

Moksha Yoga Center

Foundation 200hr Teacher Training

Program Schedule - **Fall 2020/Sundays**



Techniques: Fall 2020

SEPTEMBER

Sat, Sept 12	11am-12pm 12-4pm	Opening Circle Lesson #1	<i>wear something white</i> Opening Poses	1 6	01 07
Sun, Sept 13	12-5pm	Lesson #2	Breath Synchronized Movement	6	13
Sun, Sept 20	10am-4pm	Lesson #3	Surya Namaskar A	6	19
Thu, Sept 24	6:30-9pm	Lecture	Patanjali Sutras	2.5	21.5
Sun, Sept 27	10am-4pm	Lesson #4	Surya Namaskar B	6	27.5

OCTOBER

Sun, Oct 04	10am-4pm	Lesson #5	Surya Namaskar C & D	6	33.5
Thu, Oct 08	6:30-9pm	Lecture	Sankhya Yoga Cosmology	2.5	36
Sat, Oct 10	12-5pm	Lesson #7	Closed Hip Standing Poses	5	41
Sun, Oct 11	10am-4pm	Lesson #6	Open Hip Standing Poses	6	47
Thu, Oct 15	6:30-9pm	Workshop	Intro to Ayurveda	2.5	49.5
Sun, Oct 18	10am-4pm	Lesson #8	Twisting Standing	6	55.5
Sun, Oct 25	10am-4pm	Lesson #9	Side Stretches	6	61.5
Sat, Oct 31	12-5pm	Lesson #11-12	Shoulder Openers & Strengtheners	5	66.5

NOVEMBER

Sun, Nov 01	10am-4pm	Lesson #10	Balancing Poses	6	72.5
Sun, Nov 08	10am-4pm	Lesson #13	Hip Openers	6	78.5
Thu, Nov 12	6:30-9pm	Workshop	Meditation Workshop 101	2.5	81
Sat, Nov 14	12-5pm	Lesson #15	Abs & Kriyas	4	85
Sun, Nov 15	10am-4pm	Lesson #14	Twists	6	91
Sun, Nov 22	10am-4pm	Lesson #16	Forward Folds	6	97

NOVEMBER – continued

Sun, Nov 29	10am-4pm	Lesson #17	Backbends	6	103
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Thu, Nov 26 No Class - Thanksgiving

DECEMBER

Thu, Dec 03	6:30-9pm	Workshop	Pranayama 101	2.5	105.5
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Sat, Dec 05	12-4pm	Lesson #19	Inversions	4	109.5
	4-5pm	Satsang	Sattvic Potluck	2.0	111.5

Sun, Dec 06	10am-4pm	Lesson #18	Arm Balances	6	117.5
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Thu, Dec 10	6:30-9pm	Workshop	Thesis Presentations	2.5	120
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Sun, Dec 13	10am-3:30pm	Lesson #20	Closing Poses	5.5	125.5
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Dec 20/27 No Class – holiday break

Teaching Skills – Part 1: Winter 2021

JANUARY 2021

Sun, Jan 03	10:00am-3:30pm	Trainee Group	Practice Teaching #1	4	04
Sun, Jan 10	10:00am-2:30pm	Trainee Group	Practice Teaching #2	4	08
Sun, Jan 17	10:00am-2:30pm	Trainee Group	Practice Teaching #3	4	12
Sun, Jan 24	10:00am-2:30pm	Trainee Group	Practice Teaching #4	4	16

FEBRUARY

Sun, Feb 07	10:00am-2:30pm	Trainee Group	Practice Teaching #5	4	20
Sun, Feb 14	10:00am-2:30pm	Trainee Group	Practice Teaching #6	4	24
Sun, Feb 21	10:00am-2:30pm	Trainee Group	Practice Teaching #7	4	28
Sun, Feb 28	10:00am-2:30pm	Trainee Group	Practice Teaching #8	4	32

Teaching Skills – Part 2: Spring 2021

MARCH

Sat, March 06 No Class

Sun, March 14	4-6pm	TT Class	Teaching Skills Prep	5	37
Sun, March 21	4-6pm	TT Class	Teaching Skills Prep	5	42
Sun, March 28	4-9pm	Video Review	Group #1	5	47

APRIL

Sun, April 04*	4-9pm	Video Review	Group #2 (*Easter Sun, April 4 th)	5	52
Sun, April 11	4-9pm	Video Review	Group #3	5	57
Sun, April 18	4-9pm	Video Review	Group #4	5	62
Sun, April 25	4-9pm	Video Review	Group #5	5	67

Additional Coursework – Part 3: Summer 2021

MAY

Sun, May 02	12-5pm	Video Review	Group #6	5	72
	5-7pm	Sattvic Potluck		2	74
Sun, May 09*	3:30-5:15pm	Thesis Project	Trainee #1 (*Mothers Day)	2	02
Sun, May 16	3:30-5:15pm	Thesis Project	Trainee #2	2	04
Sun, May 23	3:30-5:15pm	Thesis Project	Trainee #3	2	06
Sun, May 30	<i>No Class - Memorial Day Weekend</i>				

JUNE

Sun, June 06	3:30-5:15pm	Thesis Project	Trainee #4	2	08
Sun, June 13	3:30-5:15pm	Thesis Project	Trainee #5	2	10
Sun, June 20*	3:30-5:15pm	Thesis Project	Trainee #6 (*Fathers Day)	2	12
Sat*, June 26	3:30-5:15pm	Thesis Project	Trainee #7	2	14
Sun, June 27	3:30-5:15pm	Thesis Project	Trainee #8	2	16

JULY

Thu, July 1	Final Deadline for Certification				
	<i>Plan and host your thesis workshop and complete the additional coursework including 1 private, 8 community classes, book review homework, seva, and thesis. Please plan on paying the \$100 extension fee to submit any work after this deadline.</i>				
Sun, July 11	Thesis Presentations, 3:30-5:15pm			2	18
	<i>Speak about your thesis for 5-10 minutes. Submit your final draft and prepare a handout by this date.</i>				
Sun, July 18	Certification Ceremony & Sattvic Potluck Celebration, 3:30-5:15pm			2	20
	<i>Receive your certificate on this day; wear an article of white.</i>				

Contact & Location

Daren Friesen, Lead Instructor, daren@mokshayoga.com
Moksha West Bucktown, 2528 West Armitage, 60647 (door entry *2500)
Office: 773.235.9642
updated 8/17/20

Teacher Training Preparation Checklist

- 1) Complete the Teacher Training Application.
- 2) Pay the \$100 non-refundable deposit.
- 3) Sign the Enrollment Agreement.
- 4) Arrange to pay your tuition or complete a payment agreement.
- 5) Enter the scheduled classes into your calendar.
- 6) If you use google calendar, subscribe to the google calendar for teacher training.
<https://calendar.google.com/calendar?cid=MjJsdjFqNmIuMnRvMGJpbHVrcnEyN2J1azRAZ3JvdXAuY2FsZW5kYXl1eZ29vZ2xlLmNvbQ>
- 7) Inform the Director of your planned absences and availability for make-ups.
- 8) Download the TT Manual from the Google Drive and either print (double sided) or download on your notebook/ipad. Free internet access is available at the studio. Enter the the Moksha wifi password into your phone or computer: yceaAbdt2eaM
- 9) Skim through the entire manual at least once before the training begins to become familiar with the location of key information.
- 10) Create a yoga notebook to take notes and journal your thoughts.
- 11) Read the Covid guidelines on the website. Consider getting a Covid test before the program begins. Pixel.labcorp.com provides a free test kit by mail.
- 12) Please note we will stream live on Zoom though In-Studio attendance is preferred.
- 13) Start taking as many classes as you can weekly at Moksha – practice classes are included in tuition. You may start now. Let the Director know which weekly classes work the best for you.
- 14) Check out the Moksha events page for additional workshops that you would like to attend. Trainees receive 20% off of workshops and all of the Director's workshops at no charge during the program.
- 15) Wear an article of white to the first class.
- 16) Once all the boxes are checked then take a photo and email or text to the Director.

Call, text or email if you have any questions at all. Namaste!