

Planned dates for TT304: Berlin 300-hour 2020-21

Correct as of 10.8.20. Dates are subject to change. Missed hours (up to 30) may be made up for full credit.

The following are the general meeting times. Not all hours will be needed for all weekends.

Thursdays: **18-20 / 20.30h**

Fridays: **13-19 / 20h** with meal break

Saturdays **10-18 / 19h** with meal break

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

2020

15-18 October: Entry, Orientation, Introduction to Hands-On Assisting; Advanced Poses and Hands-On: Simple Standing Poses, Standing Hip Openers, Standing Forward Bends; Advanced Pranayama Overview

12-15 November: Advanced Poses and Hands-On: Standing Twists, Lateral Flexion, Surya Namaskar; Teaching Advanced Hatha Pranayama I; One-on-Ones begin; Mentor Meeting 1

3-6 December: Tantra II; Advanced Meditation I & Pranayama II; Advanced Poses and Hands-On: Backbends & Review; Mentor Meeting 2

2021

7-10 January: Guest weekend with ISHTA Ayurveda expert Emily Reed

Tantric View of the Sutras II; Ayurveda and Asana; Advanced Ayurveda I and II: Asana & the Gunas; Traditional, Dietary and Practice Approaches to the Doshas; Ayurveda III: Clinical Approaches

11-14 February: Advanced Poses and Hands-On: Arm Balances & Seated Poses; Teaching Advanced Tantric Meditation; Pranayama Review; Advanced Topics in Pre/Postnatal Yoga; Mentor Meeting 3

11-14 March: How to Teach to Chakra Imbalances, Chakra Meditation Class; Advanced Poses and Hands-On: Inversions; Advanced Techniques Review; Midterms; Introduction to the Bhagavad Gita

8-11 April: Peak Pose Sequencing & Teaching; Yoga Nidra: Lecture and Practice; Advanced Sequencing Workshop; Advanced Poses & Hands On: Restorative & Resting Poses; Mentor Meeting 4

6-9 May: Guest weekend with ISHTA Therapeutics expert Kristin Leal

Advanced Topics in Breath and Relaxation; Advanced Chakra Anatomy; Yoga and Neurophysiology; Advanced Injury Management & ISHTA Therapeutics; Sanskrit II

10-13 June / 24-27 June: Theme Class Team Teaching; Techniques and Sequencing Review; Mentor Meeting 5; The Business of Yoga; Teaching Special Populations; Advanced ISHTA Teaching; Final Mentor Meeting; Evaluations; Final Review, Final Practicums, Closing