

Lesson plan Yoga Bridge year Ayuryoga 2021-2022

Class dates: During the internship May 15-21 and class days to be planned

Teacher: Carmen Lai, Uta Bisseswar and Wendy Compeer.

Class location: Centrum Djoj, Antony Duyklaan 5, Rotterdam (through June)
Lulofstraatc48, The Hague (starting 5 September)

Internship address: Ashram Sada Shiva Dam, Vrijenbergweg 60, Loenen

Yoga topics and reference to teaching materials for this year are:

May 15: Ayurveda Nutrition (see lesson material Ayurveda)

May 16: The Chakras (see lesson sheet TV)

May 17 +18: Meditation, Introduction and skills of practicing Silence

May 18 +19: Meditation, Practical Skills Yoga

May 21: Morning Evaluation.

After the internship week, a teaching program is started which is based on experiences from the internship period.

Preparation: Read the teaching materials that will be sent in advance or handed out during the internship.