



FUNKY BUDDHA YOGA™

FBU: 200 Hour Yoga Teacher Training Intensive

SATURDAY, AUGUST 11 – SATURDAY, AUGUST 26, 2018

What We Will Cover:

- Funky Buddha-Style Hot Vinyasa Flow Yoga Techniques, Training, & Practice
- Teaching Methodology
- Practical Yoga Anatomy & Physiology
- Hands-on Assisting
- Sequencing & Movement
- Developing Your Personal Yoga Practice

Daily Schedule:

Most days will be 8:30-6:30 pm with a 1.5 hour lunch break.

Exceptions:

- **Saturday, August 11:** First Day! Will Start at 11 am (end at 6:30 pm)
- **Friday, August 17:** Ends at 3:00 pm, with some weekend homework (to be done on your own, at your own pace)
- **Saturday, August 18:** 8:00 am – 2:30 pm
- **Sunday, August 19:** 9:30 am – 1:30 pm
- **Saturday, August 25:** Graduation Day! We will offer public classes our graduates will be co-teaching together.
 - **8:00 am – 4:00 pm.** Through this time period we will have variable schedules, depending on when you are teaching.

Sample Day 1:

- **8:00-10:00 am:** 60 min yoga and meditation practice, then practice teaching on specific poses from prior day's lesson.
- **10:15-12:30 pm:** Assisting lesson and hands on practice time.
- **12:30-2:00 pm:** Break, with homework assignment to review our morning session and write down the areas of the body we worked, and how, and any questions.
- **2:00-4:00 pm:** Anatomy workshop and discussion, with practice time, and time for Q and A.
- **4:10-6:30 pm:** Quick review of earlier discussion, practice teach in large group, with group and individual coaching.

Sample Day 2:

- **8:00-9:30 am:** Review of previous day's anatomy lecture/discussion. Small group collaborative problem solving/critical thinking.
- **9:30-11:30 am:** 60 minute yoga practice related to discussion. Practice teach in-studio in small groups with individual coaching.
- **11:30-1:00 pm:** Break
- **1:00-3:00 pm:** Teaching Yoga book discussion and practical application
- **3:15-4:00 pm:** Intro to new section (Balancing poses)
- **4:00-6:30 pm:** Anatomy and Q and A, with practice assisting, self and others. End with meditation practice.

To Apply:

Please fill out our on-line application at our website www.yogahouse.com. Look for the 'Resources' section on the upper banner, and click on Teacher Training to fill out the application.

