



**Abhaya Yoga 200 Hour Teacher Training  
Spring 2020**

**Location: Abhaya Yoga Gowanus  
February 7-May 10, 2020**

**Part 1 Abhaya Immersion- February 7 - March 8  
Part 2 The Art of Teaching- March 27 - May 10**

**Weekends Friday- Sunday**

February 7-9, 14-16, 21-23, 28-Mar 1; March 6-8

**2 WEEK BREAK**

March 27-29, April 3-5, 17-19; May 1-3, May 8-10

**Fridays (6:15-9:15pm):**

6:15-6:45pm- Arrival and Lecture

6:45p- 8pm: Bhava Asana Class

8-9:15pm: Lecture, Processing, Philosophy

*Part 2- Practice Teaching 8-9:15pm*

**Saturdays 10-6pm:**

10-11am Lecture

11-1pm Asana

1-2 Break

2-4 Anatomy Study

4-6p Philosophy, Ayurveda, Meditation, and Restorative

*Part 2- Teaching Skills and Practice Teaching 2-6pm*

**Sundays 10-6pm:**

10am Asana Class

11:30-12:30 Break

12:30-2:30 Philosophy

2:30-4pm Anatomy Study

4-4:30pm Break

4:30-6pm Therapeutics

*Part 2: 12:30-6pm Teaching Skills and Practice*



**Abhaya Yoga Gowanus | 43D 9th Street | Brooklyn, NY 11215**

**[trainings@abhayayoga.com](mailto:trainings@abhayayoga.com)**