



# FUNKY BUDDHA YOGA™

## FBU: 200 Hour Yoga Teacher Training Intensive

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**Sunday, January 13 – Saturday, March 16, 2019**

The Winter Training will begin the weekend of January 13<sup>th</sup>, and will be taught in 9 weekends over 3 months (3 weekends in a row with the 4<sup>th</sup> weekend of each month off.)

JANUARY						
S	M	T	W	T	F	S
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	2
3	4	5	6	7	8	9

FEBRUARY						
S	M	T	W	T	F	S
27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	1	2
3	4	5	6	7	8	9

MARCH						
S	M	T	W	T	F	S
24	25	26	27	28	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6

### 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:

- **Fridays:** 6:00 pm – 9:00 pm
- **Saturdays:** 8:00 am – 6:00 pm (with 1 hour 30 min breaks in between)
- **Sundays:** 8:00 am – 4:00 pm (with 1 hour 30 min breaks in between)

### Sample Weekend:

#### Friday:

- **6:00 – 7:00pm:** 60 min yoga & meditation practice
- **7:00 – 9:00pm:** Practice teaching on specific poses from prior weekend lesson + Meditation discussion.

**Saturday:**

- **8:00 – 10:00am:** Assisting lesson & hands on practice time.
- **10:00 – 11:00am:** Practice teach in large group, with group and individual coaching.
- BREAK
- **12:30 – 3:00pm:** Anatomy workshop & discussion, with practice time, and time for Q&A.
- **3:15pm – 6:00pm:** 60 minute yoga practice related discussion. Practice teach in-studio in small groups with individual coaching.

**Sunday:**

- **8:00 – 10:00am:** Review of previous day's lecture/discussion. Small group collaborative problem solving/critical thinking.
- **10:00 – 12:00pm:** Teaching Yoga book discussion & practical application
- BREAK
- **1:30 – 4:00pm:** Join 40 Days group for practice & discussion
  - *On non-40 Days Sundays:*
    - Ex: Workshop practice & practical understanding of Backbends (individual coaching)

**Graduation Day – Saturday, March 16**

- We will offer public classes our graduates will be co-teaching together. Through this time period we will have variable schedules, depending on when you are teaching.

**To Apply:**

Please fill out our on-line application at our website [www.yogahothouse.com](http://www.yogahothouse.com). Look for the 'Teacher Training' section on the upper banner, and click on '200 Hour' to fill out the application.