



200HR YTT // AUGUST 19 - SEPTEMBER 1, 2024

Morning practice 08.00-09.35 am - Afternoon practice 17.30-19.00 pm

Teachers: Marco M. - Sofia M. - Alice K. - Elisa F. - Emanuela B.

Data	Teacher AM	Teacher PM	Workshop AM	W. Teacher AM	Workshop PM	W. Teacher PM
19/8		Sofia			Ali: standing asanas 1	Sofia
20/8	Marco	Sofia	What is Yoga ?	Marco	Ali: standing asanas 2	Sofia
21/8	Sofia	Alice	Chakras & Nadi	Alice	Ali: Balance & Meditation	Sofia
22/8	Alice	Sofia	Ali: Back Bends	Sofia	Practice Teaching	Sofia
23/8	Sofia	Marco	All: forward bends	Sofia	Pr: The relaxing techniques	Sofia
24/8	Sofia	Marco CT	Practice Teaching	Sofia	Pr: the energizing techniques	Sofia
25/8	Sofia	Elisa	Ali: inversions + SunSalutation	Elisa	Learning styles, Teaching	Elisa
26/8	Elisa	Alice	Ali: twists and core strength	Elisa	Practice Teaching	Alice
27/8	Alice	Elisa	Med: knowhow & techniques	Alice	Samkhia & Yoga Sutra	Marco
28/8	Elisa	Manu AM	Practice Teaching Pr & Med	Elisa	Logic of sequencing	Elisa
29/8	Alice	Elisa	Historical Introduction	Marco	Practice Assessment	Elisa
30/8	Elisa	Marco&Manu ED	Mantra	Alice	Student/teacher relation	Elisa
31/8	Manu SSV	Marco	Written Assessment	Marco	Written Assessment revision	Marco
1/9	Elisa		Certificate Presentation			