

YTT Blended Sessions Agenda

Date: August 21-23, 2020 **Location:** Blended / Zoom and On-Site

Friday PM Zoom: Philosophy, Lifestyle, Ethics

Paula 5:30-7pm

- PLE Review Questions
- Handout: Sutras Overview
- Handout: Brahmacharya (will be added to shared drive after 8/17/20)
- Handout: Styles of Yoga – please have this handy. **Ariel** – please be prepared to share.
- Current Events: **Maryanne** – please be prepared to share.

Judi 7-7:30pm

- Relaxation yoga and meditation

Saturday PM On-Site: Pose Set Review / Interactive

Judi, Paula, Sally 12-4pm

- Screening: 11:30-11:45
- Warm-up Class 12:00-12:30
- Pose Set Review and Co-Teaching 12:30-2:45
- Short break 2:45-3:00
- TM and Review Questions 3:00-4:00
 - PS and TM Review Questions
 - Feedback on Mindfulness in Action and Pose Set Review Modules
 - Q&A on **any** Review Questions to date, F&F Classes, and/or Practicum

Sunday AM Zoom: Anatomy

Johanna 10-11:30am

- Anatomy Review Questions
- Handout: Anatomy_August 2020

Sunday PM Zoom: Meditation, Mudra, Pranayama

Sally 11:45-1:00pm

- MMP Review Questions
- Handout: Progressive Relaxation

Action Items: Prepare for August Sessions

- Complete assigned modules due 8/17 – access from web portal page.
- Friends & Family Class Plan 1 due 8/19 – submit via module on web portal page.
- August Handouts: download and print – access from web portal page.