



### Weekly 500-Hour Program • 2006 - 2008 Schedule • 1st Year Curriculum

#### Fall 2006

Course	Schedule	Hours
Asana I	September 15 - December 8* Friday 6:00 - 9:00 pm	36
Anatomy I	September 11 - Dec. 4* Monday 6:45 - 8:15 pm	18
Yoga Sutras	September 13 - Dec. 6* Wednesday 5:45 - 7:15 pm	18

\*No Class the week of November 19 - 25.

#### Winter 2007

Course	Schedule	Hours
Asana II	January 12 - March 30 Friday 6:00 - 9:00 pm	36
Anatomy II	January 8 - March 26 Monday 6:45 - 8:15 pm	18
Intro to Pranayama	January 10 - March 28 Wednesday 5:45 - 7:15 pm	18

#### Spring 2007

Course	Schedule	Hours
Asana III	April 13 - June 8 Tuesday 6:00 - 9:00 pm	27
Physiology	April 9 - June 25 Monday 6:45 - 8:15 pm	27
Bhagavad Gita (Philosophy)	April 11 - June 27 Wednesday 5:45 - 7:15 pm	18

# IYENGAR YOGA INSTITUTE *of* SAN FRANCISCO

## ADVANCED STUDIES TEACHER TRAINING PROGRAM

www.iyisf.org | 2404-27TH AVENUE | SAN FRANCISCO, CA 94116 | 415.753.0909



### Weekly 500-Hour Program • 2006 - 2008 Schedule • 2nd Year Curriculum

#### Fall 2007

Course	Schedule	Hours
Pranayama I	September 12 - December 5 Wednesday 5:45 - 7:15 pm	18
Teaching I	September 14 - Dec. 7 Friday 6:00 - 9:00 pm	40.5

#### Winter 2008

Course	Schedule	Hours
Pranayama II	January 9 - March 26 Wednesday 5:45 - 7:15 pm	18
Teaching II	January 11 - March 28 Friday 6:00 - 9:00 pm	38

#### Spring 2008

Course	Schedule	Hours
Asana IV	April 7 - June 23 Monday 6:45 - 9:00 pm	27
Teaching III	April 11 - June 27 Friday 6:00 - 9:00 pm	36

**Total Hours : 393.5**

*Note: Schedule does not include required hours for Student Teaching (40), Apprenticeship (50) or Elective Workshop Credits (18). Subject to change without prior notice.*

**Application Deadline:** August 25, 2006