

## Insight Teacher Training 2015-2016 Student Log

Date	Content	Hours required	Hours completed	Make-up	Make-up completed date
Aug. 21	Self Regulation/ Savasana	4			
Aug. 26	Yoga Basics	2			
Aug. 28	Meditation/ 8 Limbs of Yoga	4			
Sept. 11	Spinal Directions of Movement & Forward Bends	4			
Sept. 23	Yoga Basics	2			
Sept. 25	Extension and Thoracic Breath	4			
Sept. 30	Yoga Basics	2			
Oct. 2	Lateral Bends	4			
Oct. 7	Yoga Basics	2			
Oct. 9	Twists	4			
Oct. 14	Yoga Basics	2			
Oct. 21	Yoga Basics	2			
Oct. 23	Backbends	4			
Oct. 28	Yoga Basics	2			
Oct. 30	Art of Sequencing	4			
Nov. 4	Yoga Basics	2			
Nov. 6	The Pancamaya Model	4			
Nov. 7 am	Pranamaya Kosa Respiration: Udyana Bhandha	2.5			

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Nov. 7 pm	Pranamaya Kosa Digestion: Agni Sara	3.5			
Nov. 8 am	Pranamaya Kosa Circulation	2.5			
Nov. 8 pm	Pranamaya Nervous System	3.5			
Nov. 13	The Gunas and Inversions	4			
Nov. 18	Yoga Basics	2			
Nov. 20	Manomaya Kosa Anxiety	4			
Dec. 2	Yoga Basics	2			
Dec. 4	Manomaya Kosa Depression	4			
Dec. 9	Yoga Basics	2			
Dec. 11	Manomaya Kosa Mantra	4			
Dec. 16	Yoga Basics	2			
Jan. 13	Yoga Basics	2			
Jan. 15	Vijanamaya Kosa Personality	4			
Jan. 20	Yoga Basics	2			
Jan. 22	Anandamaya Kosa Bliss Body	4			
Jan. 27	Yoga Basics	2			
Jan. 29	Therapeutic Adaptation	4			
Feb. 17	Yoga Basics	2			

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Date	Content	Hours required	Hours completed	Make-up	Make-up completed date
Feb. 24	Yoga Basics	2			
Feb. 26	Mindset and the Yoga Sutras	4			
Mar. 2	Yoga Basics	2			
Mar. 4	The Two Pillars of Yoga: Abhyasa and Vairagya	4			
Mar. 23	Yoga Basics	2			
Mar. 25	Feet/ Practice Teaching	4			
Mar. 30	Yoga Basics	2			
Apr. 1	Knees/ Practice Teaching	4			
Apr. 2 am	Back/ Foundation Training	2.5			
Apr. 2 pm	Healthy Movement Patterns	3.5			
Apr. 3 am	Abdominals / Foundation Training	2.5			
Apr. 3 pm	Communication Styles, Qualities of a Teacher	3.5			
Apr. 6	Yoga Basics	2			
Apr. 8	Hip Focus/ Practice Teaching	4			
Apr. 13	Yoga Basics	2			
Apr. 15	Shoulders/ Practice Teaching	4			

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Apr. 20	Yoga Basics	2			
Apr. 22	Neck/ Practice Teaching	4			
Apr. 27	Yoga Basics	2			
Apr. 29	Props/ Trigger Point Release	4			
May 4	Yoga Basics	2			
May 6	Ethics/ Authenticity	4			
May 11	Yoga Basics	2			
May 13	Cues and Adjustments	4			
May 18	Yoga Basics	2			
May 20	Teaching Practicum	4			
May 21 am	Teaching Practicum	2.5			
May 21 pm	Teaching Practicum	3.5			
May 22 am	Teaching Practicum	2.5			
May 22 pm	Teaching Practicum	3.5			
May 25	Teaching Practicum	2			
	COMPLETION	200			