

September 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7 7:30-9:30 p Intro to AY & Neutral Poses	8	9	10 6:00-8:30 p Standing Poses I	11 7:00 -9:00a Sadhana 9:00a-12:30 p Forward Bends & Standing Poses II
12	13	14 7:30-9:30 p History & Paths of Yoga	15	16	17	18
19	20	21 7:30-9:30 p Patanjali's The Eight Fold Path	22	23	24 6:00-8:30 p Backward Bends I	25 7:00 -9:00a Sadhana 9:00 a-12:30 p Backward Bends II
26	27	28 7:30-9:30 p Patanjali II: Yama & Niyama	29	30		

October 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5 7:30-9:30 p The Living Baghavād Gītā	6	7	8 6:00-8:30 p Twisting poses	9 7:00 -9:00a Sādhanā 9:00a-12:30 p Introduction to Meditation
10	11	12 7:30-9:30 p Affirma- tions I	13	14	15	16
17	18	19 7:30-9:30 p Affirma- tions II	20	21	22 6:00-8:30 p Inversions 9:00a-12:	23 7:00 -9:00a Sādhanā 30 p Anatomy & Physiology I
24/31	25	26 7:30-9:30 p Energy	27	28	29	30

November 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 7:30-9:30 p Magnetism	3	4	5 6:00-8:30 p Inversions II	6 7:00 -9:00a Sadhana 9:00-12:30 p Anatomy & Physiology II
7	8	9 7:30-9:30 p Astral Body	10	11	12	13
14	15	16 7:30-9:30 p Intro to Chakras	17	18	19 6:00-8:30 p Asanas and Chakras	20 7:00 -9:30 a Sun Salutation Sadhana 10 a -12:30 p Student Teach- ing
21	22	23	24	25	26	27
28	29	30				

December 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7 7:30-9:30 p How To Teach An- anda Yoga/ Student Practice	8	9	10 6:00-8:30 p Student Practice Teachin g	11 7:00 -9:00a Student Practice Teach- ing 9:30-12:30p A&P
12	13	14 7:30-9:30 p Modeling Postures Workshop/ Potluck	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

January 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4 7:30-9:30 p Affirm Quiz Student Teaching Asana Rev	5	6	7 6:00-8:30 p Practice Student Teaching	8 7:00 -9:00a Student Teaching 9:30-12:30 p A&P
9	10	11 7:30-9:30 p Practice Student Teaching	12	13	14	15
16	17	18 7:30-9:30 p Terms and Asana quiz/ Student teaching	19	20	21 6:00-8:30 p Practice Student Teaching	22 7:00 -9:00a Sadhana 9:30a- 12:30 p Student Teaching
23/30	24/31	25 7:30-9:30 p Deep Re- laxation/ Student Teaching	26	27	28	29

February 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 7:30-9:30 Asana Quiz Student Teaching	2	3	4 6:00-8:30 p Practice Student Teaching	5 7:00a-10a Student Teaching Video 10a-12:30p Video Review
6	7	8 7:30-9:30 Video Review continued	9	10	11	12
13	14	15 7:30-9:30 Asana Quiz Student Teaching	16	17	18 6:00-8:30 p Pranayama Yo	19 7:00 a-9:30 Extra Gentle 10 a-12:30 p Restorative
20	21	22 7:30-9:30 Yoga rou- tine for chakras	23	24	25	26
27	28					

March 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 7:30-9:30 Workshop Assisting and Adjust- ing	2	3	4 6:00-8:30 p Workshop Assisting and Adjust- ing	5 7:00 -9:00a Sadhana 9:00 a-12:30 Workshop Assisting
6	7	8 7:30-9:30 p Student Teaching	9	10	11	12
13	14	15 7:30-9:30 p Student Teaching	16	17	18 6:00-8:30 p Student Teaching	19 7:00 -9:00a Sadhana 9:00 a-12:30 Anatomy V
20	21	22 7:30-9:30 p Student Teaching	23	24	25	26
27	28	29 7:30-9:30 p Student Teaching	30	31		

April 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 6:00-8:30 p Student Teaching	2 7:00 a-12:30 Student Teaching
3	4	5 7:30-9:30 p Student Teaching	6	7	8	9
10	11	12 7:30-9:30 p Student Teaching	13	14	15	16 Arrive By 3pm Ananda Village 4:45p Sadhana
17 Team Practice	18 8:45-10:45 a Team Teach 12-2:30 p Evaluation 2:30-4:30 p Principles of Yogic Diet	19 8:45-10:45 a Team Teach 12-2:30 p Eval 2:30-4:30 p Teach Yoga to Seniors 7:30-9 p A&P	20 9:30 a Basics of Modifying Asanas 2:30-4:30 p Lively Experiential & Student Teaching	21 8:45-10:45 a Team Teach 12-2:30 p Evaluation 2:30-4:30 p Ethic & Other Issues	22 8:45-10:45 a Team Teach 12-2:30 p Evaluation 2:30-4:30 p	23 6:30-8:30 a Sat. Special 10-2:30 p Q&A 2:30-4:30 p In-Class quiz 7:30 Celebration & Sharing
24 9:30 am Graduation Ceremony Leave for Portland	25	26	27	28	29	30