

	TT200 38 Weekend 6	March 1-3, 2024
FRIDAY	SATURDAY	SUNDAY
	Reminder to arrive 5-10 min early so we can start on time at 8:00	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 and Check In	Student: ; Faculty: Ann	Student: ; Faculty: Sarah Hu
9:00-9:45	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
Preparing for Private Sessions Hosting & Intake for Private Sessions	Preparing for Private Sessions Functional Movement for Shoulders	Exploring Classic Asana SomaYoga Approach to Inversions
Working with Forms Postural Assessments		review Bridge, Plank, Side Plank
10am-1pm	Ann 10am-1pm	Sarah Hu 10am-1pm
Lunch	Lunch	Lunch
1-2:30	1-2:30	1-2:00
Preparing for Private Sessions Functional Movement for Hips	Preparing for Public Clinic Dyad One 2:45-3:45pm Break 3:45-4pm Dyad Two 4-5pm Break 5-5:15pm	Homework & final schedule Pranayam: Putting it all together & Benefits of different Pranayam practices
Ann	Ann	Ann
2:30 - 5:30pm	2:30 - 5:30pm	2:00 - 4:30pm
5:30-6 connect & close	5:15-6 connect & close	