

## **Planned dates for TT304: Berlin 300-hour 2020-21**

*Correct as of 10.8.20. Dates are subject to change. Missed hours (up to 30) may be made up for full credit.*

**The following are the general meeting times.** *Not all hours will be needed for all weekends.*

Thursdays: **18-20 / 20.30h**

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

Saturdays **10-18 / 19h** with meal break

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

### **2020**

**15-18 October:** Entry, Orientation, Introduction to Hands-On Assisting; Advanced Poses and Hands-On: Simple Standing Poses, Standing Hip Openers, Standing Forward Bends; Advanced Pranayama Overview

**12-15 November:** Advanced Poses and Hands-On: Standing Twists, Lateral Flexion, Surya Namaskar; Teaching Advanced Hatha Pranayama I; One-on-Ones begin; Mentor Meeting 1

**3-6 December:** Tantra II; Advanced Meditation I & Pranayama II; Advanced Poses and Hands-On: Backbends & Review; Mentor Meeting 2

### **2021**

**7-10 January: 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; Ayurveda III: Clinical Approaches

**11-14 February:** Advanced Poses and Hands-On: Arm Balances & Seated Poses; Teaching Advanced Tantric Meditation; Pranayama Review; Advanced Topics in Pre/Postnatal Yoga; Mentor Meeting 3

**11-14 March:** How to Teach to Chakra Imbalances, Chakra Meditation Class; Advanced Poses and Hands-On: Inversions; Advanced Techniques Review; Midterms; Introduction to the Bhagavad Gita

**8-11 April:** Peak Pose Sequencing & Teaching; Yoga Nidra: Lecture and Practice; Advanced Sequencing Workshop; Advanced Poses & Hands On: Restorative & Resting Poses; Mentor Meeting 4

**6-9 May: 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

**10-13 June / 24-27 June:** Theme Class Team Teaching; Techniques and Sequencing Review; Mentor Meeting 5; The Business of Yoga; Teaching Special Populations; Advanced ISHTA Teaching; Final Mentor Meeting; Evaluations; Final Review, Final Practicums, Closing