



Yoga Teaching Diploma - Intake 15 Schedule

When and where?

Each of the 11 core course modules will take place on a Saturday and Sunday, though for module 11 you may be required to attend on Friday evening instead of Saturday. Each Saturday and Sunday session will begin at 9.30 am and end at 5.30 pm, with a break for lunch (usually from 1.00 to 2.00 pm) and other breaks during the day at the teacher's discretion. Attendance at the Friday evening session of module 10 will depend on when you are doing your assessed teaching – you will only need to attend for your teaching session, which will be on either Friday evening or during the day on Saturday, though we do strongly encourage you to attend at least one of the other teaching sessions as a student.

Out of courtesy to other students and to the teachers, please make every effort to be punctual both at the beginning of the day and after breaks.

The venue for all modules (unless you are told otherwise) will be **The Special Yoga Centre, The Tay Building, 2a Wrentham Avenue, London NW10 3HA**. Yoga mats and props are available but you may want to bring your own. Herbal and fruit teas are available throughout each module and the Special Yoga Centre has a small kitchen and a nice sitting area which you are welcome to use if you wish to bring your own lunch. There are also several cafés within easy walking distance.

Timetable¹

Module 1 – 10 and 11 April 2010

Saturday all day

- (a) Brief introduction to the course and to each other.
- (b) Introduction to the mechanics of breathing and how the stress response and posture affect our ability to breathe well.
- (c) Introduction to the alignment principles of twists.
- (d) Principles and skills of teaching (part 1).

Sarah Litton

Sunday all day

Principles of standing postures. A breakdown of the core principles of key standing postures.

Sasha Markovic

On Sunday lunch will be provided by Yogacampus to enable you to get to know your fellow students and some of the course teachers and mentors.

Module 2 – 5 and 6 June 2010

All weekend

Anatomy and physiology for yoga teachers (Part 1). A practical exploration of the anatomy and physiology of the musculoskeletal system, with a view to equipping you with enough information to enable you safely to teach the main asanas and helping you understand the common medical conditions that crop up in class with respect to this system ("slipped disc", whiplash, back strain, knee injuries etc), together with information about blood pressure enough for you to be able to work safely with students with high or low blood pressure.

Ruth Gilmore

¹ Please note that, while the module dates will not change, unexpected commitments mean that we very occasionally need to change the order of modules and/or the module teachers.

Module 3 – 10 and 11 July 2010

Saturday all day

Principles of seated postures, forward and backbends. The essential aspects of safely practising seated postures, forward bends and backbends.

Catriona Brokenshire

Sunday a.m.

How to teach and modify twists: revisiting the key principles of twisting postures with an emphasis on how to teach them safely and effectively.

Sarah Litton

Sunday p.m.

Yoga's historical context – an overview of yoga philosophy and teachings from the Vedic age to the present day.

Graham Burns

Module 4 – 25 and 26 September 2010

Saturday all day

Anatomy and physiology for yoga teachers (Part 2). Developing your knowledge of the other main body systems, and looking at more common medical conditions which you will meet in class, including heart problems, diabetes, irritable bowel syndrome, epilepsy and asthma.

Ruth Gilmore

Sunday a.m. (split into 2 groups)

Teaching practice – you will each teach a short sequence to a group of your fellow students.

Catriona Brokenshire and Andrea Durant

Sunday p.m.

Anatomy and physiology for yoga teachers (Part 2) continued (please see above).

Ruth Gilmore

Module 5 – 6 and 7 November 2010

Saturday a.m.

Asana workshop: a review of key asana principles and techniques, exploring how your own practice has developed in the light of the course so far.

Sarah Litton and Catriona Brokenshire

Saturday p.m.

Principles of sequencing (part 1).

Liz Lark

Sunday a.m.

Historical overview of Patanjali's Yoga Sutras: brief summary of the four chapters; study of particular aspects of the Sutras; incorporation of the Sutras into teaching and daily life.

Sarah Litton

Sunday p.m.

Body awareness: learning body awareness and how to “read” students' bodies.

Katrina Repka

Module 6 – 11 and 12 December 2010

Saturday all day

How to teach and modify standing postures (part 1): revisiting the key principles of standing postures with an emphasis on how to teach them safely and effectively.

Sasha Markovic

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Sunday a.m.

How to teach and modify standing postures (part 2).

Sasha Markovic

Sunday p.m.

(a) Introduction to Sanskrit pronunciation and de-mystifying Sanskrit posture names.

(b) Use of language in yoga teaching – “how to say what you mean AND mean what you say”.

Graham Burns

Module 7 – late February 2011**Saturday all day**

Pranayama. What is pranayama? Its gross and subtle aspects, emphasis on safe practice, practice of specific techniques and discussion of their effects.

Catriona Brokenshire

Sunday a.m.

Overview of the Hatha Yoga Pradipika and its incorporation into practice and teaching.

TBC

Sunday p.m.

Principles of sequencing (part 2).

Liz Lark

Module 8 – May 2011**Saturday all day**

How to teach and modify seated postures, forward and back bends: revisiting the key principles of these postures with an emphasis on how to teach them safely and effectively.

Catriona Brokenshire

Sunday a.m.

Principles of inversions: when and how shoulderstand, headstand and handstand are safely practised.

Anna Blackmore

Sunday p.m.

Principles and skills of teaching (part 2): an interactive session including more teaching practice.

Katrina Repka

Module 9 – July 2011**Saturday a.m.**

How to teach inversions: safe and effective teaching of inversions, including modifications and alternative approaches.

Anna Blackmore

Saturday p.m.

Meditation: different types of and approaches to meditation; incorporating meditation into yoga classes.

Graham Burns

Sunday all day

The subtle body: chakras, bandhas, koshas and other things: what they are and how to incorporate them into teaching.

Katrina Repka

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Module 10 – early September 2011

Saturday a.m.

Principles and skills of adjustment.

Liz Lark

Saturday p.m.

Teaching practice workshop.

Liz Lark

Sunday a.m.

The Bhagavad Gita: a historical overview and look at its key concepts.

Isabelle Glover

Sunday p.m.

Being a yoga teacher: planning classes and courses; how to market yourself and look after yourself; business skills for yoga teachers.

Graham Burns

Module 11 – mid October 2011

Friday evening and all day Saturday – final teaching assessment

Sunday 10.00 am to 3.00 pm (with short lunch break)

How to practise and teach restorative and relaxation postures.

Louise Grime

Sunday 3.00 to 5.30 pm (approx)

Closing meditation, followed by food and chanting with guest musicians.

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