

Planned dates for TT303: Berlin 300-hour 2018-2019

Correct as of 27.7.18. Dates are subject to change. Missed hours (up to 30) may be made up for full credit.

The following are the general meeting times:

Fridays: **13-19 / 20h** with lunch break

Saturdays **13-19 / 20h** with lunch break

Sundays **10-17:00h** with lunch break

2018

September 28-30: Entry, Orientation, Introduction to Hands-On Assisting; Advanced Poses and Hands-On: Simple Standing Poses, Standing Hip Openers, Standing Forward Bends; Advanced Pranayama Overview

October 12-14: Advanced Poses and Hands-On: Standing Twists, Lateral Flexion, Surya Namaskar; Teaching Advanced Hatha Pranayama I; One-on-Ones begin; Mentor Meeting 1

November 2-4, 18: Tantra II; Advanced Meditation I & Pranayama II; Advanced Poses and Hands-On: Backbends & Review ; Mentor Meeting 2

December 7-9, 15: Guest weekend with ISHTA Ayurveda expert Emily Reed

Tantric View of the Sutras II; Ayurveda and Asana; Advanced Ayurveda I and II: Asana & the Gunas; Traditional, Dietary and Practice Approaches to the Doshas

2019

January 18-20, 27: Advanced Poses and Hands-On: Arm Balances & Seated Poses; Teaching Advanced Tantric Meditation; Pranayama Review; Mentor Meeting 3

February 8-10, 23: How to Teach to Chakra Imbalances, Chakra Meditation Class; Advanced Poses and Hands-On: Inversions; Advanced Techniques Review; Midterms

March 15-17, 31: Peak Pose Sequencing & Teaching; Yoga Nidra: Lecture and Practice; Advanced Sequencing Workshop; Advanced Poses & Hands On: Restorative & Resting Poses; Mentor Meeting 4

April 12-14, 27: Guest weekend with ISHTA Therapeutics expert Kristin Leal

Advanced Topics in Breath and Relaxation; Advanced Chakra Anatomy; Yoga and Neurophysiology; Advanced Injury Management & ISHTA Therapeutics; Sanskrit II

May 10-12, 26: Advanced Topics in Pre/Postnatal Yoga; Introduction to the Bhagavad Gita; Ayurveda III: Clinical Approaches; Theme Class Team Teaching; Techniques and Sequencing Review; Mentor Meeting 5

June 7-9, 14-16: The Business of Yoga; Teaching Special Populations; Advanced ISHTA Teaching; Final Mentor Meeting; Evaluations; Final Review, Final Practicums, Closing