

 <b>corepower YOGA</b> <b>TEACHER TRAINING</b>		<b>SAMPLE SCHEDULE: (C1 &amp; C2) &amp; Yoga 200 Hour Teacher Training Schedule</b>	
<b>SELF-PACED LECTURES (COMPLETE AT ANY TIME)</b>		<b>GRADUATION REQUIREMENTS</b>	
History of Yoga, Intro to Sutras, Intro to Sanskrit Anatomy 1   Intro to Anatomy and application to Yoga Asana Class Essentials, Fundamental Formulas Get to Know Your C1 Base Introduction to the Kleshas Mythology of the Asanas Introduction to Meditation, Sankalpa, Theming Introduction to Trauma-Informed Yoga & Pranayama Introduction to Ayurveda 101 & Koshas Learn Your Base Side Crow   C2 Pose Library Introduction to Customization & Special Populations & DAPP Business of Yoga, Ethics Styles of Yoga		<b>In-Studio</b> <ul style="list-style-type: none"> <li>• Attend Virtual Orientation</li> <li>• Attend Mandatory Immersion Weeks</li> <li>• Miss no more than three (3) sessions (10.5 hours) during the 9 weeks of program</li> <li>• Watch all required content</li> <li>• Make-up all missed sessions</li> <li>• 50 yoga classes + journals</li> <li>• Complete a journal and quiz for all sessions (in-studio, online, pre-recorded)</li> </ul>	
		<b>Online</b> <ul style="list-style-type: none"> <li>• Attend Virtual Orientation</li> <li>• Attend Mandatory Immersion Weeks</li> <li>• Must attend at least five (5) Practice Teaching sessions</li> <li>• Watch all required content</li> <li>• 50 yoga classes + journals + Complete a journal and quiz for all sessions (in-studio, online, pre-recorded)</li> </ul>	
<b>WEEK ONE</b>			
Session 1	3.5	<b>Online Orientation Day: Program Commitment   TT Intention   Graduation Requirements   CorePower University Overview</b>	
Session 2	3.5	<b>C1 Practice (1 hour)   Intro to Teaching Formulas   Intro to Blueprint Poses &amp; Joint Actions   Posture Clinic I</b>	
Weekend Intensive (Saturday & Sunday)	6	<b>C1 INTENSIVE: Posture Clinic, Formulas</b>	
	6	<b>C1 INTENSIVE: Complete Series, Practice Teaching</b>	
<b>WEEK TWO</b>			
<b>C1 Immersion</b>			
Session 1	3.5	<b>Practice Teach &amp; Round Robin   Theming   Intro to Sequencing</b>	
Session 2	3.5	<b>LECTURE: Sound of AUM   C1 Class Experience w/ Sanskrit</b>	
Online - Session 3	3.5	<b>LECTURE: Intro to the 8 Limb Path</b>	
<b>WEEK THREE</b>			
History of Yoga, Intro to Sutras, Intro to Sanskrit			
Session 1	3.5	<b>Practice Teach &amp; Round Robin   Theming   Intro to Sequencing</b>	
Session 2	3.5	<b>LECTURE: Anatomy II   Introduction to Muscles and Application to your Yoga Asana Practice   Intro to Blueprint Assists &amp; C1 Assists</b>	
Online - Session 3	3.5	<b>LECTURE: Introduction to the Chakras 1-7</b>	
<b>WEEK FOUR</b>			
Session 1	3.5	<b>Practice Teach &amp; Round Robin   Theming   Intro to Sequencing</b>	
Session 2	3.5	<b>Partner Teach &amp; Round Robin Class Experience</b>	
Online - Session 3	3.5	<b>LECTURE: Cultural Appreciation &amp; Context</b>	
<b>WEEK FIVE</b>			
<b>C2 Immersion</b>			
Session 1	3.5	<b>C2 INTENSIVE - Part I + Posture Clinic</b>	
Session 2	3.5	<b>LECTURE: Anatomy III Review &amp; Generate Muscle Action Cue   C1 Assists Part II</b>	
Weekend Intensive (Saturday & Sunday)	6	<b>C2 INTENSIVE: Posture Clinic C2, Practice Teaching</b>	
	6	<b>C2 INTENSIVE: Posture Clinic of new shapes, C2 Tweaked Experience + Practice Teaching</b>	
<b>WEEK SIX</b>			
Session 1	3.5	<b>Practice Teach   Community Class - C2   C2 Assists</b>	
Session 2	3.5	<b>Advanced Teaching Practices   Round Robin (C2)</b>	
Online - Session 3	3.5	<b>LECTURE: Implicit Bias &amp; Introduction to Inclusive teaching</b>	
<b>WEEK SEVEN</b>			
Session 1	3.5	<b>Tweaked Side Crow Sequence or Create Own Sequence, Practice Teaching   Music as co-teacher</b>	
Session 2	3.5	<b>Practice Teach   Community Class - C2   Sequencing/Theming</b>	
Online - Session 3	3.5	<b>LECTURE: Customizations &amp; DAPP, Personalizations</b>	
<b>WEEK EIGHT</b>			
Session 1	3.5	<b>Practice Teach   Community Class - C2   Sequencing/Theming</b>	
Session 2	3.5	<b>Practice Teach   Community Class - C2   Sequencing/Theming</b>	
Session 3	3.5	<b>Final Exam &amp; Self-Grade</b>	
<b>WEEK NINE</b>			
Session 1	3.5	<b>Practice Teach   Community Class - C2   Sequencing/Theming</b>	
Session 2	3.5	<b>Practice Teach   Community Class - C2   Sequencing/Theming</b>	
Session 3	3.5	<b>Mock Audition   Graduation Celebration/Final Exhibitions</b>	