Time Ordered Agenda

DAY 1 (4.5 hours)

3:30-4:00 Registration

4:00-5:00 Class and introduction

5:00-6:00 A1 History of Yoga and yoga terminology

6:00-7:00 Dinner Break

7:00-8:00 A2 History of Meditation, types, MBSR + practice

8:00-9:00 A3 Types of yoga and practice

9:00-9:30 Yoga Nidra

DAY 2 (7.75 hours)

8:00-9:00 Breakfast

9:00-9:30 Moving Meditation

9:30-11:15 A4 Stress, PTSD, self care, what are you doing for your stress

11:15-12:15 A5 Lecture/Lab: Anatomy and physiology of asana and pranayama

12:15-1:15 Lunch

1:15-2:15 A5 Lecture /LAB: Anatomy and physiology of asana and pranayama

2:15-2:30 Break

2:30-4:00 B1 Research for yoga and meditation

4:00-6:00 B2 Asana for specific conditions – lecture and lab

DAY 3 (3.75 hours)

8:00- 9:00 Breakfast

9:00-9:30 Moving meditation

9:30-10:00 B3 Integrative medicine, yoga therapy

10:00-12:00 B4 Designing a program – case studies – group break out sessions

12:00-1:00 Q and A; written test; departure

Total – 16 hours