

IYENGAR YOGA INSTITUTE *of* SAN FRANCISCO

ADVANCED STUDIES/TEACHER TRAINING PROGRAM

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



Teacher Training Program Overview 2008 - 2009

500-hr Curriculum: Year 1

Quarter	Course	Hours
1st	Asana I	36
	Anatomy I	18
	Yoga Sutras (Philosophy)	18
	Begin Electives	
2nd	Asana II	36
	Anatomy II	18
	Intro to Pranayama	18
3rd	Asana III	27
	General Physiology	27
	Bhagavad Gita (Philosophy)	18

500-hr Curriculum: Year 2

Quarter	Course	Hours
1st	Teaching I	40.5
	Pranayama I	18
	Begin Apprenticeship	
	Begin Student Teaching	
2nd	Teaching II	36
	Pranayama II	18
3rd	Teaching III	36
	Asana IV	27
	Complete Apprenticeship	50
	Complete Student Teaching	40
	Complete Electives	18
Total Hours		499.5

200-hr Curriculum

Quarter	Course	Hours
1st	Asana I	36
	Anatomy I	18
2nd	Asana II	36
	Intro to Pranayama	18
	Anatomy II	18
3rd	Asana III	27
	Bhagavad Gita (Philosophy)	18
4th	Basic Teaching Techniques	22.5
	Apprenticeship	10
Total Hours		203.5

Academic Calendar Deadlines

Extended Weekend - 1 weekend a month for 4 months per quarter - 2008 Calendar Year

First Quarter, Winter 2008 Jan. 4 - 6, Feb 1 - 3, March 7 - 9, April 4 - 6	Second Quarter, Spring 2008 May 2 - 4, June 6 - 8, July 11 - 13, August 1 - 3	Third Quarter, Fall 2008 Sept 12 - 14, Oct. 3 - 5, Nov. 7 - 9, Dec. 5 - 7
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Weekly - Classes meet 2 - 3 evenings a week for 12 weeks per quarter

First Quarter, Fall 2008 Sept. 8 - Dec. 5, 2008	Second Quarter, Winter 2009 Jan. 5 - March 27, 2009	Third Quarter, Spring 2009 April 6 - June 6, 2009
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Refer to Quarterly Brochure and www.iyisf.org for class times and registration forms.
Dates and class times are subject to change

Next Extended Weekend Program begins Winter 2008 500-hr

Application Deadline: December 21, 2007
Classes Start: January 2008

Next Weekly Program begins Fall 2008, Evening Classes 200-hr and 500-hr

Application Deadline: August 26, 2008
Classes Start: September 8, 2008