

Utopia Yoga Academy YATT Autumn 2020

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

Course start date August 14th 2020

Friday August 14 – 14:00-20:00 – Introduction, Ethics, Yin

Saturday August 15 – 8:00-16:00 – Philosophy (Yin), Yin, Meditation

Sunday August 16 – 8:00-16:00 – Yin, Philosophy (Yin), Intro to Mantra

Friday September 4 – 14:00-20:00 – Pranayama, Yin

Saturday September 5 – 8:00-16:00 – Hatha Philosophy, Intro to Restorative

Sunday September 6 – 8:00-16:00 – Restorative, Meditation

Friday October 2 – 14:00-20:00 – Anatomy, Teaching Methods

Saturday October 3 – 8:00-16:00 – Hatha, Teaching Methods

Sunday October 4 – 8:00-16:00 – Hatha sequencing, Philosophy, Hot Yoga

Friday November 6 – 14:00-20:00 – Assisting/adjustment and Guiding

Saturday November 7 – 8:00-16:00 – Mindful Movement, Vinyasa

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

Friday December 4 – 14:00-20:00 – Pranayama, Hatha

Saturday December 5 – 8:00-16:00 – Mindful Movement, Teaching Methodology and advanced Hatha asanas

Sunday December 6 – 8:00-16:00 – Mantra, Guiding Meditation (TM), The business of yoga.

Friday January 22 – 14:00-20:00 – Yin, personal adjustments

Saturday January 23 – 8:00-16:00 – Hatha, Assisting and Guiding

Sunday January 24 – 8:00-16:00 – Vinyasa, Assisting and Guiding

Saturday January 30 – 8:00-16:00 – Practical exams. Choosing the style of yoga in which speaks to you most, and teaching an open class to teachers and members (optional). During the exam class you will need to provide specific requirements for the style you choose including Pranayama, Asana, Assisting, Meditation. More info to follow closer to this date.

Sunday January 31 – 12:00-16:00 –. Continuation of final exams, 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 observe 6 different studio classes (with Utopia or another studio), as well as teach 6 hours of class themselves. Any full hour practical exams 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. You will need to complete the form and have signature of the lead teacher or student in your class.

Yoga Alliance Certified Instructors leading you in this yoga course:

Jerrica Zeron: Lead Trainer

Anatomy & Vinyasa: Maria Murelius

Yin: Alexandra Sjöberg

Mindful Movement: Olivia Berggren

Restorative: Catalina Palma