



Bliss Yoga Accra

April 17th 2020 – Week 1: Month 1 {Theory Self Study}

- a. Welcome & Intros
- b. YTT Portal Walk-Thru Set Up
- c. Sutras
- d. Key Dates: Sun. May 31st (Take Home exam) June 13th (Graduation) (Yoga Class Démonstration) (dates TBA)

April 24th 2020 - Week 2: Month 1 {Theory Self Study}

- a. Personal Reflections
- b. Part 1: Key Influencers of Yoga
 - a. The Stages of Yoga: Eight Limbs
 - b. Yama & Niyamas
 - c. More Poses & Sanskrit Names
- d. Part 1: Cuing: Home Practice

May 1st 2020 - Week 3: Month 1 {Theory Self Study}

- a. Personal Reflections
- b. Introduction to Meditation
- c. Part 2: Female Influencers Of Yoga
- d. Chakras
- e. Part 2: Cuing: Home Practice

May 8th 2020 - Week 4: Month 1 {Theory Self Study}

- a. Personal Reflections
- b. Part 3: Modern Influencers of Yoga
- c. Special Populations

- d. Anatomy
- e. Courage To Teach
- f. Part 3: Cuing: Home Practice

Month 2: May 16th – June 13th

We Build A Class

{Asana & Practicum Focused}

Format Virtual: What you will need to participate?

Week 5

Saturday May 16th 2020

3:00pm-5:30pm

Asana Practicum: Opening, Warm Up, Sun Salutations
(Surya A and B)

Sunday May 17th 2020

3:00pm-5:30pm

Asana Practicum + Practice Teach

Week 6

Saturday May 23rd 2020

3:00pm-5:30pm

Asana Practicum: Middle Flow, Standing,
Floor, Savasana

Sunday May 24th 2020

3:00pm-5:30pm

Asana Practicum, Super Sequencing + Practice Teach

Week 7

Saturday May 30th 2020

3:00pm-5:30pm

Take home exam. 9am-4pm.

Sunday May 31st 2020

1:30pm - 4:00pm.

YTT Yoga pose demo exam. In groups of 2.

Your time slots will be assigned.

Week 8

Sat. June 5th 2020 3:00pm-530pm (Extension)

Sun June 6th 2020 3:00pm-530pm (Extension)

Week 9

Sat. June 13th 2020 Graduation!