EXAMPLE TRAINING TIMELINE

Day 1	Day 2
8am – 7pm *Start: JOGA Practice* *JOGA Foundation* *JOGA Difference* • *3 pillars* • *JOGA vs. Yoga* *Posture Labs & Teaching* *JOGA Anatomy & Injury Overview* *Homework*	**8am – 7pm** *Start: JOGA Practice* *JOGA in Sports = Athlete Wellness* *JOGA The System* *Posture Labs & Teaching* *JOGA Assessment Intro* *JOGA: The Art of Teaching* *Homework*
Day 3	**Day 4**
8am – 7pm *Start: JOGA Practice* *JOGA in Sports = Athlete Wellness* *JOGA The System* *Posture Labs & Teaching* *JOGA Assessment Intro* *Posture Lab* *JOGA: The Art of Teaching* *Homework*	**10am – 5pm** *Demo Teach* *CLOSING*

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