

		Therapy Teacher Training Program																									
		5-Jun		6-Jun		7-Jun		8-Jun		9-Jun		10-Jun		11-Jun		12-Jun		13-Jun		14-Jun		15-Jun		16-Jun			
		Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Mon	Tues	Wed	Thurs														
Sess No.		1	2	3	4	5	6	7	8	9	10	11	12														
6.00-8:00		Maria	Stephan	Maria	Eve	Eve	6.00-8:00	Malcolm	Maria	Maria	6.00-8:00	6.00-8:00	John	Ana	John 7 am to 9 am												
2		Pre yoga and therapeutic movements	Therapeutic Beginners class	Asymmetrical class	25	Sequence for self nurture using props	31	Regenerative and Pawanmuktasana sequence for post-op	45	Yoga Therapy for Addiction	52	Special populations class	52	Winter Viniyoga practice	Pick a pose	Neti and Flowing with the Breath	Final Practice session										
8:00-9:00		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	8:00-9:00	Breakfast	Breakfast	8:00-9:00	8:00-9:00	Breakfast	Breakfast	Brunch at 10:30													
9.00-11.00		Libbie Nelson	Jacinta	Maria	Eve	Trainer	9.00-11.00	Maria	Trainer	Libbie	9.00-11.00	9.00-11.00	Judy	Judy	until 11:30												
2	3a	Client assessment	5a	Ayurveda	14	The Hyper mobile body building stability	26	Applied A&P Aged Clients/Osteoporosis/Osteoarthritis	32	Assesment and applied A&P for Upper Back and Scapulae	46	Special populations class	53	Anxiety and depression	Theory or Practical	Theory or Practical											
11.00-11.30		Break	Break	Break	Break	Break	11.00-11.30	Break	Break	11.00-11.30	11.00-11.30	Break	Break														
11.30-1.00		Libbie Nelson	Jacinta	Maria	Eve	Eve	11.30-1.00	Maria	Trainer	Libbie	11.30-1.00	11.30-1.00	Judy	Judy	Maria												
1.5	3	Functional assessment	5	Ayurveda	21	Sacro-iliac	27	Case Studies Pre and Post operative	33	Topic	47	Special populations class	54	The Pot purri	Theory or Practical	Theory or Practical											
1.00-2.30		Lunch and Rest	Lunch and Rest	Lunch and Rest	Lunch and Rest	Lunch and Rest	1.00-2.30	Lunch	Lunch	Lunch	1.00-2.30	1.00-2.30	Lunch	Lunch													
2.30-4:00		Libbie Nelson	Maria	Maria	Eve	Trainer	2.30-4:00	Maria	Libbie	2.30-4:00	2.30-4:00	Judy	Maria														
1.5	4	Functional assessment	6	Client session planning time Break	15	Scoliosis	28	2:30-3:30 1 hour session case study post operative	34	Topic	48	Special populations class	55	Case Studies	2:30-3:30	Working within a professional health network											
4:00-4.30		Break	Break	Break	Break	break	4:00-4.30	Break	Break	4:00-4.30	4:00-4.30	break	Break														
4.30-6:00		Maria,	Maria	Maria	Maria	Maria	4.30-6:00	Ana	Lila & Malcolm	Maria	Ana	4.30-6:00	4.30-6:00	Maria	Maria												
1.50		4 pm Intro	The core	4-5:30 1st meeting with client	Lower Cross	4-5:30 2nd meeting with client	Women's Health	Chanting and Asana	Special Populations class	Neti and Flowing with the Breath	4-5:30 2nd meeting with client	Therapeutic touch/massage and partner yoga															
6:00-7.00		Dinner	Dinner	Dinner	22	Dinner	29	Dinner	35	Dinner	6:00-7.00	Dinner	49	Dinner	56	Dinner	6:00-7.00	6:00-7.00	Dinner	Dinner	Dinner						
7.00-8.30		Maria,	Maria	Maria	Maria	Eve	Ana	7.00-8.30	Maria	Judy	7.00-8.30	7.00-8.30	John	Maria													
1.50		Restorative Yoga as Yoga Therapy	Day review Mediation and pranayama	Client download and planning	Supervised Study Time	Supervised Study Time Pranayama, Meditation, Yoga Nidra	Pre and Post Natal	Supervised Study Time	Supervised Study Time	Supervised Study Time	Supervised Study Time	Evening Practice	Supervised Study Time	Therapeutic touch/massage and partner yoga													
8:30-9.30			Supervised Study Time	Supervised Study Time	Supervised Study Time																						

Chair yoga - a sequence using railings walls and chairs