



Professional Program Preliminary Schedule: August 7, 2009 - April 11, 2010, RICHMOND

Topics and times are subject to change. Dates will not change. You will receive the final schedule the first day of the p

Application Deadline: August 1, 2008 **Information Session:** Sunday, April 19th from 12:30-1:30pm with Annie Carpenter

To register: Contact Tia Platte (804) 359-9642 / tia@yogarichmond.com

Mentors: Cherie Cooper, Myra Dionisio, Diana Martinez, Tia Platte

10-WEEKEND PRELIMINARY SCHEDULE

Fridays & Saturdays 9:00am-6:00pm

Sundays 9:00-4:00pm



WEEKEND WORKSHOP SCHEDULE:

WK #	Date	Day	Time	Topic
1	7-Aug	Fri	9-1 pm	Welcome Circle/Standing Poses: Adjustments, Variations, Observations
1	8-Aug	Sat	2-6 pm	Forward Bends & Twists: Adjustments, Variations, Observations
1	9-Aug	Sun	9-1 pm	Backbends: Adjustments, Variations, Observations
2	28-Aug	Fri	9-1 pm	Inversions: Adjustments, Variations, Observations
2	29-Aug	Sat	2-6 pm	Finding Your Purpose-Karma Yoga: Turning Your Intention Into Action
2	30-Aug	Sun	9-1 pm	Inversions: Adjustments, Variations, Observations
3	18-Sep	Fri	9-1 pm	Subtle Body/ Intro to Meditation - Day 1
3	19-Sep	Sat	2-6 pm	Teacher-Student Relationship
3	20-Sep	Sun	9-1 pm	Subtle Body/ Intro to Meditation - Day 2
4	23-Oct	Fri	9-1 pm	Injury Management: Anatomy of
4	24-Oct	Sat	2-6 pm	Ayurvedic Principles In the Classroom
4	25-Oct	Sun	9-1 pm	Injury Management: Assessment
5	13-Nov	Fri	9-1 pm	Injury Management: Shoulders
5	14-Nov	Sat	2-6 pm	Injury Management: Feet, Knees, Hips
5	15-Nov	Sun	9-1 pm	Injury Management: Back & Spine
6	11-Dec	Fri	9-1 pm	How to Teach an Intro and Working w/ Students Brand New to Yoga
6	12-Dec	Sat	2-6 pm	Art of the Voice
6	13-Dec	Sun	9-1 pm	Working with Beginners & Learning Modifications
7	15-Jan	Fri	9-1 pm	How to teach Pre & Postnatal Yoga
7	16-Jan	Sat	9-1 pm	Volunteer Day (Yoga Day USA?)
7	17-Jan	Sun	9-1 pm	How to Teach Kids Yoga
8	19-Feb	Fri	9-1 pm	Restoratives & Relaxation Response
8	20-Feb	Sat	9-1 pm	Advanced Asana Practice & Practice Teach
8	21-Feb	Sun	9-1 pm	Yoga for Chronic Illness
9	5-Mar	Fri	9-1 pm	Vinyasa Flow - Day 1
9	7-Mar	Sun	9-1 pm	Vinyasa Flow - Day 2
10	9-Apr	Fri	9-1 pm	Business of Yoga
10	10-Apr	Sat	2-6 pm	Final Practice Teach #4
10	11-Apr	Sun	11-1 pm	Final Practice Teach #5
10	11-Apr	Sun	2-4 pm	Projects & Closing Ceremony

WEEKEND NON-WORKSHOP SUMMARY:

	Date	Day	Time	Topic
1	13 sessions	Fri-Sun	11-1/4-6 pm	Teaching Practicum
2	11 sessions	Fri-Sun	2-4 pm	Restoratives, Pranayama & Meditation
3	10 sessions	Fri-Sun	4-6/2-4pm	Philosophy Lectures
4	10 sessions	Fri	2-4 pm	Mentor Meetings
5	8 sessions	Sat	9-11 am	Apprenticeship Classes

OTHER REQUIRED APPRENTICESHIP HOURS (NON-WEEKEND)

	Date	Day	Time	Topic
1	2 x	varies	2 hours	Mentor Meetings
2	14 classes	varies	1.5 hours	Stage 1: Take classes w/ Other Mentor Faculty
3	14 classes	varies	1.5 hours	Stage 2: Take classes w/ Mentor
4	24 classes	varies	1.5 hours	Stage 3: Assist classes w/ Mentor