



200HR YTT // AUGUST 5 - 18, 2024

Morning practice 08.00-09.35 am - Afternoon practice 17.30-19.00 pm

Teachers: Marco M. - Paola F. - Alice K.- Elena Z. - Emanuela B.

Data	Teacher AM	Teacher PM	Workshop AM	W. Teacher AM	Workshop PM	W. Teacher PM
5/8		Elena			Ali: standing asanas 1	Elena
6/8	Marco	Elena	What is Yoga ?	Marco	Ali: standing asanas 2	Elena
7/8	Elena	Alice	Chakras & Nadi	Alice	Ali: Balance & Meditation	Elena
8/8	Alice	Elena	Ali: Back Bends	Elena	Practice Teaching	Elena
9/8	Elena	Marco	All: forward bends	Elena	Pr: The relaxing techniques	Elena
10/8	Elena	Marco CT	Practice Teaching	Elena	Pr: the energizing techniques	Elena
11/8	Elena	Paola	Ali: inversions + SunSalutation	Paola	Learning styles, Teaching	Paola
12/8	Paola	Alice	Ali: twists and core strength	Paola	Practice Teaching	Alice
13/8	Alice	Paola	Med: knowhow & techniques	Alice	Samkhia & Yoga Sutra	Marco
14/8	Paola	Manu AM	Practice Teaching Pr & Med	Paola	Logic of sequencing	Paola
15/8	Alice	Paola	Historical Introduction	Marco	Practice Assessment	Paola
16/8	Paola	Marco&Manu ED	Mantra	Alice	Student/teacher relation	Paola
17/8	Manu SSV	Marco	Written Assessment	Marco	Written Assessment revision	Marco
18/8	Paola		Certificate Presentation			