

Sturgis Yoga School, Sturgis, SD • 300 Hour Yoga Teacher Training Program

Part 1: 105 Scheduled Program Hours Student Obtains with JJ (see also green in Part 2)

Module 1	Hrs	Module 5	Hrs	Module 8	Hrs	Module 10	Hrs	Module 15	Hrs	Total	Cumulative
Mar 2-4 2012		Jul 8 - 12 Retreat		Oct xxx 2012		Dec xx 2012		Jun-13			
Ap301.Gen Anat	2	TM301.Std Profile	0.5	TM312.Pranayama	2	PH308.Ramayana	1	PR301.PT w/Faculty	3		
AP302.Spine	2	TM302. Language	1.5	TM313.Meditation	1	PH316.Cit-Citta	0.5	PH315.HYP & Kriyas	1		
AP303.Chakras	2	PH313.Vedas-6dhar	1.5	AP308.Glands-Organs	2	PH317.Kleshas	0.5	PH302.Ethics/Morals	1		
AP309.Chakras-Nadis	2	TM321.Qual Teacher	1.5	PH307Mahabharata	1	PH305.Upanishads	1	TM310.Adv Beg Pose	1		
AP306.Upper Body	1	TM311.PT Beg	3	PH304.B.Gita	1	PH318.5 Mayas	1	TM311.PT above	2		
AP307.Lower Body	1	PR301.Practice Teach	3	PR301.Practice Teach	3	PR301.PT	3	Th301.Technique	5		
TH301.Techniques	5	Techniques	9	TH301.Techniques	5	TH301.Technique	5				
	15		20		15		12		13	75	75

Part 2: 98 Hours Student Must Obtain with Scottie Bruch in Workshops (plus Retreat w/Chase & JJ)

Module 3		Module 4		Module 6		Module 9		Module 11			
May-12		Jun-12		Jul - Aug wJJ-Chase		Nov-12		2013, January			
Categories of Asana	1.5	Seeing & Adjusting Bod	1	PH301.Yoga Phil	2	PT w/Faculty	6	The Business of Yoga	1		
Tch Beg Poses	3.5	Vinyassa Krama of Asar	2	PH306.Yoga Sutr	1.5	Mudras & Bandhas	2	Sanskrit of Poses	1		
PT Beginner's Poses	1.5	PT Beginner's Poses	1	TM318.Upayam	2	Techniques	7	Tch Beginner's Poses	1		
Touch	0.5	Lesson Plans	1	TH301.Techniques	14			Tch Adv Begin	1		
Demos	1	First Day of Teaching	1	AP311.Therapy	10			PT Advanced Begin	2		
Techniques	7	Techniques	7	AP310.Scoliosis	1.5			PT w/Faculty	2		
		PT w/Faculty	2	TM316.B-S-L:Asana	2			Techniques	7		
				TM317.Vinyasa Krama	2						
	15		15		35		15		15	95	170

Part 3: 75 Hours that Student Obtains in Retreats with Scottie, or Workshops w/Guest Instructors.

Module 2		Module 7		Module 12		Module 14		Module 13			
April 2012 Retreat		Sep 2012-Retreat		Guest Instructor		April 2013 Retreat		Guest Instructor			
Algn Prin Lower Body	2	Intro Bandhas, Mudras,	2	Ayurveda	13	Women's Issues	2	Sanskrit	10		
Algn Prin Upper Body	2	Energy Anat/Medicine	6			Techniques	14				
Algn Prin Lower Body	2	Technique	10								
Algn Prin Upper Body	2										
Chakra & Energy Anat	2										
Technique	8										
	18		18		13		16		10	75	245

Part 4: 55 Hours that Student Obtains on Own (Practicum Teaching Hours)

Observing	22.5	Assisting	22.5	Subbing/Teaching	7	Being Observed/Critqued	3			55.0	300
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