

<p>Saturdays, May 1, 8, 15, 22, 29 8 am – 12 pm</p>	<p>The Anatomy of the Nervous, Circulatory, Digestive and Endocrine Systems Gestural Mudra, Mantra, Chanting Sanskrit, Cultural Appropriation/Appreciation and Finding your Teaching Voice) Anatomy/Biomechanics Review and Q&A Special Populations: Beginner's, Older Adults and Pregnant/Postnatal Women</p>
<p>Intensive Weekends June 5 and 6; 8 am – 12 pm 1:30 pm – 5:30 pm June 12 and 13 8 am – 12 pm 1:30 pm – 5:30 pm</p>	<p>Finding Your Teaching Voice and Purpose: Presentation of Yoga Philosophy/Manifestos The Business of Yoga Teaching Each Other: Small Group Teaching and Giving of Feedback Presentation of Topic, Creative Project or Meditative Practice to the Group Professional Resources, Continuing Education, Commitment to Professional Ethics Dry Run of Community Teaching Dry Run of Community Teaching Community Teaching, Evaluation of the program, Graduation</p>
<p>Mentorship Circle – 10 hours throughout the program, to be determined by your mentor and the group.</p>	<p>Dates to be determined Mentorship Circle (PE10)</p>

Breakdown of curricular focus:

Anatomy: 30

Techniques, Training and Practice: 76

Yoga Humanities: 32

Professional Ethics: 50