



Sun & Moon In-Depth Foundations Program

2023-2024 Teacher Training Schedule

When	Where	Training Type	Topic
Wed Sept 6 weekly thru Oct 18	Arl	Evening Series	The Story of Yoga: History and Philosophy w/Annie Moyer
Fri Sept 8	Arl	Friday Focus	Introduction and Welcome to the New Cohort
Fri Oct 6	Ffx	Friday Focus	Practice & Teaching: Standing Poses
Fri Oct 20 - Sun Oct 22	Arl	Guest Teacher Weekend	Welcoming Theresa Murphy
Thurs Oct 26 weekly thru Dec 14	Ffx	Evening Series	The Language of Yoga w/John Sherburne
Fri Nov 3	Arl	Friday Focus	Practice & Teaching: Seated Poses
Sat Nov 11 & Sun Nov 12	Arl/Ffx	Weekend Immersion	Syle Council: Restorative, Yin, Iyengar, Vinyasa, Kids, Prenatal, etc.
Fri Dec 1	Ffx	Friday Focus	Practice & Teaching: Folds & Lateral Bends
Sat Dec 9 & Sun Dec 10	Arl/Ffx	Weekend Immersion	Inner Workings: Alignment, Energy Body, The Nervous System
Wed Jan 3 weekly thru Feb 7	Arl	Evening Series	Breath of Life: Pranayama w/Vicki Christian
Fri Jan 5	Arl	Friday Focus	Practice & Teaching: Backbending Poses
Sat Jan 20 & Sun Jan 21	Arl/Ffx	Weekend Immersion	Inner Wellness: Alignment, GI & Endocrine System, Ayurveda
Fri Feb 2	Ffx	Friday Focus	Practice & Teaching: Prone & Supine Poses
Sat Feb 3 & Sun Feb 4	Arl/Ffx	Weekend Immersion	The Great Fascial Web, Communication, Sequencing & Teaching
Thurs Feb 15 weekly thru Mar 21	Ffx	Evening Series	Sinking In: Meditation w/Annie Moyer
Fri Mar 1 - Sun Mar 3	Ffx	Guest Teacher Weekend	Welcoming Baxter Bell
Fri Mar 8	Arl	Friday Focus	Practice & Teaching: Hypermobility
Fri Apr 5	Ffx	Friday Focus	Tricks of the Trade: Props as Tools of Yoga
Wed Apr 24 weekly thru May 29	Arl	Evening Series	Sacred Threads: Yoga Sutra Study w/Annie Moyer
Sat Apr 13 & Sun Apr 14	Ffx	Weekend Immersion	Make No Bones About It: Yoga Anatomy Fundamentals Review
Fri Apr 26	Arl	Friday Focus	Practice & Teaching: Meeting Every Body / Accessible Yoga
Fri May 31	Ffx	Friday Focus	Trauma Sensitivity & Community Class Practice
Sun June 9	Ffx	Final Celebration	Community Class & Honoring Your Journey

- Friday Focus: 6:30p - 8:30p
- Weekend Immersions: Saturdays in Arlington and Sundays in Fairfax; 1:30p - 5:30p
- Evening Series: 7:30p - 9:00p
- Guest Teacher Weekends: **approximate times** are Fri 6:30p - 8:30p; Sat 12:30p - 6:30p, Sun 12:30p - 3:30p, but **check website for each individual weekend to confirm.**
- All sessions will be live-streamed with hybrid attendance options on Zoom, and recorded for later viewing. Synchronous attendance (in-person OR on Zoom) is required for 80% of sessions; absences may be made up via recordings and meetings with peers to review material.

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2023-2024 Teacher Training Schedule (continued)

On Your Own Time!

In addition to the above dates, each participant will find time at their convenience to complete the independent study requirements of the program, if they choose to earn the Teacher Training Certificate and become a Registered Yoga Teacher.

- Complete the 20-hour online 'Yoga Anatomy Fundamentals Course' with acclaimed teachers Leslie Kaminoff and Amy Matthews, including pre-recorded video content, transcripts and handouts
- Attend one weekly yoga class (live on Zoom or in-person) at Sun & Moon for the duration of the program (for a total of 35 classes). Classes should include at least six Hatha 1, six Hatha assorted levels, and ten other styles of practice.
- Observe 15 Sun & Moon yoga classes (five classes per quarter for three quarters) spanning a variety of styles, levels, and teachers
- Attend two elective workshops offered at Sun & Moon during your program year
- Prepare four class plans (two Hatha 1 and two Hatha 2) and turn in two of these to program director
- Meet with mentor at least twice (or more) during your program at your mutual convenience to review your lesson plans, as well as discuss any questions, concerns, or inspirations



LEARN sunandmoonstudio.com

TALK 703.525.YOGA (Arl) and 703.890.1550 (Ffx)

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