

Planned dates for TT206: Berlin 200-hour 2019-2020

REVISED as of 22.9.19. Dates are subject to change. Missed dates may be made up for credit up to 20 hours.

The following are the general meeting times:

Fridays **18- 20 / 21h**

Saturdays **13-19:00h** or **10-18 / 19:30h** with meal break

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

2019

November 22-24, 29: Orientation, What is ISHTA?; ISHTA Tantra, Simple Standing Poses, Physical Anatomy Overview Modules 1-4 (Basics, Axial Skeleton, Upper & Lower Body)

December 6-8, 15: Introduction to the Sutras, Standing Hip Openers, Anatomy 5 & 6 (Breath, Circulatory and Nervous Systems); Introduction to the Seven Segments, Introduction to the Energetic Bodies, Energetic Importance of the Breath

2020

January 17-19, 24, 25: Shakti, Prana, Pranayama, Pranayama Techniques I; Standing Twists and Forward Bends, Introduction to Ayurveda

February 7-9, 22: Lifestyle of a Yogi, Pranayama Techniques II, Principles of ISHTA Sequencing; Backbends, Surya Namaskar, ISHTA Meditation

March 6-8, 20, 21: Philosophy on the Mat, Meditation Techniques, Health Benefits of Meditation; How to Teach Meditation, Lateral Flexion, Midterms Review and Testing

April 3-5, 25, 26: Teaching Practice, Teaching to the Right Level; Inversions, Seated Twists and Hip Openers

May 8-10, 23, 24: Introduction to Prenatal Yoga, Art of Teaching, Anatomy Review I; Inversions, Seated Forward Bends; Introduction to Injury Management, Essential Sanskrit

June 5-7, 19-21: Nadi Shodhana, Anatomy Review II, Introduction to Restorative Yoga; Restorative & Resting Poses, Written and Teaching Exams Review

July 3-5: Final Written and Teaching Exams; Closing