

Utopia Yoga Academy YATT Autumn 2022

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

Course start date September 16th 2022

Friday September 16th – 14:00-20:00 – Introduction, Ethics, Yin

Saturday September 17th – 8:00-16:00 – Philosophy (Yin),
Meditation, intro to mantra

Sunday September 18th – 8:00-16:00 – Yin anatomy and
adjustments, Philosophy (Yin)

Friday October 21st – 14:00-20:00 – Pranayama, Yin

Saturday October 22nd – 8:00-16:00 – Intro to Restorative,
Restorative comparison to Yin

Sunday October 23rd – 8:00-16:00 – Intro Hatha, Meditation

Friday November 18th – 14:00-20:00 – Anatomy, Teaching Methods

Saturday November 19th – 8:00-16:00 – Hatha, Teaching Methods

Sunday November 20th – 8:00-16:00 – Hatha sequencing,
Philosophy, Hot Yoga

Friday December 17th – 14:00-20:00 – Assisting/adjustment and
Guiding, props

Saturday December 16th – 8:00-16:00 – Vinyasa, teaching methods

Sunday December 18th – 8:00-16:00 – Vinyasa sequencing, Teaching
Methodology

Friday January 13th – 14:00-20:00 – Bhagavad Gita, Mudra, Bandha

Saturday January 14th – 8:00-16:00 – Teaching Methodology and
advanced Hatha asanas

Sunday January 15th – 8:00-16:00 – Sanskrit Asana, The business of
yoga. Mindful Movement

Friday February 4th – 14:00-20:00 – Yin/Restorative, personal
adjustments

Saturday February 5th – 8:00-16:00 – Hatha, Assisting and Guiding

Sunday February 6th – 8:00-16:00 – Vinyasa, Assisting and Guiding

Saturday February 25th – 9:00-16:00 – 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 February 26th – 9:00-16:00 – 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 it signed by 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

Mindful Movement: Olivia Berggren

Yin & Restorative: Alexandra Sjöberg