

## Utopia Yoga Academy YATT Autumn 2021

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

Course start date August 27<sup>th</sup> 2021

Date	Time	Training areas
Friday August 27 <sup>th</sup>	14:00-20:00	Introduction, Ethics, Yin
Saturday August 28 <sup>th</sup>	8:00-16:00	Philosophy (Yin), Meditation, intro to mantra
Sunday August 29 <sup>th</sup>	8:00-16:00	Yin anatomy and adjustments, Philosophy (Yin)
Friday September 17 <sup>th</sup>	14:00-20:00	Pranayama, Yin
Saturday September 18 <sup>th</sup>	8:00-16:00	Intro to Restorative, Restorative comparison to Yin
Sunday September 19 <sup>th</sup>	8:00-16:00	Intro Hatha, Meditation
Friday October 15 <sup>th</sup>	14:00-20:00	Anatomy, Teaching Methods
Saturday October 16 <sup>th</sup>	8:00-16:00	Hatha, Teaching Methods
Sunday October 17 <sup>th</sup>	8:00-16:00	Hatha sequencing, Philosophy, Hot Yoga
Friday November 12 <sup>th</sup>	14:00-20:00	Assisting/adjustment and Guiding, props
Saturday November 13 <sup>th</sup>	8:00-16:00	Mindful Movement, Vinyasa
Sunday November 14 <sup>th</sup>	8:00-16:00	Vinyasa sequencing, Teaching Methodology
Friday December 3 <sup>rd</sup>	14:00-20:00	Bhagavad Gita, Mudra, Bandha
Saturday December 4 <sup>th</sup>	8:00-16:00	Teaching Methodology and advanced Hatha asanas
Sunday December 5 <sup>th</sup>	8:00-16:00	Sanskrit Asana, The business of yoga. Mindful Movement
Friday January 21	14:00-20:00	Yin/Restorative, personal adjustments
Saturday January 22 <sup>nd</sup>	8:00-16:00	Hatha, Assisting and Guiding
Sunday January 23 <sup>rd</sup>	8:00-16:00	Vinyasa, Assisting and Guiding
Saturday February 5 <sup>th</sup>	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 February 6 <sup>th</sup>	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 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: Catalina Palma