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## 2018 COURSE SYLLABUS

### TEACHER'S PATH 5-WEEK INTENSIVE

<b>SESSION 01: FINDING PURPOSE</b> <i>with Shelby Autrey</i>		<b>Wednesday, September 5th</b> 6:00 PM-10:00 PM 4 hours towards Teacher Training
<b>SESSION 02: FORMULA &amp; LANGUAGE</b> <i>with Shelby Autrey</i>		<b>Wednesday, September 12th</b> 6:00 PM-10:00 PM 4 hours towards Teacher Training
<b>SESSION 03: THE ART OF SEQUENCING</b> <i>with Kate Van Dyke</i>		<b>Wednesday, September 19th</b> 6:00 PM-10:00 PM 4 hours towards Teacher Training
<b>SESSION 04: ASSISTING 101</b> <i>with G'Nell Price</i>		<b>Wednesday, September 26th</b> 6:00 PM-10:00 PM 4 hours towards Teacher Training
<b>SESSION 05: ASSISTING 102</b> <i>with G'Nell Price</i>		<b>Thursday, September 27th</b> 6:00 PM-10:00 PM 4 hours towards Teacher Training
<b>SESSION 06: THE BUSINESS OF YOGA</b> <i>with Shelby Autrey</i>		<b>Wednesday, October 3rd</b> 6:00 PM-10:00 PM 4 hours towards Teacher Training

### ADDITIONAL REQUIRED HOURS<sup>2</sup>

<b>ASANA PRACTICE</b>	Attended at least 1 additional class/week totaling to 24 hours.	<b>July 13, 2018-December 14, 2018</b>
<b>OBSERVATION</b>	10 hours	<b>After October 3, 2018</b>
<b>TEACHING</b>	10 hours	<b>After October 3, 2018</b>

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## 2018 COURSE SYLLABUS

CLASS	DESCRIPTION	DATES <sup>1</sup>
<b>SERIES 01: YOGA 101</b> Why We Do Yoga & Personal Ritual with <i>Shelby Autrey</i>	Yoga is the journey of the self, through the self, to the Self—working individually and collectively to come to understand ourselves more fully.	<b>Friday, July 13th</b> 5:00 PM-9:00 PM 4 hours towards Teacher Training
<b>SERIES 01: YOGA 101</b> Linking Movement with Breath with <i>Shelby Autrey</i>	Learn the physiological power of breath, uncover the subtle body, and discover the full expression of your practice through breath.	<b>Saturday, July 14th</b> 8:00 AM-12:00 PM 4 hours towards Teacher Training
<b>SERIES 02: PHILOSOPHY</b> Yoga Sutras with <i>Zoe Mantarakis</i>	What is the nature of enlightenment? Take a journey to your crown chakra and back down again with teachings based on the Yoga Sutras.	<b>Friday, July 27th</b> 5:00 PM-9:00 PM 4 hours towards Teacher Training
<b>SERIES 02: PHILOSOPHY</b> Hatha Yoga Asana with <i>Zoe Mantarakis</i>	We'll go beyond the physical in each pose, to also incorporate all 8-limbs of yoga in each asana; aligning ourselves with a higher guiding power, called Guru.	<b>Saturday, July 28th</b> 8:00 AM-12:00 PM 4 hours towards Teacher Training
<b>SERIES 02: PHILOSOPHY</b> Sanskrit 101: Asana Names & Storytelling with <i>Mary Richardson</i>	In this workshop we will explore the fundamentals of Sanskrit in order to understand the meaning of asana names (postures) and their energetic qualities, and to know the pronunciation and meaning of specific Sanskrit mantras and sutras.	<b>Saturday, August 11th</b> 12:30 AM-4:30 PM 4 hours towards Teacher Training
<b>SERIES 02: PHILOSOPHY</b> Application of Sutras & Mantras with <i>Zoe Mantarakis</i>	What is it, to be a yogi? The answers lie within the teachings of the Yamas and Niyamas, which we will chant in Sanskrit and learn to apply to our practice and daily lives; creating sacred mindfulness both on and off the mat.	<b>Sunday, August 12th</b> 1:00 PM-5:00 PM 4 hours towards Teacher Training
<b>OPEN SESSION</b> Review of Learnings with <i>Shelby Autrey</i>	An opportunity to reflect on the teachings and learnings thus far. Note this is a mandatory session for Teacher's Path trainees.	<b>Friday, August 24th</b> 5:00 PM-9:00 PM 4 hours towards Teacher Training
<b>SERIES 02: PHILOSOPHY</b> Exploring the Koshas & Kleshas with <i>Mary Richardson</i>	Humans are multi-dimensional beings made up of many interactive layers or koshas. Investigating the five koshas can inspire and deepen your yoga practice and assist you in recognizing practices that support optimal health and wellbeing.	<b>Saturday, August 25th</b> 12:30 PM-4:30 PM 4 hours towards Teacher Training

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## 2018 COURSE SYLLABUS

CLASS	DESCRIPTION	DATES <sup>1</sup>
<b>SERIES 05: CHANGING PERSPECTIVE</b> Inversions 101: Arm Balances & Headstands with <i>Kate Van Dyke</i>		<b>Friday, September 7th</b> 6:00 PM-10:00 PM 4 hours towards Teacher Training
<b>SERIES 05: CHANGING PERSPECTIVE</b> Inversions 102: Advanced Inversions with <i>Kate Van Dyke</i>		<b>Saturday, September 8th</b> 8:00 AM-12:00 PM 4 hours towards Teacher Training
<b>SERIES 04: THE BODY</b> Muscles & Bones with <i>Shelby Autrey</i>		<b>Friday, September 21st</b> 6:00 PM-10:00 PM 4 hours towards Teacher Training
<b>SERIES 04: THE BODY</b> Shoulders & Hips with <i>Shelby Autrey 3rd</i>		<b>Saturday, September 22nd</b> 8:00 AM-5:00 PM (1 hr. break) 8 hours towards Teacher Training
<b>SERIES 04: THE BODY</b> The Spine with <i>Shelby Autrey</i>		<b>Friday, October 12th</b> 6:00 PM-10:00 PM 4 hours towards Teacher Training
<b>SERIES 03: ENERGY &amp; POWER</b> Breath & Bhandas with <i>Selena</i>		<b>Saturday, October 13th</b> 8:00 AM-12:00 PM 4 hours towards Teacher Training
<b>SERIES 03: ENERGY &amp; POWER</b> Chakras with <i>Liz Davis</i>		<b>Friday, October 26th</b> 6:00 PM-10:00 PM 4 hours towards Teacher Training
<b>SERIES 05: CHANGING PERSPECTIVE</b> Inversions 103: Inversion Variations with <i>Kate Van Dyke</i>		<b>Saturday, October 27th</b> 8:00 AM-12:00 PM 4 hours towards Teacher Training

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## 2018 COURSE SYLLABUS

CLASS	DESCRIPTION	DATES <sup>1</sup>
<b>SERIES 05: CHANGING PERSPECTIVE</b> Backbends 101: Basic Backbends with <i>Kate Van Dyke</i>		<b>Friday, November 9th</b> 6:00 PM-10:00 PM 4 hours towards Teacher Training
<b>SERIES 05: CHANGING PERSPECTIVE</b> Backbends 102: Advanced Backbends with <i>Kate Van Dyke</i>		<b>Saturday, November 10th</b> 8:00 AM-12:00 PM 4 hours towards Teacher Training
<b>SERIES 06: LIVING YOUR YOGA</b> Yin & Ayurveda 101 with <i>Iva Drtina-Hall</i>		<b>Friday, November 30th<sup>3</sup></b> 6:00 PM-10:00 PM 4 hours towards Teacher Training
<b>SERIES 06: LIVING YOUR YOGA</b> Yin & Ayurveda 102 with <i>Iva Drtina-Hall</i>		<b>Sunday, December 2nd<sup>3</sup></b> 8:00 AM-5:00 PM (1 hour break) 8 hours towards Teacher Training
<b>SERIES 07: YOGA FOR TWO</b> Thai Partner Massage with <i>Shelby Autrey</i>		<b>Friday, December 7th</b> 6:00 PM-10:00 PM 4 hours towards Teacher Training
<b>SERIES 07: YOGA FOR TWO</b> Prenatal Yoga with <i>Katie Volk</i>		<b>Saturday, December 8th</b> 8:00 AM-12:00 PM 4 hours towards Teacher Training

<sup>1</sup> Dates, hours, and staff are subject to change. We'll do our best to notify you in advance of any changes.

<sup>2</sup> Required to receive Yoga Alliance accredited certificate.

<sup>3</sup> Deviating from typical schedule.

## QUESTION?

>> [hello@bfreeyogaaustin.com](mailto:hello@bfreeyogaaustin.com)

## APPLY

>> [click here](#)