

Anam Cara Studio Teacher Development and Teacher Training
Summer Camp 6 to 12 December 2020
 80 Acacia Street Woodgate Beach Qld

Share house accommodation available, but must be booked separately.

Sunday 6 December	8.45am	Arrive
	9 - 11	Class
	11 - 12	Brunch provided
	12 - 3	Practice teaching
	3.30 – 5.30	Asana adjustments/modifications/teaching theory/philosophy
	5.30 – 7.30	Practice
Monday 7 th To Friday 11 th	4.30am – 5.00	Sunrise meditation
	B'fast break	(Polly's practice time)
	8 - 10	Class
	10 - 11	Morning tea provided
	11 – 2	Practice teaching
	2 – 4 Lunch/rest Break	
	4 – 5.30	Asana adjustments/modifications/teaching theory/philosophy
	5.30 – 7.30	Restorative practice
Saturday	4.30 – 5.00	
	8.00 – 10	Class
	10 - 11	B' fast provided
	11 - 2	Practice teaching

Online study material includes

- 3 x 2 hour asana classes by Geeta Iyengar plus transcription notes + practice questions
- 3 hours of lecture material by Carlos Pomedá + lecture transcription notes + additional subject articles