LoveYourBrain Yoga Teacher Training: Example Agenda

**Friday: 2pm - 6pm**

2-2:15pm  Welcome
2:15-3:15pm  Gentle yoga class
3:15-4:15pm  Introductions
4:15-4:45pm  Overview of the LoveYourBrain Foundation and the Yoga Program
4:45-6pm  Neuroanatomy and physiology

**Saturday: 9am - 5pm**

9-10am  Gentle yoga practice
10:00am-11am  TBI causes and consequences, implications of neuroplasticity
11-12:30  Tailoring asana (postures)
12:30-1:30pm  Lunch break
1:30-2:15pm  Tailoring meditation
2:15-3pm  Tailoring pranayama (breathing exercises)
3-4pm  Teaching techniques
4-5pm  LYB Yoga program mechanics

**Sunday: 9am - 3pm**

9-10am  Chair Yoga class
10am-11am  FUNdamentals curriculum overview
11am-12:30pm  Facilitated discussion and psychoeducation
12:30-1:30pm  Lunch break
1:30-2:45pm  Partner practice teach
2:45-3pm  Takeaways, Wrap-up, Feedback Forms
LoveYourBrain Training for Health Professionals: Example Agenda

Friday: 12:30pm – 5:30pm

1:15-1:15pm Welcome
1:15-2:15pm Gentle yoga class
2:15-3:15pm Introductions
3:15-3:45pm Overview of the LoveYourBrain Foundation and the Yoga Program
3:45-4:45pm Neuroanatomy and physiology
4:45-5:30pm Why yoga? Overview of evidence-based benefits

Saturday: 9am - 5pm

9-11am Chair Yoga class + partner teach
11am-12pm Tailoring asana (postures)
12-1:30pm Lunch break
1:30-2:15pm Tailoring pranayama (breathing exercises)
2:15-3pm Tailoring meditation
3-4pm Partner teach: pranayama and meditation
4-5pm Teaching techniques

Sunday: 8am - 1pm

8-9am Gentle yoga practice
9am-10am Application: how to design a yoga program for your clinical context
10am-11pm Application: billing codes and evaluation systems for a yoga program
11-12:30pm Yoga nidra for brain injury
12:30-1pm Takeaways, Wrap-up, Feedback Forms