

## Utopia Yoga Academy YATT Autumn 2019

Schedule for the 6-month course, once per month Friday-Sunday

### Course start date August 16<sup>th</sup> 2019

Friday August 16 – 14:00-19:00 – Pranayama, Ethics

Saturday August 17 – 8:00-16:00 – Philosophy (Yin), Yin

Sunday August 18 – 8:00-16:00 – Philosophy (Yin), Anatomy, Yin

Friday September 13 – 14:00-19:00 – Pranayama, Yin

Saturday September 14 – 8:00-16:00 – Hatha, Philosophy, Yin

Sunday September 15 – 8:00-16:00 – Anatomy, Hatha, Teaching Methodology

Friday October 4 – 14:00-19:00 – Functional Anatomy

Saturday October 5 – 8:00-16:00 – Teaching Methods, Hot Yoga

Sunday October 6 – 8:00-16:00 – Hatha, Philosophy, Hot Yoga

Friday November 8 – 14:00-19:00 – Assisting and Guiding, Philosophy

Saturday November 9 – 8:00-16:00 – Find Your Flow, Vinyasa

Sunday November 10 – 8:00-16:00 – Vinyasa, Teaching Methodology

Friday December 6 – 14:00-19:00 – Pranayama, Hatha

Saturday December 7 – 8:00-16:00 – Teaching Methodology, Hatha

Sunday December 8 – 8:00-16:00 – Mantra, Meditation, Guiding Meditation (TM)

Friday January 17 – 14:00-19:00 – Yin, Assisting and Guiding

Saturday January 18 – 8:00-16:00 – Hatha, Assisting and Guiding

Sunday January 19 – 8:00-16:00 – Vinyasa, Assisting and Guiding

Saturday January 25 – 8:00-16:00 – Philosophy complete – short exam.

Building Sequencing, Asana practice practical exam – show us your flow.

Understanding our physical state in practice – assisting us in sequences and explaining what is happening to our individual bodies

Sunday January 26 – 12:00-16:00 –. Graduation ceremony and celebration.

**Outside of these scheduled hours will be self-practice, at-home study, and practicum.**

**Practicum**– Before receiving certification, new teachers are required to teach 12 hours of class themselves. The monthly practical exam will count towards this, as well as the option of teaching private classes, outdoor yoga, at the studio or any other studio etc. for either free or a at a student price.

**Yoga Alliance Certified Instructors leading you in this yoga course:**

Jerrica Zeron: Lead Trainer, Maria Murelius, Alexandra Sjöberg, Olivia Berggren, Catalina Palma