

## The Calendar for the 200-hour TTP\_II 2017–2018, BUCHAREST

**The dates in the calendar, barring any unforeseen or uncontrollable circumstances, should be definitive.**

There will be confirmed in advance on the website before every meeting.

		Saturday 8.30 – 13.15	Saturday 14.00-18.00	Sunday 8.30-13.15	Sunday 14.00-16.00	
		4,5h	4h	4,5h	2h	14-15 h
30 set -1 oct 2017	<b>BUC</b>	Inaugural function	TM – Why teaching yoga?	Asanas & Physical Exercises (Sun Salutation)	Explore pranic body - Introduction to chakra The Koshas	<a href="#">L1_II</a>
		<a href="#">A&amp;Ph - Why anatomy for a yoga teacher</a>	TM – Be a teacher. Code of Conduct	TM – Teaching yoga from a multidisciplinary perspective	YPLE – Ancient Indian Texts. Introduction to Yoga Sutra of Patanjali	
21-22 oct 2017	<b>BUC</b>	<a href="#">A&amp;Ph – spine (1)</a>	Yama and Niyama – Practical understanding and application	<a href="#">A&amp;Ph – spine (2)</a>	Psychological and spiritual effect of asana	<a href="#">L2_II</a>
		Asana related to anatomy	TM - Observe	Instructing, Demonstrating, Explaining new practices – Synchronisation	Asana related to anatomy	
11–12 nov 2017	<b>BUC</b>	<a href="#">A&amp;Ph – Biomechanics of the Breath (1)</a>	Instructing, Demonstrating, Explaining new practices – Static vs Dynamic	TTP – how to prepare an asana, how to enter and to correct	Muladhara chakra	<a href="#">L3_II</a>
		Asana related to anatomy	TM – Teach segments of classess	TM – Adjust On. Variants	Asana related to chakra	
9-10 dic 2017	<b>BUC</b>	<a href="#">A&amp;Ph – Biomechanics of the Breath (2)</a>	Instructing, Demonstrating, Explaining new practices – Stira and Sukha; 5 points	Asana related to anatomy Practicing Sun Salutation, I, II, III	YPLE – Yoga Sutra of Patanjali (Homework)	<a href="#">L4_II</a>
		Biomechanics of moviment – proper techniques (allungare, espirare etc)	TM – how to adjust-on an asana, offer variations	TM - practicing an asana and teaching an asana;	TM – Injury prevention - HW	

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13 – 14 jan 2018	<b>BUC</b>	A&Ph – Pelvic Girdle (pelvis and pelvis floor)	TTP – how to prepare an asana, how to enter and to correct	Svadhithana chakra	YPLE – Homework	L5_II
		Building Core awareness – asana related to anatomy	Generate sequences – Why you sequence?	Asana related to chakra	Sharing practice	
17 – 18 feb 2018		A&Ph – Hip	TM - Build a Lesson Plan;	Manipura chakra Asana related to chakra	YPLE – Homework	L6_II
		Building Core awareness – asana related to anatomy	Generate sequences – Doing and Not-doing	TM – Homework	Applied aspect of Abhyasa and Vairagya -	
			Build a sequence - Sequencing vs Coreography;	Build a sequence - 5 Common Sequencing Errors		
17 – 18 mar 2018		TM – Assisted teaching - Generate sequences	A&Ph – Knee, Foot and Ankle	TM - Standing asanas – working on alignment and coordination - grounding – build a flexible stability	Anahata chakra Asana related to chakra	L7_II
		Sanskrit language – basics and terminology. Hatha yoga and the names of the main asanas (workshop)	Asana related to anatomy	TM - forward bends, backward bends – working on preparation for and alignment (camel-bridge)	How to build a sequence around Pigeon Pose – variants. Supports the knee into your yoga practice	
31 mar – 1 apr 2018		TM - Build a sequence – Working on Balance – assisted teaching	TM - Active listening and pain assessment in a yoga session	TM - The Most Common Yoga Injuries and How to Avoid/Prevent Them	YPLE - Yoga Sutra – Theoretical talks about yogic concepts (yama and niyama)	L8_II
			Asana related to anatomy	TM – difference between lesson and practice (teaching and practicing)	YPLE – The Concept of Om	
28 – 29 apr 2018	<b>BUC</b>	TM – backbends - working on preparation for Ustrasana (Camel Pose)	Pranayama – scientific concept and effect on body.	A&Ph – Shoulder Girdle (neck, sternum, collarbone)	YPLE – Theoretical talks about yogic concepts – stira and sukha	L9_II
		TM – Correct, When and When not TM – Adjust-On; Variants	Development of Breath through Yoga	Instructing, Demonstrating, Explaining new practices –	TM – Assisted Teaching	
		TM – working on preparation for Bhujangasana				

<b>25-27 may 2018</b>	<b>BUC</b>	<b>INTENSIVE YOGA LONG WEEKEND</b>				<a href="#">L10_II</a>
		<a href="#">A&amp;Ph – Elbow, Wrist and Hand</a>	<a href="#">A&amp;Ph – Breath and Breathing</a>	Pranayama techniques (2)	Vissudhi chakra Asana related to chakra	
		Asana related to anatomy	Pranayama techniques – (1) kumbhaka	Twists and transformation - Create space – strong inside – capable for chainging and growing	<b>YPLE – Introduction to Hathayogapradipika</b>	
		TM - how to treat obstacles in the body and risks and cautions for the asanas	TM - twists – working on preparation for ardha matsyendrasana	TM – Assisted teaching – create a sequence arround a pose, to teach it to the students	TM – Be a yoga Teacher. Communication skills – language to provide instructions	
				Self-study – svadhyaya		
<b>23-24 jun 2018</b>	<b>BUC</b>	<a href="#">A&amp;Ph – Cardio</a>	Ajna chakra Asana related to chakra	<a href="#">A&amp;Ph – Nervous System - Pelvic Floor center of permanent gravity;</a>	Brain and Yoga Relaxation and meditation from a scientific point of view	<a href="#">L11_II</a>
		TM – precautions during asana practice; Injury prevention	TM – Assisted teaching Pranayama		TM- centering principles	
<b>21-22 july 2018</b>	<b>BUC</b>	Yoga and women (1)	Yoga and women (2)	Adaptive Yoga - Yoga and Seniors	Adaptive Yoga - Yoga and Seniors – Yoga and osteoporosis	<a href="#">L12_II</a>
		<b>Kriya scientific concepts and practices</b>	Advanced vs Challenge asanas - Techniques & how (if) Teaching	Meditative and Relaxing asanas	TM – Correct, When and When not	
					TM/YPLE – Homework	
<b>15-16 sett 2018</b>	<b>BUC</b>	<a href="#">A&amp;Ph – Myofascial system and Core awareness - Understanding the trasmission of moviment and the new paradigm of body as a process</a>	Bandhas and Mudras.	<b>YPLE - Indian Myths, Stories, Divinities -</b>	Connection between mudras and breath (guest teacher)	<a href="#">L13_II</a>
			Neuro-muscular co- ordination asanas	Yoga and children	Yoga and youngsters	
			Indian Philosophy (history of yoga) film			

<b>13-14 oct 2018</b>		A&Ph – PNEI	Yoga for specific conditions – stress and emotional management	Asana as meditation in motion.	TM - Be a (yoga) teacher. Spiritual intention of teaching yoga	L14_II
		TM – Relaxation and meditation from a scientific point of view	Meditation, simple tecnics, easy approach; meditation is not a practice!	Mindfulness – Buddhist meditation		
			TM-A look to Savasana (assisted teaching)			
		YPLE – Thesis/dissertation			YPLE – Thesis/dissertation	
<b>03-04 nov 2018</b>	<b>BUC</b>	YPLE - Non verbal and Non-violent Communication	Practicum TM – Yoga as skill in action	YPLE – Understanding the relantionship between yoga teacher and student	Practicum TM – Be a yoga Teacher – autenticity and coherence	L15_II
					TM – Assisted Teaching	
		TM - Sadhana – concept and ideas	YPLE – Thesis/dissertation	YPLE – Thesis/dissertation	Examination and papers presentation	
		<b>TOTAL H</b>	<b>14*15+5</b>			