



Abhaya Yoga 100 Hour Immersion
Location: Abhaya Yoga Gowanus

Abhaya Yoga Immersion- September 12th 2018- November 3, 2018

**Immersion is the prerequisite for 200 hour Teacher Training*

Wednesdays 6:30-9:30pm

September 12, 19, 26; October 3, 10, 17, 24, 31

Sundays 10am-6pm

September 16, 23, 30; October 7, 14, 21, 28

Select Fridays

6:30-9pm

Friday September 14th, October 5th, November 2nd

Select Saturdays

10am-6pm

Saturday September 16, October 6, November 3

** All sessions include Asana, Lecture, Anatomy Study, Meditation, Breathwork, Philosophy Study & Teaching Skills for Part 2*

Outline Curriculum- November 3, 2018:

Wednesdays:

6:30-8pm Asana with Tara Glazier

8-9:30pm Philosophy study, Meditation, Breathwork

Sundays:

10am- 11:30am Asana with Tara Glazier

11:30-12:30 pm Lunch Break

12:30-3:45 pm- Anatomy Study, Biomechanics

3:45-4:30 Break

4:30-6pm Philosophy Study & Ayurveda

Select Fridays:

6:00-6:30pm- Self- study, reading

6:30-8pm- Asana with Tara Glazier

8-9pm- Group text study

Select Saturdays:

10am- 12p: Asana Practice

12-1pm Lunch

1-3pm: Philosophy, Ayurveda, and Practical Yoga History

3-3:30pm Break

3:30-6pm: Restorative Asana, Philosophy, and Meditation



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