



Cat Kabira **Yoga and Energetics Level One:** May 13 – June 18, 2012
Basic Schedule Outline – *subject to change*

DAILY: *Average daily schedule will vary, but here is a sample of what to expect!*

6am-9am	Meditation and asana with Cat
10.30am-12.30pm	Interactive lectures and in-depth study on yogic practices and philosophy as well as the study and practice in the process of teaching
12:30pm – 2pm	Lunch and Mid-day Break
2pm-6pm	Special workshops and lectures ranging from practice and process of teaching, self-transformational techniques, energy workshops, learning how to assist, working with energy, guest teachers, anatomy, and restorative yoga

***Some evenings will have special classes/events*

WEEKLY: *Schedule of topics and areas covered by week...*

Week 1:

Opening ceremony
Introduction to yoga, meditation, energy. "Getting your Feet Wet"
Starting to teach, working with your voice
Yogic philosophy
Beginning the Journey to the Self
Introduction to body reading

Week 2:

Delving deeper into asana, meditation, and energy
Adding to your teaching toolbox
Assisting and adjustments (starting to get your hands on people)
CranioSacral training begins

Week 3:

Craniosacral Therapy Training with Leonid Soboleff
Approximately 9am to 6pm every day with a break for lunch
Morning meditation sessions will be required - however there will be a pause in daily asana due to the intensity of the energy work associated with CranioSacral training.
****End of the week:** grounding, integration

Week 4:

Incorporating and digestion of CranioSacral Training, refining techniques
Delving deeper into energetics: Merging cranio with yoga and how to teach in a more energetically mindful way
In-depth anatomy, assists, and adjustments: Working with injuries, multi-levels, kids, prenatal, sequencing, teaching practice

Week 5:

Culmination of teaching, assisting, speaking, and how you hold space
Business of yoga
Closing ceremony

