



**INBLOOM**  
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**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)**



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**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)**