



essence of yoga

TEACHER TRAINING PROGRAM

2020 YTT Schedule

DIANA SPIESS, Lead E-RYT

January 24–26

(Fri/Sat/Sun)

Introduction to YTT, coursework and expectations.
Beginning asana & pranayama (breathing techniques).

February 21–23

(Fri/Sat/Sun)

Introduction to meditation, anatomy & physiology.
Understanding flowing (Vinyasa) yoga.

March 20–22

(Fri/Sat/Sun)

Introduction to the chakras and continuing anatomy.
Hot yoga class, breakdown yoga styles, contradictions and medical conditions.

April 24–26

(Fri/Sat/Sun)

Introduction to using yoga props (Iyengar style).
Yoga adjustments, yoga philosophy and lifestyle.
Eating for overall health and with awareness.

May 15–17

(Fri/Sat/Sun)

Partner yoga, anatomy, yamas & niyamas.
Students begin teaching.

June 12–14

(Fri/Sat/Sun)

Ethics and teaching safety. Inversions and advanced postures.
Student projects.

July 24–26

(Fri/Sat/Sun)

Communication techniques, detailed pose breakdown.
Healing modalities.

August 14–15

(Fri/Sat/Sun)

Detailed pose breakdown, understanding malas, mantra and chanting. Understanding your students/audience.

September 18–20

(Fri/Sat/Sun)

Master class, Advanced yoga. Starting your yoga business.
Restorative Yoga.

October 23–25

(Fri/Sat/Sun)

Last asana classes together as a class. Group healing session.
Questions & answers. Graduation lunch with families.

Times

Fridays	5:30pm-9pm
Saturdays	10am-6:30pm
Sundays	10am-5pm

www.essencembs.com

- ✳ YTT Trainees are required to attend all scheduled dates. This is necessary for successful graduation of this teacher training and to gain important skills necessary to become a well-rounded, successful yoga teacher.
- ✳ For any unforeseen emergencies, Diana will explain what is necessary to make up any missed hours. There will be additional costs beyond the tuition for any missed hours made up.
- ✳ Each weekend is 17 hours of instruction. Students are required to do 30 additional hours of classes and/or workshops to complete their 200 HR YTT Certification.