

# South Mountain Yoga Teacher Training Schedule At-a-Glance

<b>Fridays</b>	<b>6:30 - 9:00 pm</b>
<b>Saturdays</b>	<b>1:00 - 4:30 pm</b>
<b>Sundays</b>	<b>1:00 - 4:30 pm</b>

Note that schedule below may shift and change.

## Weekend 1

### FRIDAY

- Welcome
- Instruction: Parenthetical Class

### SATURDAY

- Orientation
- Intro to Anatomy Syllabus
- Ethics & Etiquette: Feedback
- Intro to Observation: What's Working

### SUNDAY

- Intro to Asana Syllabus
- Intro to Sequencing
- Intro to Instruction

## Weekend 2

### FRIDAY

- Welcome & Review
- Instruction: Elements of an SMY Class

### SATURDAY

- Syllabus: Pose Category Info Sheets, Asana Info Sheets
- Sequencing: Levels & Full Spectrum Class Template
- Instruction: Intro to Surya Namaskar & Vinyasa

### SUNDAY

- Sequencing: Resonance
- Instruction: Teaching Surya Namaskar

## Weekend 3

### FRIDAY

- Welcome & Review
- Intro to Touch
- Anatomy: Bones & Bony Landmarks

### SATURDAY

- Anatomy: Skeleton Quiz, Muscles
- Instruction: Surya Namaskar & Linking Vinyasas Practice
- Touch: Poses of Surya Namaskar

### SUNDAY

- Anatomy: Muscles Quiz
- Sequencing: Apex
- Syllabus: Pose Category Info Sheets, Asana Information Sheets
- Touch: Poses of Surya Namaskar

## Weekend 4

### FRIDAY

- Welcome & Review
- Syllabus: Pose Quiz
- Instruction: Teaching Surya Namaskar
- Touch: Poses of Surya Namaskar

### SATURDAY

- Intro to Opening a Class
- Instruction: Teaching Basic Form, Basic Form vs Biomechanics, Raw Beginner Exercise, Launchpad Poses
- Syllabus: "No Source" poses, Asana Information Sheets

### SUNDAY

- Instruction: Teaching Basic Form
- Opening a Class
- Sequencing: Tweak My Sequence

## Weekend 5

### FRIDAY

- Welcome & Review
- Instruction: Surya Namaskar & Basic Form
- Opening a Class: Centering, Key Attributes of a Theme

### SATURDAY

- Opening a Class: Centering
- Instruction: Surya Namaskar & Basic Form
- Opening a Class: Centering & Theme

### SUNDAY

- Instruction: Intro to Warm-Ups
- Sequencing: Warm-Ups
- Touch: Poses for Warm-Ups

## Weekend 6

### FRIDAY

- Welcome & Review
- Instruction: Teaching Biomechanics

### SATURDAY

- Instruction: Teaching Biomechanics
- Touch
- Opening a Class: Relating theme to asana

### SUNDAY

- Instruction: Pre & Post-natal Topics

## Weekend 7

### FRIDAY

- Welcome & Review
- Instruction: Teaching Biomechanics

### SATURDAY

- Instruction: Teaching Biomechanics
- Touch
- Opening a Class: Relating theme to asana

### SUNDAY

- Observation: Common Misalignments

## Weekend 8

### FRIDAY

- Welcome & Review
- Instruction: Teaching Biomechanics

### SATURDAY

- Instruction: Teaching Biomechanics
- Touch
- Observation: Common Misalignments

### SUNDAY

- Intro to Modifications
- Observation: Common Misalignments
- Intro to Assisting

## Weekend 9

### FRIDAY

- Welcome & Review
- Sequencing: Additional Concepts (L)

### SATURDAY

- Instruction: Teaching Warm-Ups, Surya Namaskar, Basic Form, & Biomechanics. Demonstrations.
- Touch

### SUNDAY

- Instruction: Team Class & Feedback, Perilous Poses

## Weekend 10

### FRIDAY

- Welcome & Review
- Sequencing: Additional Concepts (L)

### SATURDAY

- Team Class & Feedback
- Perilous Poses
- Teaching Pranayama
- Instruction: Teaching with Touch

### SUNDAY

- Team Class & Feedback
- Touch
- Teaching Meditation

## Weekend 11

### FRIDAY

- Welcome & Review
- Team Class & Feedback

### SATURDAY

- Team Class & Feedback
- Perilous Poses
- Touch
- Creating Sacred Space

### SUNDAY

- Team Class & Feedback
- Ethics & Etiquette

## Weekend 12

### FRIDAY

- Welcome & Review
- Ethics & Etiquette

### SATURDAY

- Touch
- Business of Yoga
- Instruction: Teaching Restorative Poses

### SUNDAY

- Business of Yoga
- Closing Circle