



New Beginnings
Bliss April 2020 200-HR Training

Program introduction: Bliss Yoga Accra is a Registered Yoga School with Yoga Alliance. We have been hosting trainings locally in Accra for years (73 teachers licensed thus far) and have now shifted our focus from teaching public yoga classes to online classes and trainings. Note: Yes. You will all be licensed in June. We are also committed to working with you past June 13th, until you feel confident in your teaching.

Your Virtual Experience: This is an 8-week program. Yoga Alliance requires Theory and Physical Practice. Topics: History of Yoga, Anatomy, Chakras, Ayurveda, Special Populations, Arm Balancing, Inversions, Super Sequencing, Meditation, Touch/Post Covid-19, Restorative Yoga & Business of Yoga

Key dates

Month 1: Theory April 17 th - May 17 th	Home Interactive Study: your manuals and textbooks will be your launch into the learning experience.
Month 2: Theory & Physical Practice May 18 th - June 13 th	More Home Interactive Study + [Virtual] or in studio w/live stream or pre-recording. Final at-home exam, final yoga class instruction.

Your program plan

Weekly 60-Min Zoom Video Calls: Friday's @ 3pm, 1st Call April 17th	The initial check-in call was scheduled at this time, so we will aim for 3pm on Fridays. During each Friday call, the week's work and topics will be outlined. Please make all efforts to attend. Make-up options will be shared. Friday Zoom Video Calls [3pm GMT]: April 17, 24 May 1, 8, 15, 22, 29 June 5, 12
YTT Online Portal	Access to assignments and announcements. Will be launched on Day 1 of training.
YTT Facebook Group	Friend Nana Amoako-Anin to join group or check for invite.
Homework	Weekly reading and homework.
Test Prep	On-going Prep towards final at-home exam.
Virtual Yoga Offerings	And/or [in studio] w/live stream or pre-recording.