

Planned dates for TT207: Berlin 200-hour 2020-2021 v.2

Correct as of 15.9.20. Dates are subject to change. Missed dates (up to 20 hours) may be made up for credit.

The following are the general meeting times:

Thursdays & Friday evenings **18- 20 / 21h** OR Fridays **13-19h**

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

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

Dates in **parentheses** are half-weekends if Standard Weekend Format applies

2020

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

November 19-22: 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

December 10-12: Shakti, Prana, Pranayama, Pranayama Techniques I; Standing Twists and Forward Bends, Introduction to Ayurveda

2021

January 21-24: Lifestyle of a Yogi, Pranayama Techniques II, Principles of ISHTA Sequencing; Backbends, Surya Namaskar, ISHTA Meditation

February 18-21: Philosophy on the Mat, Meditation Techniques, Health Benefits of Meditation; How to Teach Meditation, Lateral Flexion, Midterms Review and Testing

March 4-7, 25, 26: Teaching Practice, Teaching to the Right Level; Inversions, Seated Twists and Hip Openers

April 15-18 (29,30): Introduction to Prenatal Yoga, Art of Teaching, Anatomy Review I; Inversions, Seated Forward Bends; Introduction to Injury Management, Essential Sanskrit

May 20-23* (30): Nadi Shodhana, Anatomy Review II, Introduction to Restorative Yoga; Restorative & Resting Poses, Written and Teaching Exams Review

**Note: This weekend is Pfingsten*

June 3-6: Final Written and Teaching Exams; Closing