



**Professional Program Preliminary Schedule: \*September 5, 2015 - February 21, 2016, La Jolla**

Includes 300-hours of coursework. Graduation from a 200-hour Yoga Alliance registered training is required.

Topics, times and locations are subject to change. Dates will not change. You will receive the final firm schedule the first day of the program.

**Information Session: Sunday, June 1** from 1:00 pm - 2:00 pm and **Sunday, July 27** from 1:00 pm - 2:00 pm

**To Register:** Contact Gerhard at 858.456.2806 or info@prana-yoga.com

**Price: \$3500 if paid in full by May 31; \$3750 if paid in full by August 1; \$4000 after August 1**

**Application Deadline is August 1, 2014 (after this date you may not receive first or second choice mentor)**

**Space Limited. Please apply early as this Program will sell out.**

**Mentors: Gerhard Gessner, Sara Deakin, and Shauna MacKay**

**Location:** Prana Yoga (1041 Silverado Street, La Jolla, CA 92037)



**Pranayama and Practice Teach Series: Select Wednesday and Friday evenings.**

WS#	Date	Day	Time	Location	Topic	Teacher
0	September 11	Fri	6:30-10:00pm	Prana Yoga	Bridge	Lesley Fightmaster
1	September 12	Sat	12:00-4:00pm	Prana Yoga	Welcome Circle/Standing Poses: Adjustments, Variations, Observations	Lesley Fightmaster
1	September 13	Sun	12:00-4:00pm	Prana Yoga	Forward Bends & Twists: Adjustments, Variations, Observations	Lesley Fightmaster
2	September 19	Sat	12:00-4:00pm	Prana Yoga	Inversions: Adjustments, Variations, Observations	Lesley Fightmaster
2	September 20	Sun	12:00-4:00pm	Prana Yoga	Hands on Adjustments	Lesley Fightmaster
3	October 3	Sat	12:00-4:00pm	Prana Yoga	Injury Management 1	Joel Richey
3	October 4	Sun	12:00-4:00pm	Prana Yoga	Injury Management 2	Joel Richey
4	October 10	Sat	12:00-4:00pm	Prana Yoga	Injury Management 3	Joel Richey
4	October 11	Sun	12:00-4:00pm	Prana Yoga	Injury Management 4	Joel Richey
5	October 24	Sat	12:00-4:00pm	Prana Yoga	Working with Beginners	Jessica Seabern
5	October 25	Sun	12:00-4:00pm	Prana Yoga	Working with Beginners	Jessica Seabern
6	October 31	Sat	12:00-6:00pm	Prana Yoga	Philosophy: Bhagavad Gita	Robert Birnberg
6	November 1	Sun	11:00-4:00pm	Prana Yoga	Philosophy: Yoga Sutras	Robert Birnberg
7	November 14	Sat	12:00-4:00pm	Prana Yoga	Advanced Asana	Joan Hyman
7	November 15	Sun	12:00-4:00pm	Prana Yoga	YogaWorks Sequencing	Joan Hyman
8	November 21	Sat	12:00-4:00pm	Prana Yoga	Deeper exploration of hands on adjustment	Gerhard Gessner
8	November 22	Sun	12:00-4:00pm	Prana Yoga	Backbends: Adjustments, Variations, Observations	Stacy McCarthy
9	December 5	Sat	12:00-4:00pm	Prana Yoga	Finding your Purpose; Karma Yoga: Turn Intention into Action	Suzanne Sterling
9	December 6	Sun	12:00-4:00pm	Prana Yoga	Art of the Voice	Suzanne Sterling
10	December 12	Fri	6:30-10:00pm	Prana Yoga	Subtle Body and an Introduction to Meditation	Lorin Roche
10	December 12	Sat	12:00-4:30pm	Prana Yoga	Subtle Body and an Introduction to Meditation	Lorin Roche
10	December 13	Sun	12:00-4:00pm	Prana Yoga	Deeper exploration of advanced asana	Gerhard Gessner
11	December 19	Sat	12:00-4:00pm	Prana Yoga	Vinyasa Flow 1	Jesse Schein
11	December 20	Sun	12:00-4:00pm	Prana Yoga	Vinyasa Flow 2	Jesse Schein
12	January 9	Sat	12:00-4:00pm	Prana Yoga	How to teach Pre and post-natal yoga	Vicki Abrams
12	January 10	Sun	12:00-4:00pm	Prana Yoga	Ayurveda	Eleni Tsirikas
13	January 16	Sat	12:00-4:00pm	Prana Yoga	Restoratives and relaxation response	Carmen Fitzgibbon
13	January 17	Sun	12:00-4:00pm	Prana Yoga	Yoga for Chronic Illness	Carmen Fitzgibbon
14	January 30	Sat	12:00-4:00pm	Prana Yoga	Teacher Student Relationship	Gerhard Gessner
14	January 31	Sun	12:00-4:00pm	Prana Yoga	The Business of Yoga	Stacy McCarthy
15	February 13	Sat	12:00-4:00pm	Prana Yoga	Yoga for the different stages of life	Shauna McKay
15	February 14	Sun	12:00-4:00pm	Prana Yoga	Advanced Therapeutics/Yoga Wall	Jason Cull
16	February 27	Sat	12:00-4:00pm	Prana Yoga	Final Practice Teach	Mentors
16	February 28	Sun	12:00-4:00pm	Prana Yoga	Projects & Closing Ceremony	Mentors
Wed #	Date	Day	Time	Location	Topic	
1	9/16	Wed	7:00-10:00 pm	Prana Yoga	Pranayama & Teaching Practicum # 1	Shauna/Gerhard
2	9/23	Wed	7:00-10:00 pm	Prana Yoga	Pranayama & Teaching Practicum #2	Shauna/Gerhard
3	9/30	Wed	7:00-10:00 pm	Prana Yoga	Pranayama & Teaching Practicum #3	Shauna/Gerhard
4	10/7	Wed	7:00-10:00 pm	Prana Yoga	Pranayama & Teaching Practicum #4	Shauna/Gerhard
5	10/14	Wed	7:00-10:00 pm	Prana Yoga	Pranayama & Teaching Practicum #5	Shauna/Gerhard
6	10/21	Wed	7:00-10:00 pm	Prana Yoga	Pranayama & Teaching Practicum # 6	Shauna/Gerhard
7	10/28	Wed	7:00-10:00 pm	Prana Yoga	Pranayama & Teaching Practicum #7	Shauna/Gerhard
8	11/4	Wed	7:00-10:00 pm	Prana Yoga	Pranayama & Teaching Practicum #8	Shauna/Gerhard
9	11/11	Wed	7:00-10:00 pm	Prana Yoga	Pranayama & Teaching Practicum #9	Shauna/Gerhard
10	11/18	Wed	7:00-10:00 pm	Prana Yoga	Pranayama & Teaching Practicum #10	Shauna/Gerhard
11	12/2	Wed	7:00-9:00 pm	Prana Yoga	Philosophy: Pradipika	Gerhard Gessner
12	12/9	Wed	7:00-10:00 pm	Prana Yoga	Philosophy: Upanishads	Jyothi Chalam
13	12/16	Wed	7:00-10:00 pm	Prana Yoga	Teaching Practicum #11	Gerhard Gessner
14	1/13	Wed	7:00-9:00 pm	Prana Yoga	Philosophy: Intro to Tantra	Manoj Chalam
15	1/20	Wed	7:00-9:00 pm	Prana Yoga	Philosophy: Intro to Buddhism	Lori Stewart
16	1/27	Wed	7:00-10:00 pm	Prana Yoga	Teaching Practicum #12	Gerhard Gessner
Non-Workshop Summary						
1	varies	varies	varies	varies per mentor	25 hours total of mentor meetings (approx. 13 classes)	
2	varies	varies	2 hours	varies per mentor	40 hours total assisting classes with your mentor (approx. 13 classes)	
3	varies	varies	1.5 hours	varies per mentor	15 hours taking classes with your mentor (approx. 10 classes)	
4	varies	varies	1.5 hours	varies per mentor	15 hours taking classes with your mentor or another E-RYT 500 Teacher (approx. 10 classes)	