



Abhaya Yoga 200 Hour Teacher Training
Location: Abhaya Yoga Gowanus

Abhaya Yoga Teacher Training
September 11th 2019 - December 18, 2019

Wednesdays 6:00- 9:15pm

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

Sundays 9:45am-6pm

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

***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

7:45- 8:15pm Meditation, Breathwork

8:15-9:30pm Philosophy study

Sundays:

9:45 Arrival

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



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

trainings@abhayayoga.com