

ISHTA YOGA

Sample 200-hour Training Days (Fall 2008 Weekend Format)

DATE	LECTURE	Start Time	End Time
WEEK 1: PHILOSOPHY AND PRINCIPLES OF ISHTA			
<i>Sunday, September 7</i>	Pranayama/Meditation	10:00 AM	10:30 AM
<i>Sunday, September 7</i>	Asana Practice: Focus on Standing Hip Openers	10:30 AM	12:00 PM
<i>Sunday, September 7</i>	Posture Lab: Standing Hip Openers	12:00 PM	1:00 PM
<i>Sunday, September 7</i>	LUNCH / Mentor Meetings	1:00 PM	2:00 PM
<i>Sunday, September 7</i>	ISHTA Tantra	2:00 PM	4:00 PM
<i>Sunday, September 7</i>	Introduction to Ayurveda	4:00 PM	6:00 PM
WEEK 2: PRANAYAMA AND THE ENERGETIC BODIES			
<i>Friday, September 12</i>	The Path of Karma: The Energetic Bodies	6:00 PM	8:00 PM
<i>Friday, September 12</i>	The Chakras	8:00 PM	10:00 PM
<i>Saturday, September 13</i>	Pranayama/Meditation	11:30 AM	12:00 PM
<i>Saturday, September 13</i>	Asana Practice: Focus on Inversions	12:00 PM	1:15 PM
<i>Saturday, September 13</i>	Posture Lab: Inversions	1:15 PM	2:00 PM
<i>Saturday, September 13</i>	Anatomy & Physiology of the Breath	2:00 PM	3:30 PM
<i>Saturday, September 13</i>	BREAK	3:30 PM	4:00 PM
<i>Saturday, September 13</i>	Working with Energy: Shakti, Prana & Pranayama	4:00 PM	5:30 PM
<i>Saturday, September 13</i>	How to Teach Pranayama Techniques	5:30 PM	7:00 PM
WEEK 7: THE ART OF TEACHING AND SPECIALTY YOGA			
<i>Tuesday, November 4</i>	Introduction to Injury Management	6:00 PM	9:00 PM
<i>Sunday, November 9</i>	Practice Teach: Pranayama / Meditation	10:00 AM	10:30 AM
<i>Sunday, November 9</i>	Specialty Practice: Restorative Yoga	10:30 AM	12:00 PM
<i>Sunday, November 9</i>	Philosophy on the Mat	12:00 PM	1:30 PM
<i>Sunday, November 9</i>	LUNCH/Mentor Meetings	1:30 PM	2:30 PM
<i>Sunday, November 9</i>	ISHTA Sequencing: Teaching to the Right Level	2:30 PM	4:30 PM
<i>Sunday, November 9</i>	Practice Teaching	4:30 PM	6:00 PM
<p>Additional lecture topics include: ISHTA Pranayama and Meditation; Principles of ISHTA Sequencing; Chakras and Subtle Body Anatomy; The Nervous System and the Relaxation Response; The Art of Teaching; more.</p> <p>Total contact hours include: Anatomy (20 hours); Meditation (14 hours); Pranayama (15 hours); Subtle and Energetic Body Anatomy (10 hours); Practice Teaching (25 hours); Mentoring and class observation (6 hours); Asana practice and posture study (45 hours); Philosophy (25 hours); Teaching Methodology (15 hours); Specialties and Modifications (7 hours)</p>			
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