

Part 2 - Jerusalem Summer Intensive July 2015

WORKSHOP DATES AND COURSE OUTLINE

The following is a list of workshop dates and topics for your Part 2 Summer Intensive yoga teacher training course – you will also find the dates marked on the portal course calendar. Trainers are subject to change.

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

TIME: 8.30 am – 1.30 pm

Each workshop will start with a practice class from 8.30-9.30 am

DATE	Workshop No	Instructor	Topic
September 18	15	Leia	Adjusting and Assisting As It Pertains To Deepening Backbends and Creating Heart Openers Practice teaching with teacher feedback.
October 9	16	Oriana	Chakras (energy centers), Mudras (hand positions), Doshas (Ayurvedic eastern medical system which defines the three bodily humors that make up one's constitution. Very useful in understanding body types and personalities)
October 30	17	Leia	How To Teach Private Yoga: Starting A Private Yoga Business, How To Structure A Private Session, and Creating Professional Boundaries For Private Yoga Sessions (including how to get connected to your student while maintaining healthy boundaries and how to process emotions that surface in a private yoga class) Practice teaching with teacher feedback.
November 6	18	Chaya Bracha	Yoga and the glands: An Endocrine system based meditative flow utilizing the energy of the glands of the pelvis and the glands of the crown. Practice teaching with teacher feedback.

November 27	19	Ingrid	Yoga Anatomy Workshop (details on specific of topic is TBA -to be announced) Practice teaching with teacher feedback.
December 4	20	Oriana	Introduction To Kid's Yoga and Pre-Natal Yoga
December 18	21	Chana Guest Teacher	Yoga and Business (how to find students, how to market and brand yourself, using social media, understanding one's purpose, knowing your strengths and weaknesses and how to utilize the former and compensate for the latter, etc) Practice teaching with teacher feedback.
January 8	22	Chaya Bracha	A Deeper Exploration of Arm Balance Poses (Yin Yoga Practice class) Practice teaching with teacher feedback.
January 15	23	Ingrid	Yoga Anatomy Workshop (details on specific of topic is TBA -to be announced) Practice teaching with teacher feedback.