



Abhaya Yoga 100 Hour Immersion
Location: Abhaya Yoga Gowanus

Abhaya Yoga Immersion- September 11th 2019- October 30, 2019

**There is no prerequisite for Immersion other than a serious interest in yoga*

**Immersion is the prerequisite for 200 hour Teacher Training if one ever chooses to move on.*

Wednesdays 6:00-9:30pm

September 11, 18, 25; October 2, 9, 16, 23, 30

Sundays 10am-6pm

September 15, 22, 29; October 6, 13, 20, 27

***Select Fridays**

6:00-9pm

Friday September 13, October 4th

***Select Saturdays**

10am-6pm

Saturday September 14, October 5,

** All sessions include Asana, Lecture, Anatomy Study, Meditation, Breathwork, Philosophy Study*

Outline Curriculum Fall 2019

Wednesdays:

6:00-6:30pm Self Study, Reading, Worksheets

6:30-7:45pm Asana with Tara Glazier

7:45- 8:15pm Meditation, Breathwork

8:15-9:30pm Philosophy study

Sundays:

10am- 11:30am Asana Class

11:30-12:30pm Lunch Break

12:30-3:45pm: Anatomy Study, Biomechanics

3:45-4:30pm: Break

4:30-6pm: Restorative Yoga, Philosophy Study & Ayurveda

Select Fridays:

6:00-6:45pm: Self- study, reading, group work

6:45pm-8pm: Asana class with live music

6:30-8pm: Philosophy Study and Meditation

Select Saturdays:

10am- 12p: Applied Anatomy

12:30-1:45pm Asana Class

1:45pm- 2:30pm: Lunch

2:30-5pm: Philosophy, Ayurveda, and Practical Yoga History

3-3:30pm Break

5-6pm: Restorative Asana, Philosophy, Meditation, and Breathwork



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