

# Basic Level TriYoga Teacher Training 2010

October 2010-January 2011

With Kamala Paul in Davis, CA

Three weekends and 12 evenings for a total of 66 hours of training and practice teaching

## **Weekends**

### **October 15, 16**

Friday 6:00-10pm

Water Series 2 (var 2)

Saturday noon to 6pm

Water Series 2(var 1 & 2)

### **November 5, 6**

Friday 6:00-10pm

Air Series 4, at the wall

Saturday noon to 6pm

Space Series 5 at the wall

& Review of challenging transitions  
& practice with props, alignments,

### **December 3, 4**

Friday 6:00-10pm

Fire Series 3, at wall

Saturday noon to 6pm

Fire Series 3, away from wall; Var 2

## **Weekday evenings**

### **Wednesdays from 6:30-9:30pm**

October 6

Earth Series 1

October 13

Fire series 3 at wall;

October 20

Fire series 3 away from wall;

October 27

Fire series 3 (var 2);

November 3

Review and practice teaching, Series 1 through 3

November 10

Basics Daily 3s- sequence 1-5, teach, demo, assist

November 17

Basics Daily 3s – sequence 6-10, teach, demo, assist

November 24

No class

Dec 1

Practicum on any/all of Basics series

Dec 8

Water series 2 (var 1 & 2)

Dec 15

Props and Alignment Practice

January 5

Challenging transitions, props and alignment assistance

January 12

Review and Practicum

***It is highly recommended*** that student interns attend at least one Basics Level class per week, study and practice together with other interns every week to incorporate the knowledge in the material presented. Development of a home daily practice is encouraged. These extra hours greatly enhance learning and preparation for certification. This program is not designed to fulfill all the requirements and provide all the information needed for a student to be certified after the 66 hours. Those who have been studying TriYoga Flows for sometime and for those who have taken this 66 hour program previously may be ready for certification. For more information about the certification process, see the Kali Ray TriYoga Teacher Training Certification Handbook at [www.triyoga.com](http://www.triyoga.com).

**Tuition:** \$600 for the 66 hour program. **Location:** Kamala's Home Studio

**Recommended** ---a TriYoga workshop at any other location with any teacher.