

Tel Aviv yoga teacher training – WORKSHOP DATES AND COURSE OUTLINE

The following is a list of the Friday workshop dates for your upcoming yoga teacher training course – you will also find the dates marked on the course calendar. NOTE that the dates are SUBJECT TO CHANGE if 3 or more persons cannot make a particular date and the REST OF THE GROUP AGREES on an alternative date. There are no workshops in August 2014. Trainers are also subject to change.

Location: Birnboim 6A, Tel Aviv-Jafo, 6230249 @ the Belly Bliss Dance Studio

Time: 8.30 am – 1.30 pm

Trainers: Ingrid Aria, Erica Friedman and Leia Weil

Month	Day	Workshop No.	Topics
May 2014	16	1	<i>Ingrid, Erica and Leia</i> <ul style="list-style-type: none"> Welcome and hand out of curriculum books Intro to styles of yoga Practice class with the three trainers
	30	2	<i>Erica</i> <ul style="list-style-type: none"> Iyengar-style yoga practice Anatomy workshop
June 2014	6	3	<i>Ingrid</i> <ul style="list-style-type: none"> Vinyasa flow practice Intro to adult yoga Common patterns of misalignment, injury prevention and incorrect/non-optimal language Intro to Jewish meditation
	13	4	<i>Leia</i> <ul style="list-style-type: none"> Vinyasa flow Mountain Pose as the center of all other poses Meditation Poses: 1/2 lotus; Child's Pose; Supine Bound Angle; Legs up at wall Kneeling Poses: Cat/Cow; Child's Pose; Rabbit
July 2014	4	5	<i>Kinneret (subject to change)</i> <ul style="list-style-type: none"> Restorative yoga practice History of yoga and Yoga and Judaism Intro to sequencing and variations
	11	6	<i>Kinneret (subject to change)</i> <ul style="list-style-type: none"> Kids yoga and Chair yoga Chakras and passive adjustments for Savasana
	18	7	RESCHEDULED
	25	8	RESCHEDULED

September 2014	5	9	<p><i>Erica</i></p> <ul style="list-style-type: none"> • Intro to props and modifications • Standing Poses - Standing Forward Bend; Side Intense, Stretch/Standing Splits • Anatomy of breathing and intro to breathing technique
	19	10	<p><i>Ingrid</i></p> <ul style="list-style-type: none"> • Vinyasa practice • Poses - Triangle; Extended Side Angle; Standing 1/2 Moon and Warrior Stance: Warrior 1, Warrior 2 and Exalted Warrior and Lunges
October 2014	24	11	<p><i>Erica</i></p> <ul style="list-style-type: none"> • Iyengar style practice • Seated Poses: Seated Forward Bends; Squat; 1/2 Lotus; Seated Spinal Twist; Bound Angle; Cow-Faced Pose • Practice teaching with feedback from teacher
	31	12	<p><i>Hillel Lester</i></p> <ul style="list-style-type: none"> • Jewish meditation – The practices of letting go and the practices of becoming
November 2014	14	13	<p><i>Erica</i></p> <ul style="list-style-type: none"> • Iyengar style practice • Supine Poses: Little Boat; Happy Baby; Eye of the Needle/Supine Pigeon; Supine Spinal Twists • Practice teaching with feedback from teacher
	21	7 – Rescheduled to this date	<p><i>Oriana Devorah Cohen</i></p> <ul style="list-style-type: none"> • Chakra workshop • Kids' yoga
	28	14	<p><i>Ingrid</i></p> <ul style="list-style-type: none"> • Pre-natal yoga practice and workshop • Material from Rachel Krentzman's workshops
December 2014	5	15	<p><i>Ingrid</i></p> <ul style="list-style-type: none"> • Yoga and business
	12	16	<p><i>Ingrid</i></p> <ul style="list-style-type: none"> • Vinyasa practice • Arm Balances: Downward Dog; Plank; Upward Dog; Chaturanga; Crow; Inverted Tabletop; Inverted Plank; Side Plank and Lunge Poses • Practice teaching with feedback from teacher
January 2015	9	CANCELLED DUE TO SNOW STORM	
	16	17- Rescheduled to this date	<p><i>Leia</i></p> <ul style="list-style-type: none"> • Adjusting and assisting
	23	18	<p><i>Ingrid</i></p> <ul style="list-style-type: none"> • Vinyasa practice • Material from Rachel Krentzman's workshops
	30	8 – Rescheduled to this date	<p><i>Ingrid</i></p> <ul style="list-style-type: none"> • Yoga and Business • Ethics for Yoga Teachers

February 2015	13	19	<p><i>Erica</i></p> <ul style="list-style-type: none"> • Iyengar style practice • Prone Poses: Pigeon; Cobra; Bow • Practice teaching with feedback from teacher
March 2015	13	21	<p><i>Ingrid</i></p> <ul style="list-style-type: none"> • Vinyasa-based practice • Yoga Anatomy Workshop based on the work of Rachel Krentzman
	20	20 – rescheduled to this date	<p><i>Leia</i></p> <ul style="list-style-type: none"> • Hatha-based practice incorporating Balance Poses • Poses - Balance Poses: Tree; Eagle; King of Dancers • Practice teaching with feedback from teacher
April 2015	17	23	<p><i>Ingrid</i></p> <ul style="list-style-type: none"> • Vinyasa or Restorative practice • Yoga Anatomy Workshop based on the work of Rachel Krentzman
	24	24	<p><i>Leia</i></p> <ul style="list-style-type: none"> • Vinyasa or Hatha-based practice • Jewish meditation / mindfulness workshop and The use of visualization to create effortless movement • Partner/Acro yoga practice • Practice teaching with feedback – preparation for presentations
May 2015	1	25	<p><i>Erica</i></p> <ul style="list-style-type: none"> • Iyengar-style practice incorporating the poses below • Review Poses- Headstand; Shoulderstand; Crow; Wheel; Fish • Practice teaching with feedback from teacher
	15	26	<p><i>Ingrid</i></p> <ul style="list-style-type: none"> • Presentation day – each student gives 30-minute yoga class followed by 30 minutes of feedback
	22	27	<p><i>Ingrid</i></p> <ul style="list-style-type: none"> • Presentation day – each student gives 30-minute yoga class followed by 30 minutes of feedback
	29	28	<p><i>Erica and Ingrid</i></p> <ul style="list-style-type: none"> • Last yoga practices • Q & A session/review - come with questions prepared • Presentation of certificates • Program feedback/forms • Goodbyes and a closing circle
June 2015	5	22 – rescheduled to this date	<p><i>Ingrid</i></p> <ul style="list-style-type: none"> • Restorative or Vinyasa • Yoga Anatomy Workshop based on the work of Rachel Krentzman

TBA		Make-up workshop	<i>Ingrid</i> Date and topic determined by the group (topic depends on who missed and topics missed and how we can design a workshop to fill in their missed information)
-----	--	------------------	--