

Jerusalem Summer Intensive 2017 Part 2 Program & Jerusalem Fall Year Long 2016/ 2017 Part 2 Program

WORKSHOP DATES AND COURSE OUTLINE

LOCATION:

17 Hizkiyahu HaMelech (Katamon, Jerusalem) near the Misgav Ladach Hospital

TIME:

Fridays 8:30 am-1:30 pm

Date	Worksh op No	Instructor	Topics
September 1st	15	Ayo	8:30 am –8:35 am Attendance 8:35 am-9:30 am: Vinyasa Practice Class 9:30 am-12 pm: Yoga for Populations Pre Natal Yoga 12 pm-1:30 pm: Kid's Yoga
September 8th	16	Leia	8:30 am – 8:35 am Attendance 8:35 -9:30 am: Hatha Practice Class 9:30.m-1:30 p.m: Practice Teaching Workshop: Tips For Being A Better Yoga Teacher (based on practice teaching homework assignment) - Round Robyn Practice Teaching and Practice of Adjusting and Assisting - Student and Teacher Feedback
Sept 15th	17	Leia	8:30 am – 8:35 am Attendance 8:35 am-9:30 pm: Private Yoga Practice Class Taught by Students (based on practice teaching homework assignment) 9:30 am-1:30 pm : How To Teach Private Yoga - How To Structure A Private Session, and Creating Professional Boundaries For Private Yoga Sessions -How to get connected to your student while maintaining healthy boundaries - How to process emotions that surface in private yoga -Starting A Private Yoga Business
October 20th	18	Ayo	8:30 am – 8:35 am Attendance 8:35 am-9:30 am: Vinyasa Yoga 9:30 am-1:30 pm: Identifying Your Niche As A Yoga Teacher

			Exercises for Understanding What is One's Unique Style and Talents as A Yoga Teacher (Based on practice teaching homework assignment)
October 27th	19	Ayo	8:30 am – 8:35 am Attendance 8:35 am-9:30 am: Yoga Practice Class Combined with Jewish Meditation 9:30 am-11:30 am : Theory and Practice of Jewish Meditation Techniques for a Yoga Practice 11:30 am-1:30 pm: Ethics For Teachers - How Middot Can Inform our Professional ethics - Understanding Professional Ethics Through Looking at Possible Scenarios - Healer and Businesswoman: How to Balance The Role of Being a Healer and Yet Having A Professional Client
November 3rd	20	Leia	8:30 am-8:35 am: Attendance 8:35 am-9:30 am: Yoga Practice Class Based on the Pawanmuktasana Series 9:30 am-12:30 pm: Foundational Tools for Maintaining Health: Pawanmuktasana Series: Anti-rheumatic series: yoga for healthy joints Bandha Group to release blocked energy Yoga exercises for the eyes Series Yoga Wall at Home and Integrating Props Into Your Teaching Practice Setting up a non permanent Yoga wall. Practice teaching incorporating Props seamlessly into your class.
November 10th	21	Leia	8:30 am – 8:35 am Attendance 8:35 am-9:30 am: Yin Yoga Practice Class 9:30 am-12:30 pm: Tips For Being A Better Yoga Teacher - Round Robyn Practice Teaching and Adjusting and Assisting (based on practice teaching homework assignment) - Student and Teacher Feedback 12:30 pm-1:30 pm: Feedback forms for Year Long Program and closure/goodbyes for Year Long Group (note: Summer Intensive women will leave for this hour)

Nov 17th (This workshop is only for the summer intensive group and NOT for year long group (unless using it as makeup))	22	Ayo (location for this class only will be at Ayo's in home studio)	8:30 am – 8:35 am Attendance 8:35 am-9:30 am: Warm Up Practice Class for Acro Yoga 9:30 am- 1:30 pm:Theory and Practice of Partner & Acro Yoga (Using Partner Yoga in Class, AcroYoga and PartnerYoga Assists)
Nov 24th (This workshop is only for the summer intensive group and NOT for year long group (unless using it as makeup))	23	Ayo (location is back to Katamon studio)	8:30 am – 8:35 am Attendance 8:35 am- 9:30 am: Vinyasa Practice Class 9:30 am-12:30 pm: Yoga and Business Workshop 12:30 pm-1:30 pm: Q and A - Answering Any Remaining Questions Students Have • Closure