



WEEKEND 1: FOUNDATIONS

October 4 & 5, 2025 | 8:00 AM - 4:30 PM (16 hours)

SATURDAY, OCTOBER 4

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

- Centering and breath awareness
- Setting daily intentions

8:30 - 9:30 AM: Types/Styles of Yoga (*Philosophy - 1 hr*)

- Hatha, Vinyasa, Yin, Restorative overview
- Historical evolution of styles
- Finding your authentic teaching voice

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

- Full 75-minute Vinyasa practice
- Experiential learning of flow sequencing
- Observation and note-taking for future teaching

10:45 - 11:00 AM: Break

11:00 AM - 12:00 PM: Origins & Sources of Yoga (*Philosophy - 1 hr*)

- Ancient texts and foundational traditions
- Vedic foundations and cultural context
- Respectful approach to yoga's heritage

12:00 - 1:00 PM: Lunch Break

1:00 - 1:45 PM: Introduction to Sanskrit (*Philosophy - 0.75 hrs*)

- Basic pronunciation and key terms
- Sacred language foundation
- Common yoga vocabulary

1:45 - 2:00 PM: Break

2:00 - 2:45 PM: Key Dates in Yoga History (Continued) (*Philosophy - 0.75 hrs*)

34 Genesee St
New Harford, NY 13413



- Detailed timeline exploration
- Modern yoga pioneers
- Cultural transmission and adaptation

2:45 - 3:00 PM: Break

3:00 - 4:15 PM: Asana Practice & Analysis (*Techniques/Anatomy - 1.25 hrs*)

- Fundamental poses breakdown
- Basic alignment principles
- Safe practice guidelines

4:15 - 4:30 PM: Closing & Reflection (*Professional Essentials - 0.25 hrs*)