

Teaneck Year-Long November 2014-Summer/Fall 2015

WORKSHOP DATES AND COURSE OUTLINE

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

LOCATION:

Freedom Within Yoga studio, 211 Chadwick Road, Teaneck NJ, 07666

TIME:

Sundays, 9.00 am – 4.00 pm

Note: All lunch breaks are 45 min and students must journal at the end of every lunch session, writing a few lines about what they ate and reflection on their practice of mindful eating during the meal.

DATE	Workshop No	Instructor	Topic
November 9, 2014	1	Sarede	15 min settle in welcome talk; 45 lunch break <ul style="list-style-type: none"> • Intro to the Course (1 hour) • Vinyasa Practice (1 hour) • Restorative Practice (30 min) • Intro to Styles of Yoga (1.5 hr) • Principles of Alignment, Anatomy of Foot, and Mountain Pose As The Center Of All Other Poses (2 hr)
November 30	2	Sharie	15 min settle in welcome talk; 45 lunch break <ul style="list-style-type: none"> • Hatha Yoga Practice Class (1 Hour) <p><u>Intro To Breathing Techniques (2 Hours)- Theory and Practice</u></p> <ul style="list-style-type: none"> • Anatomy of breathing • Imagery, mindfulness, and breath • Techniques for breathing • The importance of a yoga teacher connecting to her own breath during her teaching <p><u>Intro To Meditation/Mindfulness and Kneeling Poses (3 hours)</u> Meditation Poses: 1/2 Lotus; Child’s Pose; Supine Butterfly; Legs-Up-At-Wall, and Hero Pose Kneeling Poses: Rabbit, Seated Half Moon, Gate Pose</p>

December 7	3	Sarede	<p>15 min settle in welcome talk; 45 lunch break</p> <ul style="list-style-type: none"> Vinyasa Practice Class (1 hr) <p>(2 hrs)</p> <ul style="list-style-type: none"> The Bases of support - Foundational movements The Spine – 5 Movements of the Spine- Movements For The Spine Intro To Cat And Cow and Other Warm Up Poses and How To Set One's Intention For The Practice <p>(3 hrs)</p> <ul style="list-style-type: none"> Terms of Orientation/Movement The Skelto-Muscular System Major Bones, Joints
December 14	4	Carol	<p>15 min settle in welcome talk; 45 lunch break</p> <ul style="list-style-type: none"> Restorative Yoga Practice Class (1 hr) Intro To Props and Modifications (1 .5 hr) Intro To Adjusting and Assisting (1.5 hrs) Partner/Group Practice Teaching with Props and Adjustments - with feedback from trainer (2 hrs)
January 11, 2015	5	Sharie	<p>15 min settle in welcome talk; 45 lunch break</p> <ul style="list-style-type: none"> Hatha Yoga Practice Class (1 hour) <p>Intro To Teaching Private Yoga: (2 Hours)</p> <ul style="list-style-type: none"> The relationship between teacher and client How to be therapeutic without becoming their therapist Tips for Teaching Private Yoga How an introvert may be attracted to teaching private yoga vs an extrovert who is comfortable in teaching group and private yoga Therapeutic Benefits of Yoga and Private Yoga <p>Learning The Alignment Of Standing Poses: (3 Hours)</p> <ul style="list-style-type: none"> All Standing Forward Bend Poses (feet together and feet wide); Side Intense Stretch/Standing Splits Practice Teaching In Partners and Group (with trainer's feedback)
January 25	6	Sarede	<p>15 min settle in welcome talk; 45 lunch break</p> <ul style="list-style-type: none"> Vinyasa Practice Class (1 hr) History of Yoga and Yoga and Judaism (2 hrs) Warrior Stance: Warrior 1; 2; Triangle; Extended Side Angle; Standing 1/2 Moon (3 hrs) <p>Note: with practice teaching with trainer feedback</p>
February 1	7	Sharie	<p>15 min settle in welcome talk and note 45 min for lunch</p> <ul style="list-style-type: none"> Hatha Yoga Practice Class (1 hr) Intro To Mindfulness and Jewish Meditation (2 hrs) Intro To Supine Poses and Practice Teaching with Trainer Feedback: (3 hrs) Little Boat; Happy Baby; Supine Pigeon; Reclining Hand To

			Big Toe Pose (with hand and with strap), Supine Spinal Twists
February 8	8	Carol	15 min settle in welcome talk; 45 lunch break <ul style="list-style-type: none"> Yoga Practice Class: Vinyasa (Precision of Alignment and Anasura Influenced) (1 hr) Intro To Kids yoga /Teen Yoga (2 hours) Teaching and Adjusting For Savassana (Theory and Practice) (2 hrs) Practice Group Teaching (with feedback from trainer) (1 hr)
February 15	9	Sarede	15 min settle in welcome talk; 45 lunch break <ul style="list-style-type: none"> Yoga Practice Class: Partner Yoga and Acro Yoga (1 hr) Yin Yoga Workshop (3 hr) Prone Poses: Threading The Needle, Pigeon; Cobra; Bow (2 hr)
March 15	11	Sarede	15 min settle in welcome talk; 45 lunch break <ul style="list-style-type: none"> Hatha Yoga Practice Class (1 hour) <p>Therapeutic Benefits of Yoga (2 hours) Therapeutic Benefits of Yoga as it pertains to teaching private clients - how to create an energy-healing focused class for group classes.</p> <p>Intro To Back Bends: (3 hrs) Exploring the Alignment Of Fish, Camel, Bridge/Wheel , Wild Thing and understanding how to open the heart in Yoga</p> <ul style="list-style-type: none"> Practice teaching and review (with trainer feedback)
March 29	12	Sharie	15 min settle in welcome talk; 45 lunch break <ul style="list-style-type: none"> Practice Class: Restorative (1 hr) Balance and Proprioception and The Poses of Tree; Eagle; King of Dancers, Crow (3 hrs) Practice Teaching With Trainer Feedback (2 hrs)
April 19	13	Sarede	15 min settle in welcome talk; 45 lunch break <ul style="list-style-type: none"> Hatha or Vinyasa Yoga Practice (1 hr) Intro To Chakras (1.5 hr) Jewish Mindfulness Integrating Chassidut (1.5 hrs) Practice Teaching with trainer feedback (2 hrs)
April 26	14	Carol	15 min settle in welcome talk; 45 lunch break <ul style="list-style-type: none"> 1 hr practice class: Style TBA (1 hr) Seated Poses: Poses and their alignments with an emphasis on adjusting and assisting for the highlighted poses: Seated Forward Bends; Squat; 1/2 Lotus; Seated Spinal Twists; Butterfly/tortoise; Cow-Faced Pose (3 hr) Intro to Language Expression: How to use different language expressions, tone, and silence to direct students into a yoga experience and Practice Teaching (2 hrs)
May 3	15	Sarede	15 min settle in welcome talk; 45 lunch break (There will be no practice class on this day)

			<ul style="list-style-type: none"> • Yoga And Business - Full Day Workshop
May 10	16	Sarede	15 min settle in welcome talk; 45 lunch break <ul style="list-style-type: none"> • Practice class: Vinyasa (1 hr) • Pre-Natal Yoga (3 hrs) • Practice Teaching with Trainer Feedback (2 hrs)
May 17	17	Carol	15 min settle in welcome talk; 45 lunch break <ul style="list-style-type: none"> • Practice Class: TBA (1 hr) • Arm Balances (cont'd): Inverted Tabletop; Inverted Plank; Side Plank (2 hr) • Lunge Poses (knee down, with a lifted knee, and high lunge with both knees bent) (1 hr) • Practice Teaching with trainer feedback (2 hrs)
May 31	18	Sharie	15 min settle in welcome talk; 45 lunch break <ul style="list-style-type: none"> • Practice Class: Style TBA (1 hr) • Ethics For Yoga Teachers -Professional Ethics and Jewish Business Ethics (1.5 hrs) • Intro To Sequencing (1.5 hrs) • Practice Teaching and Teacher Feedback (2 hrs)
June 7	10 – rescheduled to this date	Sarede	15 min settle in welcome talk; 45 lunch break <ul style="list-style-type: none"> • Restorative Yoga Practice Class (1 hr) • Anatomy Workshop: Yoga Anatomy Workshop: The Anatomy Of The Core & Pelvis (3 hrs) Arm Balances: Downward Dog; Plank; Upward Dog; Chaturanga; (2 hrs)
June 14	19	Sarede	15 min settle in welcome talk; 45 lunch break (No practice class because trainees are teaching classes) <ul style="list-style-type: none"> • Yoga and Business (3hrs) • Presentations - (3 hrs)- trainees teaching classes as final presentations with students and trainer feedback
June 28	20	Sharie	15 min settle in welcome talk; 45 lunch break (No practice class because trainees are teaching classes) <ul style="list-style-type: none"> • Presentations- (remaining trainees presentations) • Feedback forms for course • Closure
TBA – unanimously decided by the group	Make-up workshop	Sharie	