HARIOM freespiritshome

200HR YTT // December 26, 2026 - January 8, 2027

Morning practice 08.00-09.30 am - Afternoon practice 17.30-19.00 pm

Teachers: Marco M. - Valeria D. - Greta P. - Margherita M. - Alice K. - Emanuela B.

Data	Teacher AM	Teacher PM	Workshop AM	W. Teacher AM	Workshop PM	W. Teacher PM
26/12		Valeria			Ali: standing asanas 1	Valeria
27/12	Valeria	Margherita	What is Yoga ?	Marco	Ali: standing asanas 2	Valeria
28/12	Marco	Margherita	Chakras & Nadi	Margherita	Ali: Balance & Meditation	Margherita
29/12	Marco	Valeria	Ali: Back Bends	Valeria	Practice Teaching	Valeria
30/12	Margherita	Marco CT	All: forward bends	Margherita	Pr: The relaxing techniques	Margherita
31/12	Margherita	Marco	Practice Teaching	Margherita	Pr: the energizing techniques	Margherita
1/1	Marco&Manu	Alice	Learning styles, Teaching	Alice	Ali: inversions + SunSalutation	Alice
2/1	Greta	Alice	Ali: twists and core strength	Alice	Practice Teaching	Alice
3/1	Greta	Alice	Med: knowhow & techniques	Alice	Samkhia & Yoga Sutra	Marco
4/1	Alice	Manu AM	Practice Teaching Pr & Med	Alice	Logic of sequencing	Alice
5/1	Alice	Marco	Historical Introduction	Marco	Practice Assessment	Alice
6/1	Marco	Alice	Mantra	Alice	Student/teacher relation	Alice
7/1	Alice	Marco&Manu ED	Written Assessment	Marco	Written Assessment revision	Marco
8/1	Manu SSV		Certificate Presentation			