

Weekend Program timetable

The Weekend Program is also open to participants in Alan’s Preliminary Teacher Training course. This arrangement provides teacher trainer apprentices with an opportunity to critique the teaching of Introductory I and II teachers or trainee teachers or both. Trainee teachers also attend classes conducted by Junior Intermediate teachers participating in the professional development program and provide feedback to teachers in study group sessions.

	Friday	Saturday	Sunday
6:30			
7:00	Led practice	Teaching/attending/ observing Yoga Mandir classes JI teachers to critique	Session 4 Study group and shared breakfast.
7:30			
8:00	Session 1 Pranayama		
8:30			
9:00		Alan gives feedback to teachers	Practice
9:30			
10:00	Session 2 Study group and shared lunch	Practice	
10:30			
11:00		30 minute interviews	
11:30			
12:00		Teaching/attending/ observing Yoga Mandir classes	
12:30			
1:00		Alan gives feedback to teachers	
1:30			
2:00			
2:30			
3:00			
3:30			
4:00			
4:30			
5:00			
5:30			
6:00			
6:30			
7:00	Session 3 Theory		
7:30			
8:00			
8:30			
9:00			