



Infinity Yoga 200 Hour Teacher Training Fall 2017

*Saturdays and Sundays from 1-6pm at the Dunwoody location
Friday nights begin October 20th from 7:15-9pm at the O4W location*

September 16-17 Introduction to the Living Tradition & Philosophy of Infinity Yoga

September 23- 24 Fundamentals of Movement, Agonist & Antagonist Muscles Pairs, Anatomy of Trunk, Upper Limbs, and Lower Limbs

September 30- October 1 - OFF

October 7-8 Intelligent Sequencing, Categories of Asana, Class Themes

October 14-15 Sequencing Continued/ Chakras

October 20-22 Systems of the Body, Pancha Vayus, Panchamaya Koshas

October 28-29 - OFF

November 3-5 – Acro Yoga

November 10-12 – Assists & Adjustments

November 17-19 Special Guest

November 25-26 - OFF

December 1-3- Business of Yoga, Pranayama, Mantra, and Meditation

December 8-10 Make-up & Student Teaching

December 15-17 Final Exam & Student Teaching