

2017 TEACHER TRAINING SYLLABUS



Weekend 1: October 13 – 15

FRIDAY

- 8:45-10:00am: Led Primary Practice
10:00 - 11:45: Brunch Break
12:00-1:00pm: Welcome & Opening Circle
1:00-3:00pm: What it Means to Practice Ashtanga
Ashtanga Principles
First Pranayama
Introduction to Yoga Sutras
3:00 - 5:00pm: Opening Chant
Sanskrit Count
Samastithi
Suryanamaskara A & B
Short Finishing Poses
Closing Chant
Closing Circle

SATURDAY

- 10:00 - 11:25am: Led Primary Series
Pranayama
11:30am - 12:30pm: Book Discussion
12:30 - 1:45pm: Lunch
1:45 - 3:45pm: Introduction to the Chakra System
Muladhara Chakra
3:45 - 6:00pm: Samastithi
Finish Suryanamaskara A & B...

SUNDAY

- 9:00 - 11:00am: Mysore Style
Pranayama
11:00 - 12:15pm: Lunch
12:15 - 5:30pm: Anatomy: Pelvis & Legs
5:30 - 6:00pm: Closing Circle



Weekend 2: November 10 – 12

FRIDAY

6:00 - 9:00pm: Opening Circle
Standing Poses

SATURDAY

10:00 - 11:25am: Led Primary Series
Pranayama
11:30am - 12:30pm: Book Discussion
12:30 - 1:45pm: Lunch
1:45 - 3:15pm: Svadhisthana Chakra
3:15 - 6:00pm: Standing Poses

SUNDAY

9:00 - 11:00am: Mysore Style
Pranayama
11:00am - 12:15pm: Lunch
12:15 - 5:30pm: Anatomy: Shoulders & Arms
5:30 - 6:00pm: Closing Circle

Weekend 3: December 8 – 10

FRIDAY

6:00 - 9:00pm: Opening Circle
Primary Series/Seated Poses
Second Pranayama

SATURDAY

10:00 - 11:25am: Led Primary Series
Pranayama
11:30am - 12:30pm: Book Discussion
12:30 - 1:45: Lunch
1:45 - 3:15pm: Manipura Chakra
3:30 - 6:00pm: Seated Poses

SUNDAY

9:00 - 11:00am Mysore Style
Pranayama
11:00am - 12:15pm Lunch
12:15 - 5:30pm: Anatomy: Spine & Ribs
5:30 - 6:00pm: Closing Circle



Weekend 4: January 19 – 21

FRIDAY

6:00 - 9:00pm: Opening Circle
Seated Poses

SATURDAY

10:00 - 11:15am: Led Primary Series &
Pranayama

11:15am - 12:00pm Quick Lunch

12:00 - 6:00pm: “Awakening the Third Eye” with Wenndi Freer

SUNDAY

9:00 - 10:30am: Mysore Style & Panayama

10:30 - 11:15am: Quick Lunch

11:15am - 6:45pm: “Awakening the Third Eye” with Wenndi Freer

Weekend 5 February 23 – 25

FRIDAY

6:00 - 9:00pm: Opening Circle
Seated Poses & Backbends
Third Pranayama

SATURDAY

10:00 - 11:25am: Led Primary Series
Pranayama

11:30am - 1:00pm: Lunch

1:00 - 1:30pm: Review

1:30 - 2:45pm: Anahata Chakra

3:00 - 5:00pm: Backbends

5:00 - 6:00pm: Business of Yoga

SUNDAY

9:00 - 11:00am: Mysore Style
Pranayama

11:00 - 12:30pm: Lunch

12:30 - 2:45pm: Inversions

3:00 - 5:30pm: Guest Lecture with Tim Cahill
Vedic Religion and the Emergence of Buddhism &
Hinduism and the Origins of Yoga: A Timeline

5:30 - 6:pm: Q & A



Weekend 6: March 16 – 18

FRIDAY

6:00 - 9:00pm: Opening Circle
Adjustment & Teaching Practicum

SATURDAY

10:00 - 11:25am: Led Primary Series
Pranayama
11:30am - 1:00pm: Lunch
1:00 - 1:30pm: Book Discussion
1:30 - 2:45pm: Visshuddha Chakra
3:00 - 5:00pm: Adjustment & Teaching Practicum
5:00 - 6:00pm: Structuring a Hatha Yoga Class

SUNDAY

9:00 - 11:00am: Mysore Style
Pranayama
11:00 - 12:30pm: Lunch
12:30 - 2:45pm: Adjustment & Teaching Practicum
3:00 - 5:30pm: Guest Lecture with Tim Cahill
Gods & Goddesses



Weekend 7: April 13 – 15

FRIDAY

6:00 - 9:00pm: Opening Circle
Putting it all Together

SATURDAY

10:00 - 11:25am: Led Primary Series
Pranayama
11:30am - 12:45pm: Lunch
12:45 - 1:30pm: Review
1:30 - 2:45pm: Sahasrara Chakra
3:00 - 5:30pm: Chanting with Sean Johnson
5:30 - 6:00pm: Closing

SUNDAY

9:00 - 11:00am: Mysore Style
Pranayama
11:00 - 12:30pm: Lunch
12:30 - 2:45pm: Putting It All Together
3:00 - 5:00pm: Tentative: Tim Cahill - The Stories from the Mahabharata
(includes the Bhagavad Gita and the Ramayana)



Weekend 8: May 18 – 20

FRIDAY

6:00 - 9:00pm: Opening Circle
Putting it all Together

SATURDAY

10:00 - 11:25am: Led Primary Series
Pranayama

11:30am - 12:45pm: Lunch

12:45 - 1:30pm: Q&A

1:30 - 2:45pm: Chakra Integration

3:00 - 5:00pm: Putting it all Together

5:00 - 6:00pm: Props

SUNDAY

9:30 - 11:00am: Mysore Style
Pranayama

11:00 - 12:30pm: Lunch

12:30 - 5:30pm: Graduation Party

**This syllabus may be subject to some changes.*

**To receive the Certificate at the end of the training, you must have attended all training days and weekends and completed all assignments. Melanie Fawer retains the right to withhold the certificate.*