



200HR YTT // May 27 - June 9, 2024

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

Teachers: Marco M. - Cristian S. - Simona C. - Alice K.- Emanuela B.

Data	Teacher AM	Teacher PM	Workshop AM	W. Teacher AM	Workshop PM	W. Teacher PM
27/5		Simona			Ali: standing asanas 1	Simona
28/5	Marco	Simona	What is Yoga ?	Marco	Ali: standing asanas 2	Simona
29/5	Simona	Alice	Chakras & Nadi	Alice	Ali: Balance & Meditation	Simona
30/5	Alice	Simona	Ali: Back Bends	Simona	Practice Teaching	Simona
31/5	Simona	Marco	All: forward bends	Simona	Pr: The relaxing techniques	Simona
1/6	Simona	Marco CT	Practice Teaching	Simona	Pr: the energizing techniques	Simona
2/6	Simona	Alice	Ali: inversions + SunSalutation	Simona	Learning styles, Teaching	Simona
3/6	Alice	Cristian	Ali: twists and core strength	Cristian	Practice Teaching	Alice
4/6	Alice	Cristian	Med: knowhow & techniques	Alice	Samkhia & Yoga Sutra	Marco
5/6	Cristian	Manu AM	Practice Teaching Pr & Med	Cristian	Logic of sequencing	Cristian
6/6	Alice	Cristian	Historical Introduction	Marco	Practice Assessment	Cristian
7/6	Cristian	Marco&Manu ED	Mantra	Alice	Student/teacher relation	Cristian
8/6	Manu SSV	Marco	Written Assessment	Marco	Written Assessment revision	Marco
9/6	Cristian		Certificate Presentation			