

## 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 ( <i>workshop</i> )	Asana related to anatomy	TM - forward bends, backward bends – working on preparation for and alignment (camel-bridge)		
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
		A&Ph – Shoulder Girdle (neck, sternum, collarbone)	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 - twists – working on preparation for ardha matsyendrasana	YPLE – Theoretical talks about yogic concepts	Adaptive Yoga - Yoga and Seniors	Adaptive Yoga - Yoga and Seniors	L9_II
		TM – Correct, When and When not TM – Adjust-On; Variants	TM – Assisted teaching – create a sequence around a pose in order to teach it	Instructing, Demonstrating, Explaining new practices –	TM – Assisted Teaching	
<b>Long wee 25-27 may 2018</b>		<b>INTENSIVE YOGA RETREAT - Syllabus to be completed</b>				L10_II