

Pine Rivers Yoga 350 hour Teacher Training January 2017 to January 2018

Date	Activity	Hours	Notes
Training Day & Workshop dates will be adhered to as closely as possible, but in exceptional circumstances the trainers reserve the right to amend dates if required.			
Saturday, 21 January 2017	Training Day 1	7	
Saturday, 18 February 2017	Training Day 2&3	14	
Sunday, 19 February 2017			
Saturday, 11 March 2017	Workshop 1	12	Back Care
Sunday, 12 March 2017			
Sunday, 9 April 2017	Training Day4	7	
Sunday, 30 April 2017	Observing Practicals		Part of Observation Hours
Sunday, 7 May 2017	Training Day 5	7	
Saturday, 27 May 2017	Workshop 2	12	Functional Anatomy
Sunday, 28 May 2017			
Saturday, 17 June 2017	Training Day 6 &7	14	
Sunday, 18 June 2017			
Sunday, 16 July 2017	Training Day 8	7	
Sunday, 30 July 2017	Training Day 9	7	
Saturday, 19 August 2017	Workshop 3 & Training day 10	12	Teaching Methodology
Sunday, 20 August 2017			
Sunday, 10 September 2017	Training day 11	7	
Sunday, 1 October 2017	Training Day 12	7	
Sunday, 22 October 2017	Training Day13	7	
Saturday, 11 November 2017	Workshop 4	12	Inversions
Sunday, 12 November 2017			
Sunday, 3 December 2017	Revision and Theory Exam	5	
Saturday, 9 December 2017	Practical Exam	7	
Sunday, 10 December 2017		7	
From 10/12/17 to 13/1/18 time to complete final assignments, specialisation training and observation hours if not already completed.			
*	Specialisation Training	32	Each student will undertake external workshops & study in one of: ~ Healthy Ageing through Yoga ~ Yin Yoga ~ Core Yoga ~ Yoga for Stress, Anxiety & Fatigue ~ Meditation ~ Yoga for Kids & Teens ~ Vinyasa yoga flow ~ Yoga for Women's Health incl pregnancy & post natal ~ Yoga for Backcare & Scoliosis
*	Observing / Assisting in class with Ruth Campbell	12	These hours must be completed with senior teacher Ruth Campbell
*	Observing / Assisting in class	33	
	TOTAL CONTACT HOURS	228	min 65%of the required 350 hours
*	Non- Contact Hours	122	Assignment work, required reading and private study
	TOTAL COURSE HOURS	350	