

The Calendar for the 200-hour TTP_II 2017 – 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 9.30 – 13.00	Saturday 14.00-18.00	Sunday 9.30-13.00	Sunday 14.00-17.30	
		3,5h	4h	3,5h	3,5h	14-15 h
30 set -1 oct 2017	BUC	Inaugural function	TM – Why teaching yoga?	Asanas & Physical Exercises (Sun Salutation)	Explore pranic body - Introduction to chakra The Koshas	L1_II
		A&Ph - Why anatomy for a yoga teacher	Asana related to anatomy	TM – Teaching yoga from a multidisciplinary perspective	Psychological and spiritual effect of asana	
				TM – Be a teacher. Code of Conduct	YPLE – Ancient Indian Texts. Introduction to Yoga Sutra of Patanjali	
21-22 oct 2017	BUC	A&Ph – spine (1)	Yama and Niyama – Practical understanding and application	A&Ph – spine (2)	Muladhara chakra	L2_II
		Asana related to anatomy	TM – how to adjust-on an asana, offer variations	Instructing, Demonstrating, Explaining new practices – Synchronisation	Asana related to chakra	
			TM - Observe		YPLE – The Concept of Om	
11–12 nov 2017	BUC	A&Ph – Biomechanics of the Breath	Instructing, Demonstrating, Explaining new practices – Static vs Dynamic	TTP – how to prepare an asana, how to enter and to correct	Svadhithana chakra	L3_II
		Asana related to anatomy	TM – Teach segments of classess	TM – Assist. Using the props	Asana related to chakra	
			TM – Adjust On. Variants	YPLE – Homework		
9-10 dic 2017	BUC	A&Ph – Pelvic Girdle (pelvis and pelvis floor)	YPLE – Yoga Sutra of Patanjali (Homework)	Generate sequences – Why you sequence?	Manipura chakra Asana related to chakra	L4_II
		Building Core awareness – asana related to anatomy	Applied aspect of Abhyasa and Vairagya - Yoga as a development tool	Sharing practice	TM – Injury prevention - HW	

13 – 14 jan 2018	BUC	A&Ph – Hip	YPLE - Yoga Sutra - how the students can incorporate this into their own practice and day-to-day life.	A&Ph – Knee, Foot and Ankle	Anahata chakra Asana related to chakra	L5_II
		TM - Observe	Generate sequences – Principles – Doing and Not-doing	Asana related to anatomy – Stira and Sukha	TM - Standing asanas, forward bends, backward bends – alignment	
17 – 18 feb 2018	BUC	A&Ph – Shoulder Girdle (neck, sternum, collarbone)	TM – Be a yoga Teacher. Communication skills – language to provide instructions	A&Ph – Elbow, Wrist and Hand	Vissudhi chakra	L6_II
		Asana related to anatomy	TM/YPLE – Homework	Asana related to anatomy	Asana related to chakra	
		Build a sequence - Sequencing vs Coreography; Common Errors	Build a sequence - Working on Themes; TM - grounding	TM - Build a Lesson Plan;	YPLE – Concept of kleshas Homework	
17 – 18 mar 2018	BUC	A&Ph – Myofascial Understand the trasmission of moviment and energy lines	Self-study - svadhyaya	Yoga and children	Yoga and youngsters	L7_II
		TM – Adjust-On; Variants	Neuro-muscular co-ordination asanas	TM – Injury prevention Homework	TM – Correct, When and When not	
31 mar – 1 apr 2018	BUC	A&Ph – Breath and Breathing	YPLE – Theoretical talks about yogic concepts	Twists and transformation - Create space	YPLE – Introduction to Hathayogapradipika	L8_II
		Pranayama – scientific concept and effect on body.	Demonstrating, Explaining new practices – attention when handling problems	Pranayama techniques – (1) kumbhaka	Pranayama techniques (2)	
		Development of Breath through Yoga	TM – Assisted teaching	TM - Sadhana – concept and ideas		
28 – 29 apr 2018	BUC	A&Ph – Cardio	Brain and Yoga Relaxation and meditation from a scientific point of view	Build a sequence – Working on Balance	Workshop – Sanskrit language – basics and terminology. The names of the main asanas	L9_II
		TTP – how to prepare an asana, how to enter and to correct	Meditative and Relaxing asanas	TM- centering principles	TM - Be a (yoga) teacher. Spiritual intention of teaching yoga	
		TM – adult learning theory	YPLE – Thesis/dissertation		YPLE – Thesis/dissertation	

Retreat 24-28 may 2017	BUC	INTENSIVE YOGA RETREAT – Syllabus to be completed				RET_II
		A&Ph – Nervous System - Pelvic Floor center of permanent gravity; A&Ph – PNEI				
23-24 jun 2018	BUC	Yoga and women (1)	Yoga and women (2)	Adaptive Yoga - Yoga and Seniors	Adaptive Yoga - Yoga and Seniors	L10_II
		TM - how to treat obstacles in the body and risks and cautions for the asanas	TM – precautions during asana practice	Instructing, Demonstrating, Explaining new practices – Reconditioning function of yoga	TM – Assisted Teaching	
21-22 jul 2018	BUC	Indian vs Greek Philosophy	Bandhas and Mudras. Connection between mudras and breath (guest teacher)	Meditation, simple tecnic, easy approach; meditation is not a practice!	Mindfulness – Buddhist meditation	L11_II
		YPLE - Indian Myths, Stories, Divinities	TM – Assisted Teaching	A look to Savasana	Asana as meditation in motion.	
		Continuing Education		YPLE – Thesis/dissertation	YPLE – Thesis/dissertation	
15-16 sept 2018	BUC	Styles of Yoga (Ashtanga Yoga, Yin Yoga, Vinyasa...)	YPLE – Understanding the relantionship between yoga teacher and student	Yoga for specific conditions – stress and emotional management	Practicum TM – Be a yoga Teacher – autenticity and coherence	L12_II
		Continuing Education	YPLE – Thesis/dissertation	TM – Assisted Teaching	YPLE – Thesis/dissertation	
13-14 oct 2018	BUC	Basic First Aid	Basic First Aid	TM – difference between lesson and practice (teaching and practicing)	Advanced vs Challenge asanas - Techniques & how (if) Teaching	L13_II
			Yoga - business and fiscal aspects			
10-11 nov 2018	BUC	YPLE - Non verbal and Non-violent Communication	Practicum TM – Yoga as skill in action	YPLE – Understanding the relantionship between yoga teacher and student	Examination and papers presentation	L14_II
		Yoga – Communication aspects on social media	Continuing Education			
		TOTAL H	14*14 +28			