

Part 1 - Jerusalem Summer Intensive July 2015

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:

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

Fridays: **Mamilla Studio** - Inspire Yoga and Pilates Studio, 22 Gershon Agron Street, Jerusalem (near Mamilla Mall).

DATES, TIMES, LOCATION SUMMARY

DATES	TIMES	LOCATION
Sunday, July 12, 19	9 am – 4.30 pm	Eastern Arts Center
Monday, July 6, 13, 20	9 am – 4 pm	Eastern Arts Center
Tuesday, July 7, 21	9 am – 4 pm	Eastern Arts Center
Wednesday, July 8, 22	9 am – 4.30 pm	Eastern Arts Center
Thursday, July 9, 23	9.30 am – 4.30 pm	Eastern Arts Center
Friday, July 10, 17, 24	9 am – 3.30 pm	Inspire Yoga and Pilates Studio

Note about lunch breaks: 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.

COMPLETE SCHEDULE

Date	Monday, July 6		
Workshop #	1		
Location	Eastern Arts Centre		
Time	9am – 4 pm		
Instructor	Kinneret, Ingrid, and Chaya Bracha		
Schedule			
	9 am - 10:30 am (Tent)	Chaya Bracha and Ingrid	<ul style="list-style-type: none"> Welcome talk and hand-out of curriculum books Intro to styles of yoga and Practice Class Connected To The Style
	10:30 am- 12 pm (Tent)	Ingrid	<ul style="list-style-type: none"> Intro to Power, Vinyasa, Ashtanga Vinyasa practice class with Ingrid
	12-1 pm		Lunch
	1 pm-2:30 pm (Outside 1-1:30 and hall 1:30-2:30)	Chaya Bracha	<ul style="list-style-type: none"> Intro to Anasura, Yin Anasura Yoga practice class with Chaya Bracha
	2:30 pm-4 pm (hall)	Kinneret	Intro to Flow Yoga, Restorative Yoga, Iyengar and Practice Class integrating the 3 with Kinneret

Date	Tuesday, July 7		
Workshop #	2		
Location	Eastern Arts Center		
Time	9am – 4 pm		
Instructor	Leia and Kinneret		
Schedule			
	9 am-10 am (tent)	Leia	Hatha/ Restorative Class with Leia
	10 am-12 pm (Note: at 10.30 am switch to hall)		Intro To Breathing Technique and Mountain Pose as the Center of all Poses
	12-1 pm		Lunch
	1 pm -4 pm (hall)	Kinneret	Intro To Adjusting and Assisting and Practice Teaching with Teacher Feedback

Date	Wednesday, July 8		
Workshop #	3		
Location	Eastern Arts Center		
Time	9 am – 4.30 pm		
Instructor	Ingrid and Kinneret		
Schedule	Full day in Hall		
	9 am-10 am	Ingrid	Vinyasa Practice Class with Ingrid
	10:15 am-12 pm		Common patterns of misalignment and injury prevention
	12 pm-1 pm		Lunch
	1 pm-3 pm	Ingrid	<ul style="list-style-type: none"> • Terms of orientation of movement • The 5 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 (example, Sun Salutations Series)
	3.00-4.30 pm	Kinneret	Effective language communication for teaching yoga

Date	Thursday, July 9		
Workshop #	4		
Location	Eastern Arts Center		
Time	9.30 am – 4.30 pm		
Instructor	Kinneret		
Schedule	Full day in Hall		
	9.30 am-10.30 am	Kinneret	Flow Yoga Practice Class
	10:30 am-12.30 pm		Intro To Props (Modifications and Intensifications) and Transitions (Dynamic versus Static)
	12.30 pm-1.30 pm		Lunch
	1.30 pm- 3 pm		Intro To Props (Modifications and Intensifications) and Transitions (Dynamic versus Static) continued
	3 pm-4.30 pm		Intro To Teaching Savasanna Final Relaxation (with learning language and hands on adjustments) and practice teaching with teacher feedback

Date	Friday, July 10		
Workshop #	5		
Location	Inspire Yoga and Pilates Studio, Mamilla		
Time	9 am – 3.30 pm		
Instructor	Chaya Bracha		
Schedule			
	9 am-10 am	Chaya Bracha	Vinyasa Practice Class
	10:15 am-12:15 pm		Triangle; Extended Side Angle; Standing ½ Moon and Warrior Stance: Warrior 1, Warrior 2 and Exalted Warrior
	12:15 pm-12:45 pm		30 minute Lunch Break
	12:45 pm-3:30 pm		Supine Poses: Little Boat; Happy Baby; Eye of the Needle/Supine Pigeon; Supine Spinal Twists and practice adjustments for these poses

Date	Sunday, July 12		
Workshop #	6		
Location	Eastern Arts Center		
Time	9 am – 4.30 pm		
Instructor	Chaya Bracha and Hillel		
Schedule			
	9 am-10:15 am (Tent)	Chaya Bracha	Anasura Practice Class Introducing The Principles of Anasura Yoga Within The Practice
	10:30 am-12.00 pm (Hall)	Hillel	Intro To Jewish Meditation
	12.00-12.30 pm	Hillel	Outside processing class while eating lunch
	12:30 pm-1:00 pm		Just lunch
	1.00 pm-3:30 pm (Hall)	Chaya Bracha	Intro To Back Bend Poses and Prone Poses: Wheel, Fish (Supine Backbends), Pigeon; Cobra; Bow (which are Prone poses and also backbends)
	3:30-4:30 pm (Hall)		Practice Teaching With Teacher Feedback

Date	Monday, July 13		
Workshop #	7		
Location	Eastern Arts Center		
Time	9 am – 4 pm		
Instructor	Ingrid		
Schedule			
	9 am-10 am (Tent)	Ingrid	Vinyasa Practice Class
	10:15 am-12:30 pm (Tent)		<u>Yoga Anatomy Workshop</u> - musculature of the core and musculature of the hips, and pelvis- engaging the 3 bandhas
	12:30 pm-1:30 pm		Lunch
	1:30 pm-4 pm (Hall)		Intro To Inversion Poses (Poses such as headstand, shoulder stand (and their controversies over practicing them safely), handstand, and dolphin. The anatomical benefits of inversions.

No classes Tuesday 14, Wednesday 15 and Thursday 16

Date	Friday, July 17		
Workshop #	8		
Location	Inspire Yoga and Pilates Studio, Mamilla		
Time	9 am – 3.30 pm		
Instructor	Hillel and Leia		
Schedule			
	9 am -12 pm	Hillel	Introduction To Jewish Meditation
	12 pm-12:30 pm		Lunch
	12:30 pm-2 pm	Leia	Introduction To Standing Poses : Standing Forward Bends, Side Intense Stretch, Standing Lunge
	2 pm-3:30 pm		Introduction to Kneeling Poses: Rabbit, Threading the Needle, Kneeling Lunges

Date	Sunday, July 19		
Workshop #	9		
Location	Eastern Arts Center		
Time	9 am – 4.30 pm		
Instructor	Kinneret		
Schedule			
	9 am-10 am (Tent)	Kinneret	Flow Yoga Practice Class
	10:15 am- 12 pm (Hall)		Intro to sequencing
	12 pm-1 pm		Lunch
	1 pm-2: 30 pm (Hall)		Balance Poses (Tree, Eagle, King Of Dancers, Standing Split and more)
	2:30 pm-4:30 pm (Hall)		How To Design Sequence Flows For The Presentations (which are on the last 2 days of class)

Date	Monday, July 20		
Workshop #	10		
Location	Eastern Arts Center		
Time	9 am – 4 pm		
Instructor	Leia		
Schedule			
	9 am-10 am (Tent)	Leia	Restorative Yoga Class
	10 am -12:30 pm (Tent)		Meditation poses and Visualization: ½ Lotus; Child’s Pose; Supine Butterfly; Legs-Up-At-Wall and practice teaching
	12:30 pm -1:30 pm		Lunch
	1:30 pm-3 pm (Hall)		Intro To Seated Poses: Seated Forward Bends; Squat; ½ Lotus; Seated Butterfly Pose; Cow Faced Pose
	3 pm-4 pm (Hall)		Practice Teaching and Teacher Feedback

Date	Tuesday, July 21		
Workshop #	11		
Location	Eastern Arts Center		
Time	9 am – 4 pm		
Instructor	Kinneret		
Schedule			
	9 am- 10 am (Tent)	Kinneret	Flow Yoga Practice Class With Kinneret
	10:15 am- 12 pm (switch to Hall at 10.30)		Ethics For Yoga Teachers
	12 pm-1 pm		Lunch
	1 pm-2 pm (Hall)		Ethics For Yoga Teachers continued
	2 pm-4 pm (Hall)		Chair Yoga and Yoga For People With Mobility Issues

Date	Wednesday, July 22		
Workshop #	12		
Location	Eastern Arts Center		
Time	9 am – 4.30 pm		
Instructor	Ingrid		
Schedule	Full day in the Hall		
	9 am-10 am	Ingrid	Vinyasa Practice Class
	10: 15 am -12 pm		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
	12 pm to 1 pm		Lunch
	1 pm -2 pm		Anatomy workshop continued
	2 pm- 4.30 pm		Intro To Arm balance poses: Downward Dog; Upward Dog; Chaturanga; Crow; Plank; Inverted Plank; Side Plank and practice Teaching

Date	Thursday, July 23		
Workshop #	13		
Location	Eastern Arts Center		
Time	9.30 am – 4.30 pm		
Instructor	Chaya Bracha and Kinneret		
Schedule	Full day in the hall - 6 students are to present on this day		
	9.30 am-12.30 pm	Kinneret	Student presentations
	12.30 pm-1.30pm		Lunch
	1.30-4.30 pm	Chaya Bracha	Student presentations

Date	Friday, July 24		
Workshop #	14		
Location	Inspire Yoga and Pilates Studio, Mamilla		
Time	9 am – 3.30 pm		
Instructor	Leia and Ingrid		
Schedule	Remaining students are to present this day		
	9 am-12:30 pm	Leia	Student presentations
	12:30 pm-3:30 pm	Ingrid	Lunch with Q and A, Student Evaluation Of Program, Closing Circle, and Goodbye -or more presentations if other people sign up for the course