

# ACCESSIBLE YOGA TRAINING

## Thursday

- 10:00-10:45** Introductions & Orientation
- 10:45-11:30** Introduction to Accessible Yoga
- 11:45-12:30** Integrated Accessible Yoga Chair Class
- 12:30-2:00** Lunch break
- 1:30-2:30** What is an Accessible Yoga Class?
- 2:30-4:00** Hatha Theory  
*Posture Check, Centering*  
*Warm ups*
- 4:15-5:00** Practice Teaching  
*Posture check, centering, warm ups for major joints*

## Friday

- 9:00-10:45** Anatomy & Physiology  
*Aging & Common Medical Conditions*
- 11:00-12:00** Hatha Theory  
*Sun Salutations*  
*Standing Poses*
- 12:00-12:30** Meditation
- 12:30-2:00** Lunch break
- 2:00-2:45** Hatha Theory  
*Backward Bends*
- 2:45-3:45** Raja Yoga  
*Making Yoga Philosophy Accessible*
- 4:00-5:00** Practice Teaching  
*Sun salutation (chair and wall), standing pose*

# ACCESSIBLE YOGA TRAINING

## Saturday

- 9:00-10:15** Bed yoga class
- 10:30-11:30** Hatha Theory  
*Forward Bends*  
*Inversions*
- 11:30-12:30** Making Meditation Accessible
- 12:30-2:00** Lunch Break
- 2:00-2:45** Hatha Theory  
*Twists*
- 2:45-3:45** Raja Yoga 2  
*Turning Pain into Power*
- 4:00-5:00** Practice Teaching  
*backward bend, forward bend, inversion, twist*

## Sunday

- 9:00-10:15** Finding Your Calling in Teaching Yoga
- 10:30-12:00** Hatha Theory  
*Pranayama*  
*Savasana/Yoga Nidra*
- 12:00-12:30** Yoga Nidra
- 12:30-2:00** Lunch break
- 2:00-3:00** Raja Yoga 3  
*Overcoming Obstacles on the Path*  
*Kleysa Tea Party*
- 3:00-4:00** Practice Teaching  
*Round robin whole class practice*
- 4:15-5:00** Sharing/Graduation Ceremony