.00 pm	Lunch break
	2.00-5.00 pm	Meditation Poses cont. and Jewish Meditation

Date	Monday, July 21	
Workshop #	12	
Location	Eastern Arts Center	
Time	9.30 am – 4.30 pm	
Instructor	Ingrid	
Schedule		
	9:25 am	Must have arrived
	On The Mat 9:30-10:30 am	Practice class
	10:30-12:30 pm	Yoga Anatomy Workshop
	12:30-1:30 pm	Lunch break
	1:30-3:30 pm	Headstand; Shoulderstand; Crow; Wheel
	3:30-4:30 pm	Preparation for presentations (individual on the mat practice for presentations)

Date	Tuesday, July 22	
Workshop #	13	
Location	Eastern Arts Center	
Time	10.45 am – 4.45 pm	
Instructor	Chaya Bracha	
Schedule		
	10:40 am	Must have arrived
	On The Mat 10:45-11:45 am	Practice Class - Anasura
	11:45 am-1.00 pm	Intro To Kid's Yoga
	1.00-2.00 pm	Lunch break
	2.00-4:45 pm	Finish up Kid's Yoga; and Chakras and Adjustments for Savassana

Date	Wednesday, July 23	
Workshop #	14	
Location	Eastern Arts Center	
Time	8.00 am – 4.00 pm	
Instructor	8.00-10.00 – Ingrid	10.30-4.00 – Chaya Bracha
Schedule		
	8.00-10.00 am	Presentations of 2 students (Ingrid feedback)
	10.00-10:30 am	On The Mat Review (quietly on your own mat or outside in the courtyard review course material)
	10:30 am-12.00 pm	Ethics For Yoga Teachers (Chaya Bracha)
	12.00-1.00 pm	Lunch break
	1.00-2.00 pm	Dramatization of scenerios which arise regarding ethical issues in the workplace
	2.00-4.00 pm	Presentations of 2 students (Chaya Bracha’s feedback)

Date	Thursday, July 24	
Workshop #	15	
Location	Eastern Arts Center	
Time	9.00 am – 4.00 pm	
Instructor	Ingrid and Chaya Bracha	
Schedule		
	8:55 am	Must have arrived
	On The Mat 9:00-1.00 pm	Presentations of 3-4 students
	1.00-2.00 pm	Lunch break
	2.00-4.00 pm	Feedback forms, closure, and presentation of certificates