

## **Friday 9/11**

6:00pm-7:15pm: *Introductions, Group Norms*

7:15pm-8:30pm: *75 Minute Vinyasa Practice - Chris teaches*

## **Saturday 9/12**

9:00am -1pm: *Sequencing Strategies*

- What is vinyasa? Creativity vs. Repetition, Nuance vs. Fundamentals
  - Class breakdown of previous night's class
    - Lecture and discussion
- Partner/Small Group work on sequence development

2:30pm-4:00pm: *Teaching Skills*

- How to instruct poses with strength/engagement as an essential element
  - Cueing Discussions

4:00pm-5:30pm: *Asana Study*

- Explore anatomy, action, and pose variations

## **Sunday 9/13**

9:00am-11:00am:

- *45 Minute Vinyasa Class Taught by Student*
  - Teaching Feedback and Discussion

11:00am-1:00pm: *Teaching Skills*

- Strategies and Techniques for teaching with and utilizing props in Vinyasa

2:30 - 4pm: *Sequencing Strategies*

- How to address common imbalances in the Vinyasa practice

4pm-5:30pm: *Self Reflection*

- Individual journaling prompts and group discussion

## **Friday 10/2**

6:00pm-7:15pm: *Vinyasa Class Taught by Chris*

7:15-8:30pm: *Check in on past month discussion, Questions, Meditation*

## **Saturday 10/3**

9am - 10:30am:

- *45 Minute Vinyasa Class Taught by Student*
  - Teaching Feedback and Discussion

11:00am-1:00pm: *Teaching Skills*

- Language/cueing/communication
  - Crutch language/tone of voice/direct vs. indirect cueing/volume of words
    - Developing class content

2:30pm-5:30pm: *Asana Study*

- Pose Breakdown/Variations/How to use props to increase accessibility or challenge

## **Sunday 10/4**

9:00am-10:30am:

- *45 Minute Vinyasa Class - Taught by Student*
  - Teaching Feedback and Discussion

11am-1pm: *Sequencing Strategies*

- Strategies to develop Full Spectrum/Peak Pose or Specifically Focused Class

2:30pm - 4pm; *Teaching Skills*

- Cueing techniques for clarity, integration, emphasis, and tone

4pm-5:30pm: *Asana Study*

- What are the imbalances in Vinyasa practice and how can we address them strategically?