



SMC Level 2 Yoga Therapist Program (sample schedule)



		Program Director: Robin Gueth 415-377-7729
		General Schedule(some exceptions): Fri 6p-9p, Sat 10a-1p & 2:30p-6p, Sun 10:30a-1p & 2:30p-5:30p
Weekend 1		
	COURSE NAME	CLASS NAME / THEME (Note: Classes begin on <u>Saturday</u> this weekend)
Sat am:	#200 Overview and Strategy for Success	Welcome & Meet the Faculty
Sat pm:	#200 Overview and Strategy for Success	Overview and Strategies for Success RG/EP
Sun:	#210 Advanced Asana	Review asana, Review of Level 1 SRY KM/EO
Weekend 2		
	COURSE NAME	CLASS NAME / THEME Researching Chronic Pain, Sequencing, Practicum set up and Business Plan Project
Fri:	#265 Research Literacy (New Course!)	Research Literacy / Working with Chronic Pain / Experience CP class RG/EP/CS/Dr Nadler
Sat am:	#280 Holistic Therapies for Targeted Populations	Western View with Meds / Chronic Pain Eastern View / Intro to 10 wk Program RG/EP
Sat pm:	#210 Advanced Asana	Sequencing in Yoga Therapy LW
Sun:	#PL2 Practicum Level 2 #290 Professional Practice	Setting up the Practicum and Business Plan Project RG/AE

Weekend 3		
	COURSE NAME	CLASS NAME / THEME Beginning the Bhagavad Gita, Understanding Back Issues
Fri:	#220 Yoga and the Mind	Transition from Sutras to Gita JL/RG
Sat & Sun:	#210 Advanced Asana #260 Tools for the Yoga Therapist #280 Holistic Therapies for Targeted Populations	Understanding Back Issues & Prioritizing Care HD/RG
Clinic #1		

4/13/2019	#PL2 Practicum Level 2	CLINIC one day, Sat or Sun - 4 hours

3-May	COURSE NAME	CLASS NAME / THEME Tools for Hips / Restoratives / Baxter Bell on Inflammation
Fri:	#220 Yoga and the Mind	Bhagavad Gita 1 JL
Sat am:	#210 Advanced Asana	Advanced Asana: Tools for Hips RG
Sat pm:	#210 Advanced Asana	Restoratives LW
Sun:	#260 Tools for the Yoga Therapist #280 Holistic Therapies for Targeted Populations	Inflammation with Baxter Bell
18-May	COURSE NAME	CLASS NAME / THEME Designing Yoga Therapy for Neck & Shoulder Pain w/ Harvey & Robin
Sat & Sun:	#210 Advanced Asana #Tools for the Yoga Therapist	Designing YT: Necks and shoulders HD/RG

