



Abhaya Teacher Training Intensive Summer 2019
Location: Abhaya Gowanus (Sun, ½ Mon, Tues, Wed, Thur)
Abhaya Yoga Dumbo (½ Mon and Fridays)

August 4-27 | Sundays- Tuesdays & Thursday 9am-6pm |
Wednesdays and Fridays 9am-8pm |

Sunday August 4 Location: Gowanus with Tara Glazier

9am: Arrival and Orientation

10-11:30: Asana Class

11:30-12:30 Lunch Break

12:30-2pm: Lecture

2-4pm: Asana and Applied Anatomy

4pm short break

4:15-6pm Applied Breathwork, Restorative Poses, and Meditation

Monday August 5 Location: Abhaya Yoga Dumbo

9am: Arrival, Lecture

10-11:30 pm Chandra Yoga (asana practice) with Tara Glazier

11:30-12:30pm Break and Transition to Gowanus location

12:30-1:30pm Foundations Asana with Sophia Holly

1:30-2:00: Break

2:00-4pm: Anatomy Lecture with Tara Glazier

4:15-6pm: Applied Anatomy and Asana with Sophia Holly

Tuesday August 6: Gowanus Location with Jennifer Dioperla & Sophia Holly

9am-11:30am: Arrival and Meditation with Jennifer

11:30-12:30pm: Break y

12:30-2pm: Asana with Eric Stoneberg

2-4pm: Applied Anatomy and Bio-Mechanics with Sophia Holly

4-6pm: Philosophy Study with Sophia Holly

Wednesday August 7: Gowanus location

9am- 11am: Arrival and Joint Warm up/ Restorative Class with Sophia Holly

11-11:30am: Worksheet and Questions

11:30-12:30 Lunch Break

12:30-1:45 pm: Core Yoga Class with Kara Kaplan

2-4pm: Applied Anatomy and Asana

4-6pm: Philosophy Study

6-6:30pm: Break

6:30-8pm: Asana Class

Thursday August 8: Gowanus Location

9-11am: Arrival and Asana Class with Sophia Holly

11-12 pm: Group work and anatomy study

12-1pm Break

1-4pm: Philosophy Study

4-6pm: Meditation and Restorative Asana

Friday August 9: Dumbo Location

9am-11am: Arrival and Lecture

11-12p: worksheet

12-1:30pm: Asana Class outside in park

1:30-3pm Lunch Break

3-4:30pm: Philosophy Study

4:30-6pm: Anatomy Study

6:30-8pm: Bhakti Flow class with Sophia

Saturday August 10: OFF

Sunday Aug 11: Gowanus Location

9am Arrival and Lecture with Eduardo

10am-11:30am: Asana Class with Eduardo

11:30-12:30pm: Intro to Ayurveda with Eduardo

12-1:30p: Lunch Break

1:30-4pm: Philosophy Study with Sophia Holly

4p-6pm: Subtle Body Anatomy and Meditation with Sophia

Monday August 12: Dumbo Location

9am: Arrival and Lecture

10-11:30am: Chandra Yoga/ Asana Class with Tara Glazier

11:30-12:30pm Transition and Break over to Gowanus

12:30-1:30pm Foundations Class with Sophia Holly

1:30-3pm Break

3-4:30pm: Philosophy Study

4:30-6pm: Anatomy Study

Tuesday August 13: Gowanus Location

9-12pm: Meditation and Lecture with Tara Glazier

12-1:30pm Break

1:30- 4pm: Philosophy Study

4-6pm: Anatomy Study

Wednesday August 14: Gowanus Location

9am-11am: Lecture with Tara Glazier

11-12pm Break (do not eat too much)

12:30-1:45: Core Yoga Class with Kara

1:45-2:30p Break

2:30-4pm: Anatomy Study

4-6pm: Philosophy Study

6-8pm: Asana Class with Tara Glazier

TEACHER TRAINING PART 2- THE ART OF TEACHING

Thursday August 15: Gowanus Location

9-12pm: Arrival, Lecture, and Asana with Tara Glazier

12-1pm: Break

1-4pm: Observation Teaching Practice- Standing Poses

4-6pm: Benefits of Standing Poses,
Teaching Practice- Standing Poses

Friday August 16: Dumbo Location

9-12: Arrival, Lecture, Teaching Practice

12-1pm: Vinyasa Class with Tara Glazier

1-2pm: Break

2-4pm: Partner work in Park - Inversions

4-4:30pm: Transition and Break

4:30-6pm: Benefits of Inversions, Teaching Practice

6:30-8pm: Bhakti Flow Class

Saturday August 17: OFF

Sunday August 18: Gowanus Location

9am Arrival and Lecture

10-11:30am Asana with Tara Glazier

11:30-12:15pm: Break

12:15- 2pm: Benefits of Backbends

1:30-4pm: Anatomy Study and applied teaching practice of backbends

4:15-6pm: Benefits of Seated Poses and Twists, Teaching Principles for basic seated poses
and twists

Monday August 19: Dumbo Location start

9-10am: Arrival and Lecture

10-11:30am: Chandra Yoga/ Asana

11:30-12:30 pm: Break and Transition over to Gowanus

12:30-1:30pm: Foundations Yoga with Sophia Holly

1:30-2:30pm: Break

2:30-4pm: Benefits of Inversions, Teaching Practice with Sophia Holly

4-6pm: Benefits of Restorative Postures, Practice teaching of restorative postures

Tuesday August 20: Gowanus

9-12pm: Meditation and Teaching Meditation with Tara Glazier

12-1pm: Break

1-6pm: Teaching Practice with Sophia Holly

Wednesday August 21: Gowanus

9-11am: Hands on Adjustments with Tara Glazier

11-1pm: Partner Teaching Practice

1-2pm: Break

2-4pm Advanced Asana with Tara Glazier

4-5p: Worksheet and Questions

5-6pm: Break

6:30-8pm: Asana with Tara Glazier

Thursday August 22: Gowanus

9-12 pm: Asana, Benefits of Arm Balances, Teaching Core principles

12-1:30pm: Break

1:30-6pm: Hands on Adjustments

Friday August 23: Gowanus

9-12pm: Teaching Skills, Thematic Integration

12-1pm: Vinyasa Class

1-2:30pm: Break

2:30-5pm: Teaching Skills with Sophia

5-6pm: reading, worksheets, self study

6:30-8pm: Your choice of Bhakti Flow or Bhava (choose Dumbo or Gowanus)

Saturday August 24: OFF

Sunday August 25: Gowanus:

9-10am Arrival and Reading

10-11:30am: Asana with Tara

11:30-12:30pm Break

1-6pm: Practice for final Teaching Skills with Sophia

Monday August 26: Gowanus Location

9am-1pm: Arrival, Practice and Review

1-6pm Finals and Final Test!

Tuesday August 27: Gowanus Location

Finals and Final Test!

