



HIMALAYAN
INSTITUTE®

300-Hour Yoga Teacher Certification Program Fall Segment

The Art of Teaching Yoga for Health and Balance:
Deeper Physical and Psychological Strategies

with **Himalayan Institute Faculty**

October 4-30, 2021

Online Zoom Sessions

All times are Eastern Time

Monday, October 4

10:00 –11:30 a.m.

Asana and Meditation Class with Judy Moulton

ON DEMAND

**The Himalayan Institute's Approach to Yoga
with Judy Moulton**

ON DEMAND

**Introduction to the Himalayan Tradition
with Ishan Tigunait**

Tuesday, October 5

No Sessions

Wednesday, October 6

10:00 a.m.–12:00 p.m.

Teaching Yoga for Health and Balance with Judy Moulton

2:00-4:00 p.m.

Breathing, Relaxation, and Meditation with Greg Capitolo

1-hour of Independent Group Work

Thursday, October 7

10:00 a.m.–11:30 a.m.

Asana and Meditation Class with Greg Capitolo

7:00-9:00 p.m.

Ayurveda for Health and Balance I with Judy Moulton



The Art of Teaching Yoga for Health and Balance

Friday, October 8 **No Sessions**

Saturday, October 9

10:00 a.m.–12:00 p.m. **Common Structural Problems: Lower Back and Pelvis
with Bill Ryan, PhD**

2:00–4:00 p.m. **Foundations of Health with Dr. Carrie Demers, MD**

Sunday, October 10

10:00 a.m.–11:30 a.m. **Asana and Meditation Class with Sandra Anderson**

7:00–9:00 p.m. **The Yogic Perspective on Pain with Ishan Tigunait**

1-hour of Independent Group Work

Monday, October 11

10:00 a.m.–12:00 p.m. **Asana Support: Lower Back and Pelvis
with Judy Moulton**

1:30–2:30 p.m. **Chat and Chai with Judy Moulton**

7:00–9:00 p.m. **Stress Mastery with Dr. Theresa Oswald, MD**

Tuesday, October 12 **No Sessions**

Wednesday, October 13

10:00 a.m. –12:00 p.m. **Common Structural Problems: Lower Extremities
with Bill Ryan, PhD**

2:00–4:00 p.m. **Asana Support: Lower Extremities with Judy Moulton**

7:00–9:00 p.m. **Ayurveda for Health and Balance II with Judy Moulton**



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Thursday, October 14

10:00 a.m.–11:30 a.m. **Asana and Meditation Class with Bill Ryan, PhD**
ON DEMAND **Introduction to Sanskrit with Shiva Tigunait, PhD**
7:00-9:00 p.m. **The Power of a Daily Routine with Judy Moulton**

Friday, October 15 **No Sessions**

Saturday, October 16

10:00–11:30 a.m. **Asana and Meditation Class with Sandra Anderson**
2:00–4:00 p.m. **Self-Directed Neuroplasticity with Dr. Theresa Oswald, MD**

Sunday, October 17

10:00 a.m. –12:00 p.m. **Common Structural Problems: Neck and Shoulders
With Bill Ryan, PhD**
2:00–4:00 p.m. **Asana Support: Neck and Shoulders with Judy Moulton**
1-hour of Independent Group Work

Monday, October 18

10:00 a.m.–11:30 a.m. **Asana and Meditation Class with Amanda Masters**
4:30-5:30 p.m. **Chat and Chai with Dr. Theresa Oswald, MD**
7:00–9:00 p.m. **Movement as Medicine for Physical and Emotional Pain
with Dr. Theresa Oswald, MD**

Tuesday, October 19 **No Sessions**



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Wednesday, October 20

- 10:00 a.m.–12:00 p.m. **Common Structural Problems: Bones and Joints
with Bill Ryan, PhD**
- 2:00–4:00 p.m. **Asana Support: Bones and Joints with Judy Moulton**
- 4:30–5:30 **Chat and Chai with Bill Ryan, PhD**

Thursday, October 21

- 10:00 a.m.–11:30 a.m. **Asana and Meditation Class with David Goddard**
- 2:00–3:15 p.m. **Sanskrit Practice with Shiva Tigunait, PhD**
- 7:00–9:00 p.m. **Introduction to Vishoka Meditation
with Pandit Rajmani Tigunait, PhD**

Friday, October 22 No Sessions

Saturday, October 23

- 10:00 a.m. –12:00 p.m. **Digestion and Agni with Dr. Carrie Demers, MD**
- 2:00–4:00 p.m. **Asana Support: Digestion and Agni with Judy Moulton**
- 7:00–9:00 p.m. **The Kleshas, Your Neuroanatomy and Yoga Practice
with Sandra Anderson**

Sunday, October 24

- 10:00 a.m.–11:30 a.m. **Asana and Meditation Class with Ransom Hare**
- 7:00–8:15 p.m. **Sanskrit Practice with Shiva Tigunait, PhD**
- 1-hour of Independent Group Work**



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Monday, October 25

- 10:00 a.m. –12:00 p.m. **Vata Pacification and Management with Judy Moulton**
- 4:30-5:30 p.m. **Chat and Chai with Sandra Anderson**
- 7:00-9:00 p.m. **Beyond the Tyranny of Attachment, Aversion, and Ego
with Sandra Anderson**

Tuesday, October 26 No Sessions

Wednesday, October 27

- 10:00 a.m. –12:00 p.m. **Immunity and Ojas with Dr. Carrie Demers, MD**
- 2:00–4:00 p.m. **Asana Support: Immunity and Ojas with Judy Moulton**

Thursday, October 28

- 10:00 a.m. –12:00 p.m. **Heart Health with Dr. Carrie Demers, MD**
- 2:00–4:00 p.m. **Asana Support: Heart Health with Judy Moulton**
- 4:30–5:30 p.m. **Chat and Chai with Dr. Carrie Demers, MD**

Friday, October 29 No Sessions

Saturday, October 30

- 10:00 a.m.–12:00 p.m. **Program Integration and Closing with Judy Moulton**