



INSPIRITUS®
— YOGA —
Wholistic Wellness & Training

Level 1 Workshop & Certification Yoga Camp Schedule - August 2021

August 13-15

Friday

3:00-4:00 pm Welcome & Introductions
4:00-5:00 pm Yoga History, Philosophy & Benefits of Yoga
5:00-6:00 pm Yoga Anatomy

Saturday

9:00 am-10:00 pm Gentle Yoga Practice
10:00-12:30 pm Seated Asana
12:30-1:30 pm Lunch Break
1:30-2:00 pm Meditation
2:00-4:30 pm Standing Asana
4:30-6:00 pm Reclined Asana

Sunday

1:00-2:00 pm Level 1 Yoga Practice
2:00-3:30 pm Balancing Asana
3:30-5:00 pm Arm Balancing/Inversion Asana

August 27-29

Friday

3:00-4:00 pm Level 1 Flow Yoga Practice
4:00-6:00 pm Forward & Back Bending Asana (Part 1)

Saturday

9:00-10:00 am Gentle Flow Yoga Practice
10:00-11:00 am Forward & Back Bending Asana (Part 2)
11:00-12:00 pm Energy & Pranayama
12:30-1:30 pm Lunch Break
1:30-4:00 pm Fundamentals of Teaching/Class Design & Sequencing
4:00-6:00 pm Twisting Asana

Sunday

1:00-2:00 pm Sun Salutation A
2:00-3:00 pm Teaching the Class
3:00-4:00 pm The Business of Yoga
4:00-4:30 pm Prepare for Group Class
4:30-5:30 pm Group Taught Yoga Class
5:30-6:00 pm Homework & Practice Teach Instructions