

Inspya Yoga Kuala Lumpur TTC Level 3* (Orientation day 3 January 2010)

** Information presented is a sample timetable. Actual timetable is subject to change.*

Mon Jan 4	Tue Jan 5	Wed Jan 6	Thur Jan7	Fri Jan 8	Sat Jan 9
5.45-7.15 Pranayama Meditation	5.45-7.15 Pranayama Meditation	5.45-7.15 Pranayama Meditation	5.45-7.15 Pranayama Meditation	5.45-7.15 Pranayama Meditation	5.45-7.15 Pranayama Meditation
7.30-9.30 Asana	7.30-9.30 Applied Postural Dynamic Abdominal & Lower Back Postures	7.30-9.30 Applied Postural Dynamics Abdominal & Lower Back Postures	7.30-9.30 Applied Postural Dynamics Standing Postures	7.30-9.30 Applied Postural Dynamics Standing Postures	7.30-9.30 Applied Postural Dynamics Standing Postures
10.30-1.00 Health Monitors	10.30-1.00 Practical Nutrition	10.30-1.00 Practical Nutrition	10.30-1.00 Nutritional Awareness	10.30-1.00 Nutritional Awareness	10.30-12.30 Nutritional Awareness
2.30-5.00 Adjusting Skills, Propping & Assisting Theory	2.30-5.00 Practical Adjusting Skills	2.30-5.00 Practical Adjusting Skills	2.30-5.00 Practical Adjusting Skills	2.30-5.00 Multi Level Teaching Skills & Teaching Ethics	

Mon Jan 11	Tue Jan 12	Wed Jan 13	Thur Jan 14	Fri Jan 15	Sat Jan 16
5.45-7.15 Pranayama Meditation	5.45-7.15 Pranayama Meditation	5.45-7.15 Pranayama Meditation	5.45-7.15 Pranayama Meditation	5.45-7.15 Pranayama Meditation	5.45-7.15 Pranayama Meditation
7.30-9.30 Applied Postural Dynamics Standing Postures	7.30-9.30 Applied Postural Dynamics Hip Opening Postures	7.30-9.30 Applied Postural Dynamics Hip Opening Postures	7.30-9.30 Applied Postural Dynamics Chest & Shoulder Opening Postures	7.30-9.30 Applied Postural Dynamics Upper Body Postures	7.30-9.30 Applied Postural Dynamics Inversion Postures
10.30-1.00 Yoga Therapy	10.30-1.00 Teaching Methodology Chairs	10.30-1.00 Non-Violent Communication	10.30-1.00 Non-Violent Communication	10.30-1.00 Non-Violent Communication	10.30-1.00 Applied Postural Dynamics Inversion Postures
2.30- 5.00 Yoga Therapy	2.30- 4.30 Teaching Methodology Chairs	2.30- 4.30 Teaching Methodology Benches	2.30-4.30 Teaching Methodology Benches	2.30-5.30 Teaching Methodology Ropes	

Mon Apr 26	Tue Apr 27	Wed Apr 28	Thur Apr 29	Fri Apr 30	Sat May 1
5.45-7.15 Pranayama Meditation	5.45-7.15 Pranayama Meditation	5.45-7.15 Pranayama Meditation	5.45-7.15 Pranayama Meditation	5.45-7.15 Pranayama Meditation	5.45-7.15 Pranayama Meditation
7.30-9.30 Applied Postural Dynamics Back bending Postures	7.30-9.30 Applied Postural Dynamics Back bending Postures	7.30-9.30 Applied Postural Dynamics Forward Bending Postures	7.30-9.30 Applied Postural Dynamics Forward Bending Postures	7.30-9.30 Asana	7.30-9.30 Asana
10.30-1.00 Teaching One To Ones Overview & Assessment	10.30-1.00 Applied Postural Dynamics Lateral/ Twisting Postures	10.30-1.00 Sanskrit	10.30-1.00 Philosophy	10.30-1.00 Philosophy	10.30-1.00 Philosophy
2.30-4.30 Yoga Therapy	2.30-4.30 Yoga Therapy	2.30-4.30 Sanskrit	2.30-4.30 Philosophy	2.30-4.30 Philosophy	

Mon May 3	Tues May 4	Wed May 5	Thu May 6	Fri May 7	Sat May 8
5.45-7.15 Pranayama Meditation	5.45-7.15 Pranayama Meditation	5.45-7.15 Pranayama Meditation	5.45-7.15 Pranayama Meditation	5.45-7.15 Pranayama Meditation	5.45-7.15 Pranayama Meditation
7.30-9.30 Asana Group A Adjusting	7.30-9.30 Asana Group B Adjusting	7.30-9.30 Asana Group C Adjusting	7.30-9.30 Asana Group B Adjusting	7.30-9.30 Asana Group C Adjusting	7.30-9.30 Asana Group A Adjusting
10.30-1.30 Yoga Therapy	10.30-1.30 Yoga Therapy	10.30-1.30 Yoga Therapy	10.30-1.00 Philosophy	10.30-1.00 Philosophy	10.30-1.00 One to One Class Design and Refinements
2.30-5.30 Yoga Therapy	2.30-5.30 Yoga Therapy	2.30-5.30 Yoga Therapy	2.30-5.00 One to One Fill out history overview/ Assessment	2.30-5.00 One to One Class Design	2.00-3.00 Final Assessment Overview

Mon Nov 15	Tues Nov 16	Wed Nov 17	Thu Nov 18	Fri Nov 19	Sat Nov 20
5.45-7.15 Pranayama Meditation	5.45-7.15 Pranayama Meditation	5.45-7.15 Pranayama Meditation	5.45-7.45 Pranayama Meditation 8.00 Juice	5.45-7.45 Pranayama Meditation 8.00 Juice	5.45-7.45 Pranayama Meditation 8.00 Juice
7.30-9.30 Asana Group A Teaching	7.30-9.30 Asana Group B Teaching	7.30-9.30 Asana Group C Teaching	8.15-9.45 Asana	8.15-9.45 Asana	8.15-9.45 Asana
10.30-1.00 Presenting Excellence Lance	10.30-1.00 Presenting Excellence	10.30-1.00 Presenting Excellence	10.00-12.00 Pranayama Meditation 12.15 Juice	10.00-12.00 Pranayama Meditation 12.15 Juice	10.00-12.00 Pranayama Meditation 12.15 Juice
2.30-5.00 Presenting Excellence	2.30-5.00 Presenting Excellence	4.00 Set up For Silent Meditation 5.00 Juice	2.00-4.00 Pranayama Meditation 4.15 Juice	2.00-4.00 Pranayama Meditation 4.15 Juice	2.00-4.00 Pranayama Meditation 4.15 Dinner
	5.15-6.15 Detox & Silent Meditation Overview	5.30-7.00 Bhajan	5.30-7.30 Discourse Satsang	5.30-7.30 Discourse Satsang	5.30-7.30 Discourse Satsang

Mon Nov 22	Tue Nov 23	Wed Nov 24	Thu Nov25	Fri Nov 26
5.30-7.15 Pranayama Meditation Practical Teaching	5.30-7.15 Pranayama Meditation Practical Teaching	5.30-7.15 Pranayama Meditation Practical Teaching	5.45-7.15 Pranayama Meditation	5.45-7.15 Pranayama Meditation Closing Circle
7.30-9.30 Asana	7.30-9.30 Asana Group B Teaching	7.30-9.30 Asana Group C Teaching	7.30-9.30 Asana Group A Teaching	7.30-9.30 Asana
10.30-1.00 Philosophy	10.30-1.00 Philosophy	10.30-1.00 Philosophy	10.30-1.00 Philosophy	10.30-12.00 Stepping Out
2.00-5.30 Practical Teaching Assessments	2.00-5.30 Practical Teaching Assessments	2.00-5.30 Practical Teaching Assessments	2-00-5.30 Yoga Play	3.00-5.00 Graduation Ceremony