

Program 100 hours Yin Yoga Teacher Training - Solstice Yoga Center

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
	11/05/18	12/May/18	13/May/18	14/May/18	15/May/18	16/May/18	17/May/18	18/May/18	19/May/18	20/May/18	21/May/18	22/May/18	23/May/18	24/May/18	25/May/18			
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14	Day 15			
5.30 - 6.00	ARRIVALS STUDENTS	Waking up; tea in silence	Waking up; tea in silence	Waking up; tea in silence	Waking up; tea in silence	Waking up; tea in silence	Waking up; tea in silence		Day Off	Waking up; tea in silence	Waking up; tea in silence	Waking up; tea in silence	Waking up; tea in silence		STUDENTS LEAVE			
6.00 - 7.00		MEDITATION - [Brigitte]	MEDITATION - [Brigitte]	MEDITATION - [Brigitte]	MEDITATION - [Brigitte]	MEDITATION - [Brigitte]	MEDITATION - [Brigitte]	MEDITATION - [Brigitte]			MEDITATION - [Brigitte]	MEDITATION - [Brigitte]	MEDITATION - [Brigitte]	MEDITATION - [Brigitte]				
7.00 - 8.00		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast			Breakfast	Breakfast	Breakfast	Breakfast				
7.30 - 8.30										Breakfast						Breakfast		
8.00 - 9.30		YIN YOGA CLASS [Sandy]	YIN YOGA CLASS [Sandy]	YIN YOGA CLASS [Sandy]	YIN YOGA CLASS [Sandy]	YIN YOGA CLASS [Sandy]	YIN YOGA CLASS [Sandy]	YIN YOGA CLASS [Sandy]		YANG (dynamic) Asana Class [Brigitte] 8.30 - 10.00		YIN YOGA CLASS [Sandy]	YIN YOGA CLASS [Sandy]	YIN YOGA CLASS [Sandy]		YIN YOGA CLASS [Sandy]	YANG (dynamic) Asana Class [Brigitte] 8.30 - 10.30	
9.30 - 9.45		Short Break	Short Break	Short Break	Short Break	Short Break	Short Break	Short Break		Short Break		Short Break	Short Break	Short Break		Short Break	Short Break	
9.45 - 12.00		THEORY & PHILOSOPHY: Yin vs Yang Connective Tissue [Sandy]	THEORY & PHILOSOPHY: Meridians Lower Extremities [Sandy]	THEORY & PHILOSOPHY: Meridians Lower Extremities [Sandy]	THEORY & PHILOSOPHY: Water, emotions, segments, chakra's & energetic fields [Sandy]	THEORY & PHILOSOPHY: Meridians Upper Extremities [Sandy]	THEORY & PHILOSOPHY: Meridians Upper Extremities [Sandy]	THEORY & PHILOSOPHY: Meridians Upper Extremities [Sandy]		PRACTICING ASSISTED YIN [Sandy] 10.30 - 13.00		THEORY & PHILOSOPHY: Prob use in Yin Yoga [Sandy]	THEORY & PHILOSOPHY: Prob use in Yin Yoga [Sandy]	THEORY & PHILOSOPHY: Restorative Alignment & Yin Yoga [Sandy]		THEORY & PHILOSOPHY: Q & A, sharing experiences [Sandy]	CLOSING YIN CLASS [Sandy] 11.00 - 12.30	
12.00 - 13.15		YANG (dynamic) asana's & Restorative Poses / BackMitra class [Brigitte]	YANG (dynamic) asana's & Restorative Poses / BackMitra class [Brigitte]	YANG (dynamic) asana's & Restorative Poses / BackMitra class [Brigitte]	YANG (dynamic) asana's & Restorative Poses / BackMitra class [Brigitte]	YANG (dynamic) asana's & Restorative Poses / BackMitra class [Brigitte]	YANG (dynamic) asana's & Restorative Poses / BackMitra class [Brigitte]	YANG (dynamic) asana's & Restorative Poses / BackMitra class [Brigitte]				YANG (dynamic) asana's & Restorative Poses / BackMitra class [Brigitte]	YANG (dynamic) asana's & Restorative Poses / BackMitra class [Brigitte]	YANG (dynamic) asana's & Restorative Poses / BackMitra class [Brigitte]		YANG (dynamic) asana's & Restorative Poses / BackMitra class [Brigitte]	KARMA YOGA - cleaning the yoga shala all together	
13.15 - 14.00		Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch		Lunch		Lunch	Lunch	Lunch		Lunch	Lunch	
					Afternoon Off													
15.30 - 18.00		POSTURE LAB; Anatomy of the poses, breaking down the Yin poses - Lower Extremities [Sandy]	POSTURE LAB; Anatomy of the poses, breaking down the Yin poses - Lower Extremities [Sandy]	POSTURE LAB; Anatomy of the poses, breaking down the Yin poses - Lower Extremities [Sandy]			POSTURE LAB; Anatomy of the poses, breaking down the Yin poses - Upper Extremities [Sandy]	POSTURE LAB; Anatomy of the poses, breaking down the Yin poses - Upper Extremities [Sandy]				POSTURE LAB; Teaching Yin Yoga [Sandy]	POSTURE LAB; Teaching Yin Yoga & Assisted Yin [Sandy]	PRACTICE TEACHING [Sandy]		PRACTICE TEACHING [Sandy]		
																	CERTIFICATION & DINER	
Contacthours per day			8,5	8,5	8,5	6	8,5	8,5		4		8,5	8,5	8,5		8,5	3,5	TOTAL CONTACTHRS
																		90