

	TT200 38 Weekend 5	Feb 2-4, 2024
FRIDAY	SATURDAY	SUNDAY
	7:45 teacher prep 7:50 all student arrival for room assignment	7:45 teacher prep 7:50 all student arrival for room assignment
Reminder to arrive 5-10 min early so we can start on time at 9:00	Student Practicum	Student Practicum
Opening & Asteya	Student: ; Faculty: Molly	Student: ; Faculty: Sarah Hu
9:00-9:45 am Ann	8-9:00am Class 9-9:30 Feedback	8-9:00am Class 9-9:30 Feedback
9:45-10 Break	9:30-10am Breakfast	9:30-10am Breakfast
	SomaYoga Methodology	
Making a Change 3	Student Variance	SomaStrong
	Chair, prenatal, etc	SomaYasa Part 2
	Community Practicum Leveling & Public Clinic	
Ann	Molly	Sarah Hu
10-1pm	10-1p	10am-1pm
Lunch	Lunch	Lunch
1-2:30	1-2:30	1-2pm
Review On Being a Teacher Judith Lasater Podcast		Dyad 1 2-3pm
Breath Curriculum	Teaching Adaptive Yoga	3-3:15pm
&	homework of Matt Sanford "On-being" interview to check in	Dyad 2 3:15-4:15
SomaRelax 2		Debrief & break 4:15-5pm
		Sarah Hu
Ann	Teri	2:00 - 5
2:30-5:30pm	2:30-5:30pm	