



2019 Gold Therapy Teacher Training Schedule		
Friday Classes (unless otherwise noted)		
Winter/Spring		
Date	Time	Module
Prerequisites and Orientation		
Sep 22, 2018 *Saturday	1:30 – 4:30 pm	Starting a Home Practice: Trish Robbins – prerequisite
Nov 17 & 18, 2018 *Saturday & Sunday	1:30 – 5:30 pm both days	60 Classical Poses: Trish Robbins - prerequisite
Dec 8, 2018 *Saturday	3:15 – 4:30 pm	Orientation
Classroom Schedule		
Jan 11, 2019	9:30 am – 12:30 pm 1:30 pm – 4:30 pm	Asana as Therapy Syllabus 301: Trish Robbins Asana as Therapy Syllabus 302: Trish Robbins
Jan 25, 2019	9:30 am – 12:30 pm 1:30 pm – 4:30 pm	The Medicine of Meditation: Val Petrich The Principles and Practice of Mindfulness Meditation: Tracey Delfs
Feb 8, 2019	9:30 am – 12:30 pm 1:30 pm – 4:30 pm	How to Teach Yoga for Post-Traumatic Stress Disorder (PTSD), Anxiety and Depression: Lynn Fraser The Principles and Practice of Mantra Meditation: Lynn Fraser
Mar 1, 2019	9:30 am – 12:30 pm 1:30 pm – 4:30 pm	Yoga for those with a Cancer Diagnosis: Tyla Arnason Asana as Therapy Syllabus 303: Trish Robbins
Mar 15, 2019	9:30 am – 12:30 pm 1:30 pm – 4:30 pm	Asana as Therapy Syllabus 304: Trish Robbins Teaching Yoga for those with Heart and Lung Ailments: Trish Robbins
Apr 12, 2019	9:30 am – 12:30 pm 1:30 pm – 4:30 pm	Teaching Pranayama as Therapy: Anne Douglas Teaching Yoga Nidra: Anne Douglas
May 3, 2019	9:30 am – 12:30 pm 1:30 pm – 4:30 pm	Asana as Therapy Syllabus 305: Trish Robbins Teaching Yoga for Addictions: Val Petrich
May 24, 2019	9:30 am – 12:30 pm 1:30 pm – 4:30 pm	Asana as Therapy Syllabus 306: Trish Robbins Asana as Therapy Syllabus 307: Trish Robbins
Jun 7, 2019	9:30 am – 12:30 pm 1:30 pm – 4:30 pm	Asana Review – Mastering your Syllabus, Peer Teaching: Trish Robbins Teaching Yoga for Chronic Fatigue, Fibromyalgia, Arthritis, Lupus, etc: Kim McNeil

** Any schedule changes will be reflected on the web page, students will be advised via email. **



2019 Gold Therapy Teacher Training Schedule Friday Classes (unless otherwise noted) Fall/Winter		
Date	Time	Module
Sep 13, 2019	9:30 am – 12:30 pm	Asana Review – Mastering your Syllabus, Peer Teaching: Trish Robbins
	1:30 pm – 4:30 pm	Sutras of the Inner Teacher – Part 1 Centre of Consciousness: Val Petrich
Sep 27, 2019	9:30 am – 12:30 pm	Asana Review – Mastering your Syllabus, Peer Teaching: Trish Robbins
	1:30 pm – 4:30 pm	Sutras of the Inner Teacher – Part 2 Sub Personalities: Val Petrich
Oct 18, 2019	9:30 am – 12:30 pm	Asana Review – Mastering your Syllabus, Peer Teaching: Trish Robbins
	1:30 pm – 4:30 pm	Pranayama, Mudra and Bandha: Vanitha Naik
Nov 8, 2019	9:30 am – 12:30 pm	A Yogic and Biological Prospective on Pain – Part 1: Neil Pearson
	1:30 pm – 4:30 pm	A Yogic and Biological Prospective on Pain – Part 2: Neil Pearson
Dec 6, 2019	9:30 am – 2:00 pm	Wrap up and Grad Pot Luck

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