



200HR YTT // SEPTEMBER 8 - 21, 2024

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

Teachers: Insegnanti: Marco M. - Charline BG. - Max M. - Margherita M. - Emanuela B.

Data	Teacher AM	Teacher PM	Workshop AM	W. Teacher AM	Workshop PM	W. Teacher PM
8/9		Charline			Ali: standing asanas 1	Charline
9/9	Marco	Margherita	What is Yoga ?	Marco	Ali: standing asanas 2	Charline
10/9	Charline	Max	Chakras & Nadi	Charline	Ali: Balance & Meditation	Charline
11/9	Margherita	Charline	Ali: Back Bends	Margherita	Practice Teaching	Charline
12/9	Charline	Marco	All: forward bends	Charline	Pr: The relaxing techniques	Charline
13/9	Margherita	Marco CT	Practice Teaching	Margherita	Pr: the energizing techniques	Charline
14/9	Charline	Max	Ali: inversions + SunSalutation	Margherita	Learning styles, Teaching	Max
15/9	Max	Margherita	Ali: twists and core strength	Margherita	Practice Teaching	Max
16/9	Charline	Max	Med: knowhow & techniques	Charline	Samkhia & Yoga Sutra	Marco
17/9	Max	Manu AM	Practice Teaching Pr & Med	Max	Logic of sequencing	Max
18/9	Charline	Max	Historical Introduction	Marco	Practice Assessment	Max
19/9	Max	Marco&Manu ED	Mantra	Charline	Student/teacher relation	Max
20/9	Manu SSV	Max	Written Assessment	Charline	Written Assessment revision	Marco
21/9	Max		Certificate Presentation			