



WEEKEND 5: PROFESSIONAL DEVELOPMENT

February 7 & 8, 2026 | 8:00 AM - 4:30 PM (16 hours)

SATURDAY, FEBRUARY 7

8:00 - 8:30 AM: Morning Practice & Meditation (*Techniques - 0.5 hrs*)

8:30 - 9:30 AM: Teaching Methodology Advanced (*Teaching Methodology - 1 hr*)

- Reading the room and making real-time adjustments
- Managing classes with different experience levels
- Handling difficult situations and professional responses

9:30 - 10:45 AM: Vinyasa Class (*Techniques - 1.25 hrs*)

- Full 75-minute Vinyasa practice
- Advanced teaching observation and analysis
- Student-teacher interaction dynamics study

10:45 - 11:00 AM: Break

11:00 AM - 12:00 PM: Hands-on Assists & Adjustments (*Teaching Methodology - 1 hr*)

- Consent-based communication and clear agreements
- Basic assist principles and safety guidelines
- Energetic support vs. physical assistance

12:00 - 1:00 PM: Lunch Break

1:00 - 2:30 PM: Yoga as a Business - Foundations w/Marha (*Professional Essentials - 1.5 hrs*)

- Various teaching opportunities and venue types
- Professional pricing and ethical business conduct
- Insurance, liability, and legal considerations

2:30 - 2:45 PM: Break

2:45 - 4:15 PM: Yoga Business Continued (*Professional Essentials - 1.5 hrs*)

- Authentic marketing and professional presentation
- Social media strategy and healthy online presence
- Building genuine community and lasting relationships



4:15 - 4:30 PM: Business Planning Time (*Professional Essentials - 0.25 hrs*)



SUNDAY, FEBRUARY 8

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
- Professional teaching demonstration and modeling
- Business mindset combined with authentic teaching

10:45 - 11:00 AM: Break

11:00 AM - 12:00 PM: Specialty Populations (*Professional Essentials/Philosophy - 1 hr*)

- Teaching seniors, prenatal, and trauma-informed approaches
- Adapting practices thoughtfully for different needs
- Understanding scope of practice boundaries

12:00 - 1:00 PM: Lunch Break

1:00 - 2:00 PM: Ashtanga Class (*Techniques - 1 hr*)

- Traditional Ashtanga practice experience
- Understanding structured, disciplined practice
- Different teaching methodologies exploration

2:00 - 2:15 PM: Break

2:15 - 3:00 PM: Creating Workshops & Events (*Professional Essentials - 0.75 hrs*)

- Effective theme development and content creation
- Workshop structure, timing, and fair pricing
- Marketing specialty offerings authentically

3:00 - 4:15 PM: Pose Clinic w/Amy Ruckel (*Techniques/Teaching Methodology - 1.25 hrs*)

- Professional teaching techniques and refinement
- Advanced hands-on pose work and individual guidance
- Teaching methodology integration and skill demonstration

4:15 - 4:30 PM: Final Teaching Prep (*Professional Essentials - 0.25 hrs*)