

**Sheridan-YTT Calendar**

		Hrs	Total
<b>November 2008-jj</b>			
AP303	Anat of Chakras (2)	1.0	
AP309	Intro to Kundalini + (2)	0.5	
AP313	Energy Anatomy (14)	2.5	
TH302	Techniques-Asana (30)	5.0	
TH304	Techniques-Non-Asana (20)	3.0	<b>12.0</b>

<b>January 9-11, 2009-jj</b>			
PH301	Intro to Philosophy (1.5)	1.5	
TM301	Student Profile (.5)	0.5	
TM319	Asana, categories of (1)	1.0	
PH311	Qualities of a Teacher (1)	1.0	
TH302	Techniques-Asana (30)	4.5	
TH304	Techniques-Non-Asana (20)	3.0	
PH302	Ethics-Morals of Tchng Yoga (1)	1.0	
TM317	Vinyasa Krama (1)	1.0	
TM302	Language (.5)	0.5	
TM318	Upayam (1)	1.0	<b>15.0</b>

<b>March 6-9, 2009-jj</b>			
TM303	Touch (.5)	0.5	
TM304	Demos (.5)	0.5	
TH302	Techniques-Asana (30)	4.5	
TH304	Techniques-Non Asana (20)	2.5	
PH304	Intro to Gita (1)	1.0	
PH307	Intro to Mahabharata (1.5)	1.0	
TM316	Brhmana, Samana, Langhana (1)	1.0	
TM306	Teaching Beginner's Poses (4)	4.0	<b>15.0</b>

<b>April 2009-Dean Campbell-Ayurveda</b>			
AP314	Ayurveda-Dean Campbell	6.0	
AP315	Ayurveda-Dean Campbell	6.0	<b>12.0</b>

<b>May 1-3, 2009-Baxter</b>			
AP301	General Anatomy (2)	2.0	
AP302	Anatomy of Spine (2)	2.0	
AP306	Anat of Upper Body (2)	2.0	
TH301	Techniques-Asana (30)	5.5	
TH303	Techniques-Non-Asana (20)	3.5	<b>15.0</b>

<b>June 26-28, 2009-jj</b>			
AP305	Align. Principles of Upper Body (2)	2.0	
TM308	Lesson Plans (2)	2.0	
TH302	Techniques-Asana (30)	4.0	
TH304	Techniques-Non-Asana (20)	2.0	
PH306	Intro to Yoga Sutras (1.5)	1.0	
PH312	Yoga in Ancient Texts (1)	1.0	
AP312	Women's Issues & Yoga (2)	2.0	
PH303	Business of Yoga (1)	1.0	<b>15.0</b>

<b>September 25-27, 2009-Baxter</b>			
AP307	Anatomy of Lower Body (2)	2.0	
AP308	Glands & Organs (2)	2.0	
AP310	Scoliosis	2.0	
TH301	Techniques-Asana (30)	5.5	
TH303	Techniques-Non-Asana (20)	3.5	<b>15.0</b>

<b>October 16-18, 2009-jj</b>			
TM307	Practice Teaching Beginner's Poses	1.0	
TM310	Teaching Adv. Beg.	1.0	
TH302	Techniques-Asana (30)	4.0	
TH304	Techniques-Non-Asana (20)	1.0	
PH314	Intro to Bandhas, Mudras & Mantra	1.0	
PH315	Intro to Hatha Yoga Pradipika (1.5)	1.5	
PH318	The Pancha Mayas (1.5)	1.5	
PH330	Philosophy Discussion	1.0	
PR301	Practicum-Practice Teaching (5)	3.0	<b>15.0</b>

<b>November 6-8, 2009-jj</b>			
AP304	Algnmnt Prin. Lower Body (2)	2.0	
TM315	Mudras, Bandhas (1)	1.0	
TH302	Techniques-Asana (30)	4.0	
TH304	Techniques-Non-Asana (20)	2.5	
PH313	Intro to Vedas + (1)	1.0	
PH305	Intro to Upanishads (1)	1.0	
PH308	Intro to Ramayana (1.5)	1.5	
PR301	Practicum-Practice Teaching (5)	2.0	<b>15.0</b>

Total This Column:

129

		Hrs	Total
<b>January 8-10, 2010-jj</b>			
TM314	Mantra in Asana (1)	1.0	
TM312	Teaching Pranayama (1)	1.0	
TM313	Teaching Meditation (1)	1.0	
AP313	Energy Anatomy (14)	4.0	
TH302	Techniques-Asana (30)	2.0	
TH304	Techniques-Non-Asana (20)	4.0	
PR302	Practicum-Practice Teaching (30)	2.0	<b>15.0</b>

<b>February 20-21, 2010 - Cynthia Snodgrass</b>			
PH309	Sanskrit-Cynthia Snodgrass	10.0	<b>10.0</b>

<b>March 19-21, 2010-jj</b>			
PH316	Cit & Citta (1)	1.0	
PH317	Kleshas (1)	1.0	
TM305	Seeing Bodies (1)	1.0	
TM307	Practice Teaching Beginner's Poses (3)	2.0	
TM310	Teaching Adv. Beginner's Poses (4)	2.0	
TM321	Qualities of a Teacher (1)	1	
TM309	First Day (1)	1	
PH310	Sanskrit of Poses (1)	1.0	
PR302	Practice Teaching (30)	5.0	<b>15.0</b>

<b>April 16-18, 2010 - jj</b>			
AP313	Energy Anatomy (14)	4	
PR302	Practice Teaching (30)	3.5	
TM311	Practice Teaching Adv. Beginner's (3)	2.0	
TH301	Techniques-Asana (30)	2.5	
TH303	Techniques-Non-Asana (20)	3.0	<b>15.0</b>

<b>May 2009-Baxter</b>			
AP311	Therapeutic Basics (2)	4.0	
TM322	Yoga Therapy in the Classroom (2)	2.0	
TM320	Texts on Asana (1)	1.0	
TH301	Techniques-Asana (30)	4.5	
TH303	Techniques-Non-Asana (20)	3.0	
PR302	Practice Teaching (30)	1.0	<b>15.5</b>

<b>June 25-27, 2010 - jj</b>			
AP313	Energy Anatomy (14)	3.5	
TH302	Techniques-Asana (30)	2.0	
TH304	Techniques-Non-Asana (20)	2.0	
TH301	Techniques-Asana (30)	2.0	
TH303	Techniques-Non-Asana (20)	1.0	
PR302	Practicum-Practice Teaching (30)	5	<b>15.5</b>

<b>September 24-26 2010 - Baxter</b>			
TH301	Techniques-Asana (30)	6.5	
TH303	Techniques-Non-Asana (20)	3.5	
PR302	Practice Teaching (30)	5.0	<b>15.0</b>

<b>October 15-17, 2010 -JJ</b>			
TH301	Techniques-Asana (30)	3.5	
TH303	Techniques-Non-Asana (20)	2.5	
PR302	Practice Teaching (30)	9.0	<b>15.0</b>

**To be Completed/Arranged by YTT on their own during the Training Period**

PR304	Substitute Teaching (or otherwise teaching) (7)	7.0	
PR303	Critiqued Teaching. YTT to be observed while teaching by mentor (Anne, Steve, Patty, or other pre-approved mentor)	3.0	
PR305	Apprenticeship: Observing or Assisting Mentor (Anne, Steve, Patty or other pre-approved mentor). NOTE: If currently teaching, may reduce PR305 requirement to 10 hours, and raise PR304 requirement to 42 hours	45.0	
			<b>55.0</b>

Total This Column:

171

Total From First Column:

129

**Total Both Columns:**

**300**

Color indicates a change from previous calendar