



IN BLOOM
· Y · O · G · A ·



SATURDAY, JANUARY 3

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

8:30 - 9:30 AM: Asana Deep Dive - Standing Poses (Techniques/Anatomy - 1 hr)

Foundational standing poses detailed analysis

Energetic actions and precise alignment

Modifications, variations, and accessibility options

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

Full 75-minute Vinyasa practice

Standing pose flow sequences and transitions

Advanced teaching and transition techniques

10:45 - 11:00 AM: Break

11:00 AM - 12:00 PM: Asana Deep Dive - Seated & Twists (Techniques/Anatomy - 1 hr)

Hip opening fundamentals and safe progression

Spinal rotation safety and contraindications

Effective prop usage and accessibility modifications

12:00 - 1:00 PM: Lunch Break

1:00 - 2:30 PM: Asana Deep Dive - Backbends (Techniques/Anatomy - 1.5 hrs)

Heart opening preparation and warm-up sequences

Progressive backbend methodology

Important contraindications and safety considerations

2:30 - 2:45 PM: Break

2:45 - 4:15 PM: Teaching Practice #1 (Teaching Methodology - 1.5 hrs)

25-minute teaching segments with peer feedback

Practical sequencing and smooth transitions

Energy management and class pacing

4:15 - 4:30 PM: Integration Time (Professional Essentials - 0.25 hrs)



IN BLOOM
· Y · O · G · A ·



SUNDAY, JANUARY 4

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

All pose categories skillfully integrated

Advanced sequencing and teaching experience

10:45 - 11:00 AM: Break

11:00 AM - 12:00 PM: Asana Deep Dive - Forward Folds & Inversions (Techniques/Anatomy - 1 hr)

Hip hinge mechanics and safe forward folding

Inversion benefits, cautions, and contraindications

Wall work, prop usage, and accessibility adaptations

12:00 - 1:00 PM: Lunch Break

1:00 - 2:00 PM: Philosophy Integration in Teaching (Philosophy/Teaching Methodology - 1 hr)

Weaving philosophical concepts into classes authentically

Practical dharma and real-life application

Finding your authentic voice in philosophy sharing

2:00 - 2:15 PM: Break

2:15 - 3:00 PM: Class Sequencing Principles (Teaching Methodology - 0.75 hrs)

Warm-up to peak pose intelligent methodology

Understanding and creating energetic arc of practice

Designing balanced, well-rounded sequences

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

Advanced pose progression and skill-building

Hands-on pose refinement and individual guidance

Progressive variations and intelligent modifications

4:15 - 4:30 PM: Homework & Preparation (Professional Essentials - 0.25 hrs)