

WEEKEND 2: ETHICS & TEACHING

November 1 & 2, 2025 | 8:00 AM - 4:30 PM Saturday / 8:00 AM - 5:00 PM Sunday

SATURDAY, NOVEMBER 1

8:00 AM - 9:00 AM: Yoga Foundations Class w/Mandy (Techniques - 1 hr)

9:00 - 9:15 AM: Break

9:15 - 10:15 AM: Art of Teaching - Teacher-Student Relationships (Philosophy/Professional Essentials - 1 hr)

- Power dynamics awareness and management
- Creating safe and inclusive spaces
- Establishing appropriate professional boundaries

10:15 - 10:30 AM: Break

10:30 AM - 11:30 AM: Ethics & Abuse Prevention (Philosophy/Professional Essentials - 1 hr)

- Recognizing inappropriate behavior patterns
- Consent culture and appropriate touch in yoga
- Creating inclusive, trauma-informed environments

11:30 AM - 12:00 PM: Yoga Alliance Code of Conduct (Professional Essentials - 0.5 hrs)

- Professional standards and expectations

- Ethical practice guidelines
- Harassment prevention and response protocols

12:00 - 1:00 PM: Lunch Break

1:00 - 2:30 PM: Teaching Methodology Foundations (Teaching Methodology - 1.5 hrs)

- Effective class structure and intelligent sequencing
- Clear verbal and visual cuing techniques
- Creating meaningful themes and intentions

2:30 - 2:45 PM: Break

2:45 - 4:15 PM: Teaching Methodology Foundations Continued (Teaching Methodology - 1.5 hrs)

- Demonstration and practice of teaching techniques
- Feedback and refinement

4:15 - 4:30 PM: Daily Reflection (Professional Essentials - 0.25 hrs)

SUNDAY, NOVEMBER 2

8:00 - 9:00 AM: Morning Practice & Meditation (Techniques - 1 hr)

9:00 - 10:45 AM: The Total Practice (Techniques - 1.75 hrs)

- Complete 105-minute integrated practice
- Focus on ethical alignment and body positivity
- Inclusive practice demonstration

10:45 - 11:00 AM: Break

11:00 AM - 12:00 PM: Equity in Yoga (Philosophy/Professional Essentials - 1 hr)

- Accessibility and thoughtful modifications
- Cultural appropriation awareness and prevention
- Inclusive language and representative imagery

12:00 - 1:00 PM: Lunch Break

1:00 - 2:15 PM: Student Teaching Sequences (Teaching Methodology - 1.25 hrs)

- **5 students × 15 minutes each**
- **Peer teaching practice with feedback**

2:15 - 2:30 PM: Break

2:30 - 3:30 PM: Body Positivity in Yoga (Philosophy/Professional Essentials - 1 hr)

- Challenging harmful yoga stereotypes
- Celebrating and honoring all body types

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*subject to change

- Trauma-informed teaching approaches

3:30 - 3:45 PM: Break

3:45 - 4:30 PM: Pose Clinic w/Amy Ruckel (Techniques/Teaching Methodology - 0.75 hrs)

- Focus on ethical alignment principles
- Hands-on pose refinement with consent-based approach

4:30 - 4:50 PM: Introduction to Sanskrit (Continued) (Philosophy - 0.33 hrs)

- Advanced pronunciation and expanded vocabulary
- Mantra and chanting basics

4:50 - 5:00 PM: Integration & Homework (Professional Essentials - 0.17 hrs)