



**Abhaya Yoga 200 Hour Teacher Training  
Spring 2019**

**Location: Abhaya Yoga Gowanus  
February 8-May, 2019**

**Part 1 Abhaya Immersion- February - March  
Part 2 The Art of Teaching- March - May**

**Weekends Friday- Sunday**  
February 8-10, 15-17, 22-24; March 1-3, 8-10, 15-17,  
2 WEEK BREAK  
April 5, 6, 7, 12, 13, 14, 26, 27, 28; May 3, 4, 5

**Fridays (6:15-9:15pm):**

6:15-6:45pm- Arrival and Lecture  
6:45p- 8pm: Bhava Asana Class  
8-9:15pm: Lecture, Processing, Philosophy  
*Part 2- Practice Teaching 8-9:15pm*

**Saturdays 10-6pm:**

10-11am Lecture  
11-1pm Asana  
1-2 Break  
2-4 Anatomy Study  
4-6p Philosophy, Ayurveda, Meditation, and Restorative  
*Part 2- Teaching Skills and Practice Teaching 2-6pm*

**Sundays 10-6pm:**

10am Asana Class

11:30-12:30 Break

12:30-2:30 Philosophy

2:30-4pm Anatomy Study

4-4:30pm Break

4:30-6pm Therapeutics

*Part 2: 12:30-6pm Teaching Skills and Practice*



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