



Diploma of Yoga Teaching – Lecture Schedule 2022 October Intensive Group

Mon (zoom only)	Tue (zoom only)	Wed (zoom only)	Thur (zoom or studio)	Fri (zoom only)	Sat (zoom/studio as specified)	Sun (zoom/studio as specified)
					15 Oct 22 ZOOM OR STUDIO 9:30am-1:15pm PRAC LAB Lat Flex/Twists (Nickie) 2pm-5:45pm Youth Yoga (Beata)	16 Oct 22 ZOOM OR STUDIO 9:30am-1:15pm Yoga Biz (Mel) 2pm-5:45pm Gita & Upanishads (Jay)
17 Oct 22	18 Oct 22 6pm-9:30pm Spine & Back Injuries (Karina)	19 Oct 22 10am-2:30pm Surya Namaskar & Standing Poses (Wendy)	20 Oct 22	21 Oct 22 10am-2:30pm Nervous/Endo System (Mel)	22 Oct 22 ZOOM ONLY 9:30AM-1:15PM PORTFOLIO Forward bends (Wendy)	23 Oct 22



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Mon	Tue	Wed	Thur	Fri	Sat	Sun
24 Oct 22 10am-2:30pm Design & Sequence #1 (Dominique)	25 Oct 22 6pm-9:30pm Prenatal (Mel)	26 Oct 22 10am-2:30pm Muscles of Upper (Andy)	27 Oct 22 10am-2:30pm Sanskrit (Jay)	28 Oct 22	29 Oct 22 ZOOM ONLY 9:30AM-1:15PM Meditation (Wendy)	30 Oct 22
31 Oct 22 10am-2:30pm Essentials Pranayama (Dominique)	1 Nov 22 6pm-9:30pm Mindfulness (Wendy)	2 Nov 22 10am-2:30pm CVS (Mel)	3 Nov 22 10am-2:30pm PRAC LAB – Arm Balancing (Andrew)	4 Nov 22	5 Nov 22 ZOOM ONLY 9:30AM-1:15PM PORTFOLIO - Lat Flex/Twists (Wendy)	6 Nov 22
7 Nov 22 10am-2:30pm PORTFOLIO – Inversions (Andrew)	8 Nov 22 6pm-9:30pm Sutras (Anthony)	9 Nov 22 10am-2:30pm Techniques Pranayama (Dominique)	10 Nov 22 10am-2:30pm Trauma Informed (Beata)	11 Nov 22	12 Nov 22 ZOOM ONLY 9:30AM-1:15PM Skeletal System (Karina)	13 Nov 22



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Mon	Tue	Wed	Thur	Fri	Sat	Sun
14 Nov 22 10am-2:30pm PORTFOLIO – Backbends (Wendy)	15 Nov 22 6pm-9:30pm Design & Sequence #2 (Dominique)	16 Nov 22 10am-2:30pm Muscles of Lower (Andy)	17 Nov 22 10am-2:30pm Yin (Beata)	18 Nov 22	19 Nov 22 ZOOM OR STUDIO 9:30am-1:15pm PRAC LAB Forward/Back bends (Mel) 2pm-5:45pm Teaching Skills (Andrew)	20 Nov 22 ZOOM OR STUDIO 9:30am-1:15pm Adjustments (Andrew) 2pm-5:45pm Teaching Skills (Beata)
21 Nov 22	22 Nov 22 6pm-9:30pm Digestion/ Lymphatic Systems (Mel)	23 Nov 22 10am-2:30pm Teaching Skills - Meditation (Wendy)	24 Nov 22 10am-2:30pm Yoga History (Jay)	25 Nov 22 10am-2:30pm Teaching Skills – Yin (Wendy)		

Additional requirements: 20 hours of Personal Practice