



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

August 4-29 | Sundays- Tuesdays & Thursday 9am-6pm |  
Wednesdays and Fridays 9am-8pm |

## **Sunday August 4**

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**

9am-12:00pm Arrival, Lecture

12-1pm lunch break

1-2pm: Philosophy & Discussion

2:00-6:00pm: Applied Anatomy and Asana

## **Tuesday August 6:**

9am-11:30am: Philosophy Study and discussion

11:30-12:30pm: Break

12:30-2pm: Asana  
2-4pm: Applied Anatomy and Bio-Mechanics  
4-6pm: Philosophy Study

**Wednesday August 7:**

9am- 11am: Arrival and Joint Warm up/ Restorative Class  
11-11:30am: Worksheet and Questions  
11:30-12:30 Lunch Break  
12:30-4pm: 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  
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-12pm: Arrival and Lecture  
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: Asana

Saturday August 10: OFF

**Sunday Aug 11:** Gowanus Location

9am Arrival and Lecture  
10am-11:30am: Asana  
11:30-12:30pm: Philosophy  
12-1:30p: Lunch Break  
1:30-4pm: Philosophy Study  
4p-6pm: Subtle Body Anatomy and Meditation

**Monday August 12:** Dumbo Location

9am-1pm: Arrival and Lecture, asana, philosophy  
1-2- break  
2-6pm : Philosophy Study and Anatomy Study

**Tuesday August 13:** Gowanus Location

9-12pm: Meditation and Lecture

12-1:30pm Break

1:30- 4pm: Philosophy Study

4-6pm: Anatomy Study

**Wednesday August 14:** Gowanus Location

9am-11am: Philosophy

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

12:30-1:45: Asana

1:45-2:30p Break

2:30-4pm: Anatomy Study

4-6pm: Philosophy Study

6-8pm: Asana

## **TEACHER TRAINING PART 2- THE ART OF TEACHING**

### **Thursday August 15:** Gowanus Location

9-12pm: Arrival, Lecture, and Asana

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

9-1pm: Arrival, Lecture, Teaching Practice, asana

1-2pm: Break

2-4pm: Asana and Applied Anatomy

4-4:30pm: Transition and Break

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

6:30-8pm: Asana

### **Saturday August 17: OFF**

### **Sunday August 18:** Gowanus Location

9am Arrival and Lecture

10-11:30am Asana

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:** Location TBD

9-10am: Arrival and Lecture

10-11:30am: Gentle Asana

11:30-12:30 pm: Teaching Practice

12:30-1:30pm: Asana

1:30-2:30pm: Break

2:30-4pm: Teaching Practice

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

### **Tuesday August 20:** Gowanus location

9-12pm: Meditation and Teaching Meditation

12-1pm: Break

1-6pm: Teaching Practice

**Wednesday August 21:** Gowanus

9-11am: Hands on Adjustments  
11-1pm: Partner Teaching Practice  
1-2pm: Break  
2-4pm Asana  
4-5p: Worksheet and Questions  
5-6pm: Break  
6:30-8pm: Asana

**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  
5-6pm: reading, worksheets, self study  
6:30-8pm: Asana

**Saturday August 24: OFF**

**Sunday August 25: Gowanus:**

9-10am Teaching Skills/Review  
10-11:30am: Asana  
11:30-12:30pm Break  
1-6pm: Practice for final Teaching Skills

**Monday August 26:** Gowanus Location

9am-1pm: Arrival, Practice and Review  
1-2pm: lunch  
2-6pm: practice and review

**Tuesday August 27:** Gowanus Location

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

**Wednesday August 28:** Gowanus Location- Finals and Final tests

