

## PRALAYA YOGA TEACHER TRAINING LECTURE SCHEDULE 2017

LECTURE #	DATE	MODULE	DAY	LECTURE	LECTURER	WHAT TO EXPECT	ATTENDANCE SIGN-OFF
1	Jan 24	History/Philosophy	Tuesday 6:30-9:30	History of Yoga; History of Your Teachers	Robert Boustany	Lecture. Short orientation.	
2	Jan 31	History/Philosophy	Tuesday 6:30-9:30	Philosophies of Yoga	Robert Boustany	Lecture. 15 min practicum.	
3	Feb 7	Anatomy & Physiology	Tuesday 6:30-9:30	Fascia	Suzi Alderete	Interactive lecture	
4	Feb 14	Anatomy & Physiology	Tuesday 6:30-9:30	Fascia	Suzi Alderete	Interactive lecture	
5	Feb 21	Emotional Health	Tuesday 6:30-9:30	Self-care and Process	Allison Bond	Interactive lecture	
LOCATION AT HOUSTON YOGA & AYURVEDIC WELLNESS CENTER, CYPRESS, TX							
6-8	Feb 25	Nutrition/Lifestyle	Saturday 9a-6p	Ayurveda	Sharon Kapp	Details listed on off-site schedule	
9	Feb 28	History/Philosophy	Tuesday 6:30-9:30	Ethics I	Justine Fanarof	Interactive lecture	
10	Mar 7	History/Philosophy	Tuesday 6:30-9:30	Ethics II	Justine Fanarof	Interactive lecture	
11	Mar 14	Anatomy & Physiology	Tuesday 6:30-9:30	Hips	Allison Bond	Lecture and postures	
12	Mar 21	Anatomy & Physiology	Tuesday 6:30-9:30	Neck and Spine	Robert Boustany	Lecture. 15 min practicum.	
13	Mar 25	Anatomy & Physiology	Saturday 9-11	Upper body	Robert Boustany	Practice.	
14	Mar 25	Anatomy & Physiology	Saturday 1-5	Lower body	Robert Boustany	Lecture.	
15	Mar 26	Anatomy & Physiology	Sunday 12-3	Q&A: Potluck brunch at Lara's house	Robert Boustany	Casual garden brunch. Q&A.	
16	Mar 28	Asana/Body Mechanics	Tuesday 6:30-9:30	Weakest areas, Pain, Stretch and Reflex release	Robert Boustany	Lecture. 15 min practicum.	
17	Apr 4	Asana/Body Mechanics	Tuesday 6:30-9:30	Anatomy of standing postures. Ashtanga. Opposing muscles.	Robert Boustany	Lecture. 15 min practicum.	
18	Apr 11	Asana/Body Mechanics	Tuesday 6:30-9:30	Seated Postures - Pralaya methods	Robert Boustany	Lecture. 15 min practicum.	
19	Apr 18	Asana/Body Mechanics	Tuesday 6:30-9:30	Standing Postures - Pralaya methods	Robert Boustany	Lecture. 15 min practicum.	
20	Apr 22	Asana/Body Mechanics	Saturday 9-11	Inversions & Backbends - Pralaya methods	Robert Boustany	Practice.	
21	Apr 22	Asana/Body Mechanics	Saturday 1-5	Advanced Postures I - Pralaya methods	Robert Boustany	Lecture.	
22	Apr 25	Asana/Body Mechanics	Tuesday 6:30-9:30	Advanced Postures II - Pralaya methods	Robert Boustany	Lecture. 15 min practicum.	
23	May 2	Applied Kinesiology	Tuesday 6:30-9:30	Hips.	Robert Boustany	Lecture. 15 min practicum.	
24	May 9	Applied Kinesiology	Tuesday 6:30-9:30	Spine.	Robert Boustany	Lecture. 15 min practicum.	

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25	May 16	Applied Kinesiology	Tuesday 6:30-9:30	Shoulders and neck.	Robert Boustany	Lecture. 15 min practicum.	
BLACKWOOD EDUCATIONAL LAND INSTITUTE: WEEKEND RETREAT, MAY 20-21							
26-27	May 20	Energetics	Saturday 9a-5p	Pranayama. Bandhas. Meditation.	Robert Boustany	Details listed on off-site schedule	
28-29	May 21	Energetics	Sunday 8a-4p	Energetic methods. Prana. Apana. Stress and energy.	Robert Boustany	Details listed on off-site schedule	
30	May 23	Energetics	Tuesday 6:30-9:30	Energetic theory.	Robert Boustany	Lecture. 15 min practicum.	
31	May 30	Energetics	Tuesday 6:30-9:30	Nadis. Chakras.	Robert Boustany	Lecture. 15 min practicum.	
32	Jun 6	Teaching Methodology	Tuesday 6:30-9:30	Basics. Practicum: Sequencing	Allison Bond	30 min. lecture. 90 min. practicum.	
33	Jun 13	Teaching Methodology	Tuesday 6:30-9:30	Communication. Practicum: using language skills	Allison Bond	30 min. lecture. 90 min. practicum.	
34	Jun 20	Applied Kinesiology	Tuesday 6:30-9:30	Muscle testing. Quiz.	Robert Boustany	Movement and quizzing.	
35	Jun 24	Teaching Methodology	Saturday 9-11	Round-robin/Asana Testing	Robert Boustany	Practice.	
36	Jun 24	Teaching Methodology	Saturday 1-5	Round-robin/Asana Testing/Common Injuries in Class	Robert Boustany	Lecture. Practicum.	
37	Jun 27	Emotional Health	Tuesday 6:30-9:30	Transformation & learning	Robert Boustany	Lecture.	
	Jul 4			Independence Day: NO LECTURE			
38	Jul 11	Teaching Methodology	Tuesday 6:30-9:30	Practicum: common injuries in class	Allison Bond	30 min. lecture. 90 min. practicum.	
39	Jul 18	Teaching Methodology	Tuesday 6:30-9:30	Privates, et al. Practicum: privates	Allison Bond	30 min. lecture. 90 min. practicum.	
40	Jul 25	Nutrition/Lifestyle	Tuesday 6:30-9:30	Solar Nutrition. Ayurveda.	Robert Boustany	Lecture. 15 min practicum.	
<b>300 HOUR TRAINEES CONTINUE WITH ADVANCED LECTURES</b>							
1	Aug 1	Advanced Lecture	Tuesday 6:30-9:30	Advanced Applied Kinesiology	Robert Boustany	Lecture.	
2	Aug 8	Advanced Lecture	Tuesday 6:30-9:30	Advanced Applied Kinesiology	Robert Boustany	Lecture.	
3	Aug 15	Advanced Lecture	Tuesday 6:30-9:30	Advanced Applied Kinesiology	Robert Boustany	Lecture.	
4	Aug 22	Advanced Lecture	Tuesday 6:30-9:30	Advanced Applied Kinesiology	Robert Boustany	Lecture.	
5	Aug 29	Advanced Lecture	Tuesday 6:30-9:30	Advanced Energetics	Robert Boustany	Lecture.	
6	Sep 5	Advanced Lecture	Tuesday 6:30-9:30	Advanced Energetics	Robert Boustany	Lecture.	
7	Sep 12	Advanced Lecture	Tuesday 6:30-9:30	Advanced Energetics	Robert Boustany	Lecture.	
8	Sep 19	Advanced Lecture	Tuesday 6:30-9:30	Advanced Energetics	Robert Boustany	Lecture.	

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9	Sep 26	Advanced Lecture	Tuesday 6:30-9:30	Advanced Body Mechanics & Postures	Robert Boustany	Lecture.	
10	Oct 3	Advanced Lecture	Tuesday 6:30-9:30	Advanced Body Mechanics & Postures	Robert Boustany	Lecture.	
11	Oct 10	Advanced Lecture	Tuesday 6:30-9:30	Advanced Body Mechanics & Postures	Robert Boustany	Lecture.	
12	Oct 17	Advanced Lecture	Tuesday 6:30-9:30	Advanced Body Mechanics & Postures	Robert Boustany	Lecture.	
	Oct 24	No class					
	Oct 31	No class					
	Nov 7	No class					
	Nov 14	No class					
	Nov 21	Final Presentations	Tuesday 6:30-9:30	300-hour trainees present projects	Robert Boustany		
	Nov 28	Final Presentations	Tuesday 6:30-9:30	300-hour trainees present projects	Robert Boustany		
	Dec 5	No class					
	Dec 12	No class					
	Dec 19	Info Session	Tuesday 7:00-8:30	Information Session TT 2018			
	Dec 26	No class					