

**Sample 300-hour Training Days (Fall 2008-Spring 2009 Weekend Format)**

Date	LECTURE	Start	End
<b>WEEK 1: Standing Poses / Hip Openers; Tantra II; Adv Pranayama I</b>			
<b>9/19/08</b>	Entry / Orientation	6:00 PM	7:30 PM
	Tantra II	7:30 PM	9:30 PM
<b>9/20/08</b>	Practice: Standing Poses; ISHTA Diksha	11:30 AM	1:00 PM
	Q&A: Standing Poses; ISHTA Diksha	1:00 PM	1:30 PM
	Introduction to Hands-on Assisting	1:30 PM	2:30 PM
	Advanced Poses and Spots: Simple Standing Poses	2:30 PM	3:30 PM
	<i>Break</i>	3:30 PM	4:00 PM
	Advanced Pranayama I	4:00 PM	7:00 PM
<b>9/21/08</b>	Practice: Standing Hip Openers, Adv Pranayama (Tech 1)	10:00 AM	11:30 AM
	Advanced Poses and Spots: Standing Hip Openers	11:30 AM	1:30 PM
	<i>Break</i>	1:30 PM	2:30 PM
	How to Teach Advanced Pranayama I	2:30 PM	4:30 PM
	Practice Teach: Standing Poses, Advanced Pranayama I	4:30 PM	6:00 PM
<b>WEEK 4: Ayurveda II; Midterm Practicums; Injury Management II</b>			
<b>12/12/08</b>	Ayurveda II	6:00 PM	9:30 PM
<b>12/13/08</b>	Practice: Ayurveda for Asana I	11:30 AM	1:00 PM
	Q&A: Ayurveda for Asana I	1:00 PM	1:30 PM
	Spotting Review	1:30 PM	2:30 PM
	<i>Break</i>	2:30 PM	3:00 PM
	Midterm Practicums	3:00 PM	7:00 PM
<b>12/14/08</b>	Midterm Practicums	10:00 AM	2:00 PM
	<i>Break</i>	2:00 PM	3:00 PM
	Injury Management II	3:00 PM	6:00 PM
<b>WEEK 8: Techniques Review; Meditation II; "What's Next" Teaser</b>			
<b>2/20/09</b>	Adv Meditation II	6:00 PM	9:00 PM
<b>2/21/09</b>	Practice: Targeted Pranayama Practice	11:30 AM	1:00 PM
	Q&A: Targeted Meditation Practice	1:00 PM	1:30 PM
	Working with Prana II	1:30 PM	3:30 PM
	<i>Break</i>	3:30 PM	4:00 PM
	How to Teach Adv Meditation II; Meditation Review	4:00 PM	7:00 PM
<b>2/22/09</b>	Practice: Targeted Meditation Practice	10:00 AM	11:30 AM
	Advanced Poses & Spots: Advanced Asana & Spotting Review	11:30 AM	2:00 PM
	<i>Break</i>	2:00 PM	3:00 PM
	"What's Next" Specialties Teaser	3:00 PM	4:00 PM
	Practice Teach: Review	4:00 PM	6:00 PM
<b>The ISHTA 300-hour Advanced Teacher Training Curriculum includes:</b>			
In-Training module hours include: <i>Advanced Techniques (ISHTA Meditation &amp; Pranayama) (28 hrs); Physical and Subtle Body Anatomy (14 hrs); Advanced Topics in Philosophy (8 hrs); ISHTA Ayurveda (12 hrs); Teaching Methodology &amp; Ethics (7 hrs); Advanced Asana Practice (23 hrs); Advanced Asana Study and Hands-On Assisting (27 hrs); Practice Teaching (15 hrs); additional practicum and review.</i>			
Apprenticeship module hours include: <i>Asana labs (assisting and teaching) (30 hrs); Class assisting (40 hrs w/a senior ISHTA Teacher); Mentorship (mentored techniques study and practice) (20 hrs); Supervised private teaching (18 hrs); more.</i>			
Personal study module hours include: <i>Independent Research Project (20 hrs); Private teaching practice; required reading and study</i>			