

Moksha Yoga Center
Foundation 200hr Teacher Training
Program Schedule - Fall 2020/Thursdays



Techniques: Fall 2020

SEPTEMBER

Thu, Sept 10	9-10am 10am-4pm	Opening Circle Lesson #1	wear something white Opening Poses	1 6	01 07
Sat, Sept 12	12-5pm	Lesson #2	Breath Synchronized Movement	6	13
Thu, Sept 17	10am-4pm	Lesson #3	Surya Namasakar A	6	19
Wed, Sept 23	6:30-9pm	Lecture	Sankhya Yoga Cosmology	2.5	21.5
Thu, Sept 24	10am-4pm	Lesson #4	Surya Namasakar B	6	27.5

OCTOBER

Thu, Oct 01	10am-4pm	Lesson #5	Surya Namasakar C & D	6	33.5
Wed, Oct 07	6:30-9pm	Lecture	Patanjali Sutras	2.5	36
Thu, Oct 08	10am-4pm	Lesson #6	Open Hip Standing Poses	6	42
Sat, Oct 10	12-5pm	Lesson #7	Closed Hip Standing Poses	5	47
Wed, Oct 14	6:30-9pm	Workshop	Intro to Ayurveda	2.5	49.5
Thu, Oct 15	10am-4pm	Lesson #8	Twisting Standing Poses	6	55.5
Thu, Oct 22	10am-4pm	Lesson #9	Side Stretches	6	61.5
Thu, Oct 29	10am-4pm	Lesson #10	Balancing Poses	6	67.5
Sat, Oct 31	12-5pm	Lesson #11-12	Shoulder Openers & Strengtheners	5	72.5
Fri-Sun, Oct	Gary Kraftsow Workshop – required for certification (dates to be confirmed)				

NOVEMBER

Thu, Nov 05	10am-4pm	Lesson #13	Hip Openers	6	78.5
Wed, Nov 11	6:30-9pm	Lecture	Spotlight on Sequencing	2.5	81
Thu, Nov 12	10am-4pm	Lesson #14	Twists	6	87
Sat, Nov 14	12-4pm 4-8pm	Lesson #15 Field Trip	Abs & Kriyas Balaji Vishnu Temple in Aurora	4 2	91 93

NOVEMBER – continued

Thu, Nov 19	10am-4pm	Lesson #16	Forward Folds	6	99
Thu, Nov 26	Thanksgiving				
Sun, Nov 29	10am-4pm	Lesson #18	Arm Balances	6	105

DECEMBER

Wed, Dec 02	6:30-9pm	Workshop	Thesis Presentations	2.5	107.5
Thu, Dec 03	10am-4pm	Lesson #17	Backbends	6	113.5
Sat, Dec 05	12-5pm	Lesson #19	Inversions	4	117.5
Thu, Dec 10	10am-3:30pm	Lesson #20	Closing Poses & Savasana	6	123.5
Thu, Dec 10	3:30-5pm	Satsang	Sattvic Potluck	1.5	125
Dec 17/24/31	No Class – holiday break				

Teaching Skills – Part 1: Winter 2021**JANUARY 2021**

Thu, Jan 07	10am-2:30pm	Class	Practice Teaching #1	4	04
Thu, Jan 14	10am-2:30pm	Class	Practice Teaching #2	4	08
Thu, Jan 21	10am-2:30pm	Class	Practice Teaching #3	4	12
Thu, Jan 28	10am-2:30pm	Class	Practice Teaching #4	4	16

FEBRUARY

Thu, Feb 04	10am-2:30pm	Class	Practice Teaching #5	4	20
Thu, Feb 11	10am-2:30pm	Class	Practice Teaching #6	4	24
Thu, Feb 18	10am-2:30pm	Class	Practice Teaching #7	4	28
Thu, Feb 25	10am-2:30pm	Class	Practice Teaching #7	4	32

Teaching Skills – Part 2: Spring 2021**MARCH**

Thu, March 04	No Class				
Thu, March 11	10am-3pm	TT Class	Teaching Skills Prep	5	37
Thu, March 18	10am-3pm	TT Class	Teaching Skills Prep	5	42
Thu, March 25	10am-3pm	Video Review	Group #1	5	47

APRIL

Thu, April 01	10am-3pm	Video Review	Group #2	5	52
Thu, April 08	10am-3pm	Video Review	Group #3	5	57
Thu, April 15	10am-3pm	Video Review	Group #4	5	62
Thu, April 22	10am-3pm	Video Review	Group #5	5	67
Thu, April 29	10am-3pm	Video Review	Group #6	5	72
	3-5pm	Sattvic Potluck		2	74

Additional Coursework – Part 3: Summer 2021

MAY

Thu, May 06	12-1:45pm	Thesis Project	Thesis #1	2	02
Thu, May 13	12-1:45pm	Thesis Project	Thesis #2	2	04
Thu, May 20	12-1:45pm	Thesis Project	Thesis #3	2	06
Thu, May 27	12-1:45pm	Thesis Project	Thesis #4	2	08

JUNE

Thu, June 03	12-1:45pm	Thesis Project	Thesis #5	2	10
Thu, June 10	12-1:45pm	Thesis Project	Thesis #6	2	12
Thu, June 17	12-1:45pm	Thesis Project	Thesis #7	2	14
Thu, June 24	12-1:45pm	Thesis Project	Thesis #8	2	16

JULY

Thu, July 1	Final Deadline for Certification				
	<i>Plan and host your thesis workshop and complete the additional coursework including 1 private, 8 community classes, book review, homework, seva, and thesis final draft of paper. Please plan on paying the \$100 extension fee to submit any work after this deadline.</i>				
Sun, July 11	Thesis Presentations, 3:30-5:15pm			2	18
	<i>Speak about your thesis for 10 min. Submit your final draft and prepare a handout by this date.</i>				
Sun, July 18	Certification Ceremony & Sattvic Potluck Celebration, 3:30-5:15pm			2	20
	<i>Receive your certificate at this ceremony; wear an article of white.</i>				

Contact & Location

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