



**Abhaya Yoga 200 Hour Teacher Training**  
**Location: Abhaya Yoga Gowanus**

**Abhaya Yoga Teacher Training**  
**September 11th 2019 - December 22, 2019**

**Wednesdays 6:00-9:30pm**

September 11, 18, 25, October 2, 9, 16, 23, 30; November 6, 13, 27; December 4, 11, 18

**Sundays 10am-6pm**

September 15, 22, 29; October 6, 13, 20, 27; November 3, 10, 17, 24; December 1, 8, 15, 22

**\*Select Fridays**

**6:00-9pm**

Friday September 13, October 4, November 1

**\*Select Saturdays**

**10am-6pm**

Saturday September 14, October 5, November 2

*\* All sessions include Asana, Lecture, Anatomy Study, Meditation, Breathwork, Philosophy Study & Teaching Skills for Part 2*

**Outline Immersion Curriculum Fall 2019 - TT Part 1**

**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

**The Art of Teaching: Part 2****Wednesdays:**

6-6:30pm: Practice Teaching

6:30-7:45pm: Asana class (take, observe, or assist)

7:45-8pm: Meditation

8-9:30pm Teaching Skills

**Sundays:**

10-11:30am: Asana Class

11:30-12:30: Break

12:30-3:30pm: Teaching Skills

3:30-4pm Break

4-6pm Teaching Skills

**Select Fridays:**

6-6:45pm: Teaching Practice

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

8-9:00pm: Group work and Teaching Skills

**Select Saturdays:**

10-12pm: Teaching Skills

12-12:30pm: Break

12:30-1:45pm: Asana (take/ observe/ assist)

1:45-2:30pm Break

2:30-6pm: Teaching Skills



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