

## Utopia Yoga Academy YATT Autumn 2024

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

### Course start date September 20<sup>th</sup> 2024

Friday September 20<sup>th</sup> – 14:00-20:00 – Introduction, Ethics, Yin

Saturday September 21<sup>st</sup> – 8:00-16:00 – Philosophy (Yin), Meditation, intro to mantra

Sunday September 22<sup>nd</sup> – 8:00-16:00 – Yin anatomy and adjustments, Philosophy (Yin)

Friday October 18<sup>th</sup> – 14:00-20:00 – Pranayama, Yin

Saturday October 19<sup>st</sup> – 8:00-16:00 – Intro to Restorative, Restorative comparison to Yin

Sunday October 20<sup>th</sup> – 8:00-16:00 – Intro Hatha, Meditation

Friday November 14<sup>th</sup> – 14:00-20:00 – Anatomy, Teaching Methods

Saturday November 15<sup>th</sup> – 8:00-16:00 – Hatha, Teaching Methods

Sunday November 16<sup>th</sup> – 8:00-16:00 – Hatha sequencing, Philosophy, Hot Yoga

Friday December 13<sup>th</sup> – 14:00-20:00 – Assisting/adjustment and Guiding, props

Saturday December 14<sup>th</sup> – 8:00-16:00 – Vinyasa, teaching methods

Sunday December 15<sup>th</sup> – 8:00-16:00 – Vinyasa sequencing, Teaching Methodology

Friday January 16<sup>th</sup> – 14:00-20:00 – Bhagavad Gita, Mudra, Bandha

Saturday January 17<sup>th</sup> – 8:00-16:00 – Teaching Methodology and advanced Hatha asanas

Sunday January 18<sup>th</sup> – 8:00-16:00 – Sanskrit Asana, The business of yoga. Mindful Movement

Friday February 13<sup>th</sup> – 14:00-20:00 – Yin/Restorative, personal adjustments

Saturday February 14<sup>th</sup> – 8:00-16:00 – Hatha, Assisting and Guiding

Sunday February 15<sup>th</sup> – 8:00-16:00 – Vinyasa, Assisting and Guiding

Saturday March 1<sup>st</sup> – 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 March 2<sup>nd</sup> – 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