



Abhaya Teacher Training Intensive Summer 2019

Location: Abhaya Gowanus

43-D 9th Street Brooklyn, NY 11215

F/ G to Smith and 9th Street

August 4-28 | Sundays- Tuesdays & Thursday 9am-6pm |
Wednesdays and Fridays 9am-8pm |
*Saturdays OFF

Sunday August 4

9am: Arrival and Orientation

10-11:30am: 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

9am-12:15pm Arrival, Lecture

12:15-12:30 Break

12:30-1:30 Asana

1:30-2:30pm lunch break

2:30- 4pm: Philosophy & Discussion

4:00-6:00pm: Applied Anatomy and Asana

Tuesday August 6:

9am-12:15pm: Philosophy Study and discussion, Asana
12:15-1pm: Break
1-3pm: Meditation, Restorative
3-3:30pm: Break
3:30-5pm: Applied Anatomy and Bio-Mechanics
5-6pm: Philosophy Study

Wednesday August 7:

9am- 11:15am: Arrival and Joint Warm up/ Restorative Class
11:30-12pm: Worksheet and Questions
12-1:15pm Lunch Break
1:15-3pm: Applied Anatomy and Asana
3-3:30pm: Break
3:30-6pm: Philosophy Study, Meditation, Restorative
6-6:30pm: Break
6:30-8pm: Asana Class

Thursday August 8:

9-11:30am: Arrival, Warm up, and lecture
11:30-12pm: Meditation Class
12:30pm- 1:30pm: Asana Class
1:30-2:30pm: Lunch Break
2:30-4pm: Philosophy Study
4-6pm: Applied Anatomy & Restorative Asana

Friday August 9:

9am-10pm: Arrival and Lecture
10-11:30am Chandra Yoga class
11:30-1 Lunch Break
1-3pm: Applied Asana and Ayurveda
3-3:30pm: Break
3:30-5pm: Philosophy Study
5:00-6pm: Anatomy and Therapeutics Study
6-6:30pm: Break
6:30-8pm: Asana with live music

Saturday August 10: OFF

Sunday Aug 11:

9am Arrival and Lecture
10am-11:30am: Intermediate Asana
11:30-12:30pm: Lunch Break

12:30-3:30pm: Philosophy Study, Applied Anatomy

4p-6pm: Subtle Body Anatomy and Meditation

Monday August 12:

9am-12pm: Arrival and Lecture, asana, philosophy

12-12:30pm: Break

12:30-1:30pm: Asana Class

1:30-2:30pm Lunch Break

2:30-4pm Philosophy Study

4-6pm : Applied Asana and Anatomy Study

Tuesday August 13:

9am-12:15pm: Philosophy Study, Lecture, Asana

12:15-1pm: Break

1-3pm: Meditation, Restorative

3-3:30pm: Break

3:30-5pm: Applied Anatomy and Bio-Mechanics

5-6pm: Philosophy Study

Wednesday August 14:

9am-12pm Lecture, Asana

12-1:30pm Break

1:30pm-3:00pm: Abhaya Method Review/ Asana; Closed Book Test

3-3:30pm: Break

3:30-4pm: Philosophy Study/ Anatomy test Review

4-6pm: Immersion Final Test/ Open Book Test

6-6:30pm: Break

6:30-8pm: Asana

TEACHER TRAINING PART 2- THE ART OF TEACHING

Thursday August 15:

9-12pm: Qualities of Teacher, Sacred Space, Teaching Warm ups and Sun Salutations

12-1pm: Break

1-4pm: Observation Teaching Practice- Standing Poses

4-6pm: Benefits of Standing Poses,

Teaching Practice- Standing Poses

Friday August 16:

9-1pm: Review Observation, Sun Salutations, Teaching Standing Poses

Learn: Benefits of Twists, Principles of Twists, Teaching Twists

1-2pm: Break

2-4pm: Benefits of Seated and Reclined Poses, Teaching Seated and Reclined Poses

Teaching Restoratives/ Teaching Restorative Twists

4-4:30pm: Break

4:30-6pm: Teaching Breathwork and Review Teaching Seated Poses and Restorative
6:30-8pm: Asana

Saturday August 17: OFF

Sunday August 18:

9am Arrival and Lecture

10-11:30am Asana Class with Inversions

11:30-12:15pm: Break

12:15- 2pm: Benefits Inversions, Principles of Inversions, Teaching Inversions

2-4pm: Class Sequencing #1

4:15-6pm: Class Sequencing #2 and Theming, Review Teaching Inversions

Monday August 19:

9-12pm: Teaching Review Observation, Sun Salutations, Standing Poses, Twists, Seated poses

12:00-12:30pm Break

12:30-1:30pm: Asana Class (take class or observe)

1:30-2pm: Break

2-5pm: Teaching Beginners, Teaching Diverse Populations

5-6pm: Class Sequencing for Diverse populations

Tuesday August 20:

9-12pm: Learn: Benefits of Backbends, Principles of Backbends, Teaching Backbends

12-1pm: Break

1-4pm: Hands on Adjustments Part #1

4-6pm: Review Benefits of Restorative Postures (backbend forms), Practice teaching of restorative postures

Wednesday August 21:

9-11am: Learn: Benefits of Arm Balances, Principles of Arm Balances, Teaching Core principles and arm balances

11-12pm: Partner Teaching Practice

12-1:15pm: Break

2-4pm Asana (take class or observe)

4-5pm: Review and Question

5-6pm: Break

6:30-8pm: Asana class

Thursday August 22:

9-12 pm: Hands on Adjustments #2

12-1:30pm: Break

1:30-6pm: Hands on Adjustments and Therapeutics

Friday August 23:

9-10pm: Teaching Skills, Thematic Integration
10-11:30am: Chandra Yoga class
11:30-1pm: Break
1-2:30pm: Class Creation
2:30-5pm: Go over class creations and review language skills
5-6pm: reading, worksheets, self study
6:30-8pm: Asana with live music
** Final Class Outlines should be submitted for review**

Saturday August 24: OFF

Sunday August 25:

9-10am: Practice Teaching
10-11:30am: Asana Class
11:30-12:30pm Break
12:30-3:30pm Sequencing and Teaching Vinyasa
3:30-4:30pm: Break
4:00-6pm: The Business of Yoga

Monday August 26:

9am-12pm: Therapeutics
12:30-1:30pm: Observe or take class
1:30-2:30pm: Break
2:30-6pm Review Teaching level 2: Standing Poses, Twists, Seated, Backbends, Inversions

Tuesday August 27:

9am-1pm- Review and Teaching practice
1-2pm lunch
2-6pm finals and final tests

Wednesday August 28:

9am-6pm Final Tests
Teaching and Written

