

TriHealth Fitness & Health Pavilion (2010 Yoga Teacher Training Orientation)

(August 13, 2010 - Friday 7:00 pm -8:30 pm)

1. Welcome
2. Opening Universal Prayer
3. Introduction - Why are we here? Brief individual story
(Discussion on confidentiality, respecting personal boundaries and backgrounds etc.)
4. Why is our course different and unique?
5. Explain Manuals & Study Material
6. Review:
 - Teachers Bios
 - General Information, Policy Guidelines
 - Course Module - Breakdown by categories and hours
 - Module summary - (power-point)
 - Required, Optional texts
 - Assignments
 - Open Forum
7. Logistics:
 - Transportation & Lodging
 - Pavilion facility familiarization
 - Fill out Forms, financial matters
 - Personal Issues: Restrictions, preferences, travel/transportation, health-medical issues, contact info, emergency contacts etc.
8. New Beginning (Adjourn)



NAMASTE!