



Infinity Yoga 200 Hour Teacher Training Winter 2018

*Saturdays and Sundays from 1-6pm at the Dunwoody location
Friday nights begin in March from 7-9pm at the Buckhead location*

January 20-21 Introduction to the Living Tradition & Philosophy of Infinity Yoga

January 27-28 Fundamentals of Movement, Agonist and Antagonist Muscle Pairs, Anatomy of Trunk, Upper Limbs, and Lower Limbs

February 3-4 - Off

February 10-11 Intelligent Sequencing, Categories of Asana, Class Themes

February 17-18 Sequencing Continued/Chakras

February 24-25 Systems of the Body, Panchamaya Koshas, & Pancha Vayus

March 3-4 -Off

March 10-11 Acro Yoga

March 17-18 Hands on Assists & Adjustments

March 24-25 Special Guest

March 31-April 1 -Off

April 7-8 Business of Yoga, Pranayama, Mantra, & Meditation

April 14-15 Review and Final Exam

April 21-22 Student Teaching