



200HR YTT // JULY 22 - AUGUST 4, 2024

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

Teachers: Marco M. - Frida C. - Alice K. - Elena G. - Emanuela B.

Data	Teacher AM	Teacher PM	Workshop AM	W. Teacher AM	Workshop PM	W. Teacher PM
22/7		Frida			Ali: standing asanas 1	Frida
23/7	Marco	Frida	What is Yoga ?	Marco	Ali: standing asanas 2	Frida
24/7	Frida	Alice	Chakras & Nadi	Alice	Ali: Balance & Meditation	Frida
25/7	Alice	Frida	Ali: Back Bends	Frida	Practice Teaching	Frida
26/7	Frida	Marco	All: forward bends	Frida	Pr: The relaxing techniques	Frida
27/7	Frida	Marco CT	Practice Teaching	Frida	Pr: the energizing techniques	Frida
28/7	Frida	Elena	Ali: inversions + SunSalutation	Elena	Learning styles, Teaching	Elena
29/7	Alice	Elena	Ali: twists and core strength	Elena	Practice Teaching	Alice
30/7	Alice	Elena	Med: knowhow & techniques	Alice	Samkhia & Yoga Sutra	Marco
31/7	Elena	Manu AM	Practice Teaching Pr & Med	Elena	Logic of sequencing	Elena
1/8	Alice	Elena	Historical Introduction	Marco	Practice Assessment	Elena
2/8	Elena	Marco&Manu ED	Mantra	Alice	Student/teacher relation	Marco
3/8	Manu SSV	Marco	Written Assessment	Marco	Written Assessment revision	Marco
4/8	Elena		Certificate Presentation			