



Level 1 Workshop & Certification Yoga Camp Schedule

October 20-23, 2022

Thursday

1:00-1:30 pm	Welcome & Introductions
1:30-2:30 pm	Yoga History, Philosophy & Benefits of Yoga
2:30-3:30 pm	Yoga Anatomy
3:30-5:30 pm	Seated Asana
5:30-6:30 pm	Gentle Yoga Practice

Friday

9:00 am-10:00 am	Level 1 Yoga Practice
10:00-12:00 pm	Standing Asana
12:00-1:00 pm	Lunch Break
1:00-1:30 pm	Meditation
1:30-3:00 pm	Balancing Asana
3:00-4:30 pm	Forward & Back Bending Asana (Part 1)
4:30-6:00 pm	Reclined Asana

Saturday

9:00 am-10:00 pm	Slow Flow Yoga Practice
10:00-11:30 pm	Forward & Back Bending Asana (Part 2)
11:30-12:30 pm	Energy & Pranayama
12:30-1:30 pm	Lunch Break
1:30-2:30 pm	Fundamentals of Teaching/Class Design & Sequencing (Part 1)
2:30-3:30 pm	Arm Balancing & Inversion Asana
4:30-6:00 pm	Twisting Asana

Sunday

1:00-2:00 pm	Fundamentals of Teaching/Class Design & Sequencing (Part 2)
2:00-3:00 pm	Sun Salutation A
3:00-4:00 pm	Teaching the Class
4:00-5:00 pm	The Business of Yoga
5:00-6:00 pm	Group Taught Yoga Class