



200HR YTT // JUNE 17 - 30, 2024

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

Teachers: Marco M. - Margherita M. - Emanuela B. - Max M. - Susan O.

Data	Teacher AM	Teacher PM	Workshop AM	W. Teacher AM	Workshop PM	W. Teacher PM
17/6		Margherita			Ali: standing asanas 1	Margherita
18/6	Marco	Margherita	What is Yoga ?	Marco	Ali: standing asanas 2	Margherita
19/6	Ingrid	Margherita	Chakras & Nadi	Margherita	Ali: Balance & Meditation	Margherita
20/6	Ingrid	Margherita	Ali: Back Bends	Margherita	Practice Teaching	Margherita
21/6	Margherita	Marco	All: forward bends	Margherita	Pr: The relaxing techniques	Margherita
22/6	Margherita	Marco CT	Practice Teaching	Margherita	Pr: the energizing techniques	Margherita
23/6	Ingrid	Margherita	Ali: inversions + SunSalutation	Margherita	Learning styles, Teaching	Max
24/6	Max	Susan	Ali: twists and core strength	Susan	Practice Teaching	Susan
25/6	Susan	Max	Med: knowhow & techniques	Susan	Samkhia & Yoga Sutra	Marco
26/6	Max	Manu AM	Practice Teaching Pr & Med	Max	Logic of sequencing	Max
27/6	Ingrid	Max	Historical Introduction	Marco	Practice Assessment	Max
28/6	Max	Marco&Manu ED	Mantra	Max	Student/teacher relation	Max
29/6	Manu SSV	Marco	Written Assessment	Marco	Written Assessment revision	Marco
30/6	Margherita		Certificate Presentation			